

THE ROAD AHEAD

2024

PROMISING, OPTIMISTIC,
POSITIVE, ROSY,
HOPEFUL, AUSPICIOUS,
FAVORABLE, PROPITIOUS,
ENCOURAGING



**January
2024
Volume 98**

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.**

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
Exercise on the
Big Screen 9:00 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

Yoga 9:00 am
Cornhole Tournament
(2nd/4th Friday) 10:00 am

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

SEE OUR WEB SITE
www.ramonaseniorcenter.com
OR ACTIVITY CALENDAR
FOR ALL OTHER
ACTIVITIES

- ## January Upcoming Events
- 1st CLOSED
 - 2nd NEW YEAR'S CELEBRATION Luncheon 11:30 a.m.
 - 8th Android Training 9:30 a.m.-11:30 a.m.
 - 8th Ramblers Meeting 1:00 p.m.
 - 10th iPhone Training 9:30 a.m.-11:30 a.m.
 - 19th Birthday Lunch 11:30 a.m.
 - 24th Tacky Tourist Day
 - Alzheimer Support Group 10:00 a.m.
 - 24th PEF Board Meeting 1:00 p.m.

Older Adults' Unique Nutrition Needs



Simple adjustments can go a long way toward building a healthier eating pattern. Follow these tips to get the most out of foods and beverages while meeting your nutrient needs and reducing the risk of disease:

- Enjoy a variety of foods from each food group to help reduce the risk of developing diseases such as high blood pressure, diabetes, and heart disease. Choose foods with little to no added sugar, saturated fats, and sodium.
- To get enough protein throughout the day and maintain muscle, try adding seafood, dairy, or fortified soy products along with beans, peas, and lentils to your meals. Learn more about protein and other important nutrients.
- Add sliced or chopped fruits and vegetables to meals and snacks. Look for pre-cut varieties if slicing and chopping are a challenge for you.
- Try foods fortified with vitamin B12, such as some cereals, or talk to your doctor about taking a B12 supplement. Learn more about key vitamins and minerals.
- Reduce sodium intake by seasoning foods with herbs and citrus such as lemon juice.
- Drink plenty of water throughout the day to help stay hydrated and aid in the digestion of food and absorption of nutrients. Avoid sugary drinks.



This content is provided by the NIH National Institute on Aging (NIA). NIA scientists and other experts review this content to ensure it is accurate and up to date. Content reviewed: November 23, 2021

Director's Corner January, 2024



December is over and 2023 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.

**New Year's Celebration,
Tuesday, January 2nd,
11:30 a.m.** We will be sharing our New Year's resolutions and serving a delicious main course lunch of Black Eyed Pea Soup with Sausage & Collard Greens.

It will be a beautiful way to bring in the New Year, come in and join us.

**Valentines Bingo Fundraiser,
Friday, February 9th,** at the senior center, doors open at 3:30 p.m. and first game starts at 5:00 p.m. There is limited seating so please call 760-789-0440 to reserve your seat.

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 Yule,
Executive Director**

Senior Humor



***Why do you need a jeweler on New Year's Eve? To ring in the New Year**

***Youth is when you're allowed to stay up on New Year's Eve. Middle age is when you're forced to.**

***Where can you go to practice math on New Year's Eve? Times Square.**

***What did the woman say when she was offered a raisin on New Year's Eve? "No thanks, I already have a date."**

***This New Year's, I've resolved to lead a better life. Now all I have to do is find someone who will trade lives with me.**

***I was going to quit all my bad habits for the new year, but then I remembered that nobody likes a quitter.**

***What did Adam say to Eve on Dec. 31? It's New Year's, Eve.**

***I don't know why people flock to Times Square on New Year's Eve. They always drop the ball.**

January

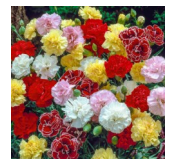
Birthstone

Garnet



Flower

Carnation &



Snowdrop



Signs

Capricorn
December 22 to January 19

Aquarius
January 20 to February 18



*Come Join the **FUN** ...*

**RAMONA SENIOR CENTER
BINGO FUNDRAISER
FRIDAY, FEBRUARY 9, 2024**

Doors Open at 3:30 p.m.
BINGO Begins at 5:00 p.m.



ACTIONABLE AND HEALTHY RESOLUTIONS FOR SENIORS 2024



There is so much to be thankful for as we enter the year 2024, family, friends and health. What's a better way to express thanks than by using our gratitude to guide our New Year's resolutions?

1. Keep a Positive Mindset

Research shows that maintaining a positive mindset comes with a host of health benefits. According to the findings, positivity has been linked to a lower risk of memory loss, quicker recovery from illness, injury or disability, a lower risk of chronic disease, decreased feelings of loneliness and isolation, and an increased likelihood for seeking preventative care.

Positive thinking doesn't mean wearing rose-colored glasses all the time or ignoring difficult feelings. Rather, it means stressing less about the things you cannot change, focusing on those you can, and, all the while, remembering what is good in life.

If you struggle to maintain a positive outlook with everything going on in the world, incorporate positive thinking exercises into your daily routine. Examples include making a gratitude list, practicing mindful breathing, and treating yourself as you would for a friend.

2. Commit to 10 Minutes of Exercise Daily

Staying active is not just the key to healthy aging, but also, it may be the key to a longer life. Research shows that incorporating an exercise regime of walking, jogging, or cycling in seniors can drastically improve physiological characteristics such as blood pressure, resting heart rate, maximum pumping capacity, and muscle mass. While you don't have to get up and run a marathon, you should dedicate a portion of your day to fitness. Just 10 minutes of swimming, walking, or yoga can make a huge difference in your health, happiness, and lifespan.

3. Make Better Dietary Choices

As you age, you will need to consume fewer calories but more nutrients. Your health care provider can help you make better food choices, but, ultimately, you should strive to eat at least five servings of fruits and vegetables per day. Choose whole grains over refined ones and lean meats over fatty options. Use healthier fats, such as olive or avocado oil, and cook with natural spices to reduce salt and fat intake.

4. Quit Smoking

It's never too late to quit smoking. Regardless of your current age, quitting now can reduce your risk of developing several health problems and improve your overall quality of life. For instance, individuals who quit smoking claim to have more energy, sleep better, and breathe easier.

5. Play With Your Grandkids

Though the reasons behind the phenomenon are multi-faceted, research shows that elderly individuals who spend more quality time with their grandchildren live longer and have better physical and mental health outcomes than those who do not. For instance, a 2016 study found that half of the grandparents who occasionally participated in their grandchildren's lives were alive five years post-study compared to individuals who had no involvement.

6. Stimulate Your Mind

Regularly challenging your brain is one of the best ways to stay mentally sharp as you age. It's also one of the best ways to reduce your risk of memory loss or developing dementia. Simple things such as reading daily, doing crosswords, or joining a book club are great and fun ways to ensure your body's most important muscle receives an adequate workout.

7. Reach Out to Old Friends, and Make New Ones

Studies show that socially active older adults have better cognition, lower risks of disability and depression, and overall better health. Be intentional in your goal setting for 2024. Use the aforementioned seven seniors' New Year's resolutions to guide you.

Portions taken from Caringplaces.com

NEED HELP WITH YOUR ENERGY BILL?

The holidays can be an expensive time of the year. If you are having trouble paying your energy bill, you might be eligible for programs and services that can provide immediate financial assistance and help you avoid interruptions in your service. Flexible payment arrangements are also available to help you pay down past due balances. Learn more at [sdge.com/Payment-Arrangements](https://www.sdge.com/Payment-Arrangements).

Check out these energy assistance programs:

- * California Alternate Rates for Energy (CARE) Program: Save 30% or more every month on your bill. Find out if you qualify at [sdge.com/CARE](https://www.sdge.com/CARE).
- * Family Electric Rate Assistance (FERA) Program: If you don't qualify for CARE and your household has 3 or more people, you may qualify for FERA. You could receive an 18% discount on your electric bill. Visit [sdge.com/FERA](https://www.sdge.com/FERA) to learn more.
- * Energy Savings Assistance (ESA) Program: You may qualify to receive free energy-saving improvements for your home, like new appliances, lighting, insulation and more. Find details at [sdge.com/ESA](https://www.sdge.com/ESA).
- * Arrearage Management Plan (AMP): If you have outstanding bills and you are a CARE or FERA customer, you may be eligible for debt forgiveness. See if you qualify at [sdge.com/AMP](https://www.sdge.com/AMP).

Even if you made a recent payment or set up a flexible payment plan with SDG&E, there may still be assistance programs available to help you. For a complete list of available offerings, visit [sdge.com/assistance](https://www.sdge.com/assistance).



New Year's Word Search

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

BABY
 BALL
 CALENDAR
 CELEBRATION
 CLOCK
 CONFETTI
 COUNTDOWN
 EVE

FAMILY
 FRIENDS
 HAPPY
 JANUARY
 MIDNIGHT
 NEW YEAR
 NOISEMAKER
 PARTY

RESOLUTION
 TOAST



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