



“‘Love’ is that condition in which the happiness of another person is essential to your own.”

— ROBERT A. HEINLEIN

RS



**February  
2024  
Volume 99**

## **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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**This program is partially funded by the Older American's Act awarded by the County of San Diego Aging & Independence Services.**



# Understanding Alzheimer's and Dementia

**Alzheimer's is the most common cause of dementia**, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 60-80% of dementia cases.

**Alzheimer's is not a normal part of aging.** The greatest known risk factor is increasing age, and the majority of people with Alzheimer's are 65 and older. Alzheimer's disease is considered to be younger-onset Alzheimer's if it affects a person under 65. Younger-onset can also be referred to as early-onset Alzheimer's. People with younger-onset Alzheimer's can be in the early, middle or late stage of the disease.

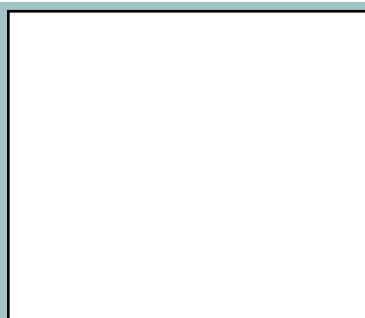


**Alzheimer's worsens over time.** Alzheimer's is a progressive disease, where dementia symptoms gradually worsen over a number of years. In its early stages, memory loss is mild, but with late-stage Alzheimer's, individuals lose the ability to carry on a conversation and respond to their environment. On average, a person with Alzheimer's lives 4 to 8 years after diagnosis but can live as long as 20 years, depending on other factors.

**Alzheimer's has no cure**, but two treatments — (aducanumab Aduhelm™) and lecanemab (Leqembi®) — demonstrate that removing beta-amyloid, one of the hallmarks of Alzheimer's disease, from the brain reduces cognitive and functional decline in people living with early Alzheimer's. Other treatments can temporarily slow the worsening of dementia symptoms and improve quality of life for those with Alzheimer's and their caregivers. Today, there is a worldwide effort underway to find better ways to treat the disease, delay its onset and prevent it from developing.

**Alzheimer 24/7 Helpline 800-272-3900**

*Information from 2024 Alzheimer's Association*



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## Director's Corner February, 2024



### 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 February 9<sup>th</sup> right here at the Senior Center. Doors open at 3:30 pm and the first game starts at 5:00 pm. 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 14<sup>th</sup>. 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.

### Donations are important to our success!

I would like to take a minute to thank all of our individual & year-round donors, along with our holiday paper plate donors. A special thank you to the Ramona Community Foundation and the San Diego Seniors Community Foundation for their very generous grants. We also had a very generous anonymous end of the year donation sent to us from a retirement investment, along with a holiday donation from the San Vicente Women's Golf Association. Thank you to everyone for thinking of us throughout the year. We appreciate you helping to make sure our doors stay open and the seniors in our community are fed. Last, but not least, thank you to the Back Country Quilters for making hundreds of quilted place mats for our homebound and congregate seniors.

### REMEMBER!

**We will be closed on February 19th to recognize Presidents Day.**

**From my mouth  
to your ears,  
Lora Yule,  
Executive Director**

## Senior Humor

Love doesn't make the world go 'round. Love is what makes the ride worthwhile.  
- *Franklin P. Jones*

*Love is an exploding cigar we willingly smoke.*  
- *Linda Barry*

I'm looking for someone who will love me for who I think I am.  
- *Tim Lachowski (from a cartoon)*

It's better to have loved and lost than to have to do forty pounds of laundry a week.  
- *Laurence J. Peter*

There are many more people trying to meet the right person than to become the right person.  
- *Gloria Steinem*

## February

### Birthstone

Garnet



### Flower

Carnation &  
Snowdrop



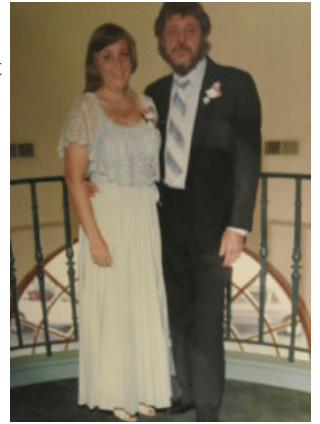
### Signs

Aquarius  
January 20 to February 18

Pisces  
February 19 to March 20

### Senior of the Month ~ Janie Berry

Janie was born in Willesden, England. Her parents lived mainly in Cambridge and owned pubs, which supported the family. She has a passion for horses which started at about age 3. She was on a donkey, on a beach, and Janie threw her first temper tantrum when they tried taking her off the donkey. She got her first horse at age 9, but not before her Dad made her work for two years in the neighbor's stable. She had to work for everything she had. She went through "secondary" school, and graduated at age 15, which is the equivalent of a high school diploma. She got a job right away as a secretary which she worked at until she moved to the United States at 19 years of age. Her parents separated and her Mom brought her, kicking and screaming, to the San Fernando Valley where her half-sister lived. She went back to England to visit, and the second time, she saw the same guy sitting on the same bar stool, complaining about the same thing and decided that the U.S.A. was the place for her after all; plus she could support herself over here too.



She met Michael Landon in 1974 at Toys R Us while working there, Tom Jones in 1978 while playing darts at a pub in Santa Monica and John Wayne at an immigration office in L.A., running into him coming off an escalator, where he said "are you ok little lady" and helped her compose herself.

She met the love of her life, Chuck, in October, 1980. He pursued Janie and she kept turning him down, until one day he helped a friend of hers out and he kissed Janie on the cheek. She knew, at that moment, that she would be his for the rest of her life and that he was the only man for her. They were eventually married and had been together for 43 years. She has 4 step-children. Chuck was a race car driver and his number was 113. She said that number 13 became their lucky number for a variety of reasons, and still is. He also owned a truck repair business, which Janie managed. In 1987, he and a co-worker designed, and built, a machine that wound wires onto electric stators for electric motors. Prior to that it all had to be done by hand. In 1996 they sold it and were able to retire. They had been looking for a place to move and saw an advertisement about property in Ramona for sale. As soon as they got to Hwy. 78 and Main Streets they both looked at each other and said "this is home". They bought 5 acres and had up to 8 horses at one time. They also purchased a 1949 Mercury show car that they enjoyed driving and going on trips in. Unfortunately, Chuck passed away on 09/04/14 and the property was sold to downsize.

Needing to get out of the house, Janie began coming to the senior center. She says "I love my Bingo!", is now a regular and a caller for Bingo, loves the center and all the people so much!! *Picture taken in 1987.*

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## Facts About Love That Will Seriously Make Your Heart Smile



**1. Eye contact is key.** Some extraordinary research has found that couples who are in love and bond in a romantic relationship synchronize their heart rates after gazing into each others' eyes for three minutes.

**2. Love works fast.** It only takes up to 4 minutes to decide whether you like someone or not.

**3. Love can be addictive.** Falling in love is much like taking a dose of cocaine, as both experiences affect the brain similarly and trigger a similar sensation of euphoria. Research found that falling in love produces several euphoria-inducing chemicals that stimulate 12 areas of the brain at the same time.

**4. There's a reason why cuddling feels so good.** Oxytocin, the so-called love or cuddle hormone, is produced during an embrace or cuddle.

**5. Your heart can actually break.** Research has provided evidence that intense, traumatizing events, such as a break-up, divorce, loss of a loved one, physical separation from a loved one, or betrayal can cause real physical pains in the area of one's heart. This condition is called the Broken Heart Syndrome.

**6. Biologically, your love changes with time.** It is estimated that romantic love, which is linked with euphoria, dependence, sweaty palms, butterflies and alike, only lasts about a year. After that first year begins the so-called "committed love" stage. The transition is linked with elevated neurotrophin protein levels in newly formed couples.

**7. Love goes hand in hand with stress.** Studies show that people at an early stage of love have lower levels of serotonin, which is associated with feelings of happiness and well-being, and higher levels of cortisol, associated with stress.

**8. Priorities change when looking for a long term companion.** There's evidence that when looking for a fling, the body wins over the face on a physical attraction basis. The opposite is true, however, for those who are looking for a long-term relationship partner.

**9. Feelings make life that much sweeter.** Researchers looked at a group of people, and found that those who were thinking about love said a specific kind of food was sweeter than those thinking about jealousy or something neutral.

**10. Some people can't feel love.** Some individuals who claim never to have felt romantic love suffer from hypopituitarism, a rare disease that doesn't allow a person to feel the rapture of love.

**11. Your body has a "vein of love."** Engagement rings are often worn on the fourth finger of the left hand because the ancient Greeks maintained that that finger contains the vena amoris, or the "vein of love," that runs straight to the heart.

**12. Sometimes, your emotions play tricks on your heart.** Getting dumped often leads to "frustration attraction," which causes an individual to love the one who dumped him or her even more.

**13. Love is chaos.** The enduring symbol of love, Cupid (or Eros) is said to have come from Chaos ("The Yawning Void") and represents the primitive forces of love and desire.

**14. 'Love' is a word derived from Sanskrit.** The term "love" is from the Sanskrit lubhyati, meaning "desire."

**15. The parent trap.** Some psychologists argue that we fall in love with someone who is similar to the parent with whom we have unresolved childhood issues, unaware we are seeking to resolve this childhood relationship in adulthood.

**16. Add a little adventure to your life.** Studies show that if a man meets a woman in a dangerous situation (and vice versa), such as on a trembling bridge, he is more likely to fall in love with her than if he met her in a more mundane setting, such as in an office.

**17. Eye contact is key.** Scientists suggest that merely staring into another person's eyes is a strong precursor to love. In an experiment, strangers of the opposite sex were put in a room together for 90 minutes where they talked about intimate details and then stared into each other's eyes without talking. Many felt a deep attraction for each other, and two married each other six months later.

*Article by January Nelson*



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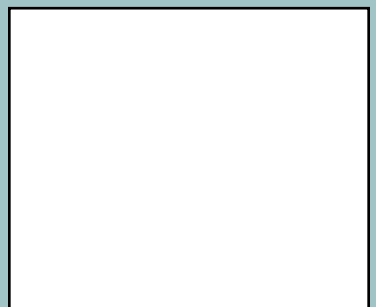
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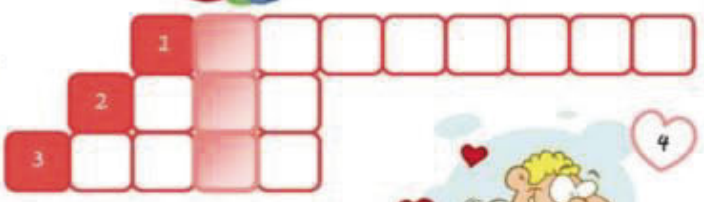
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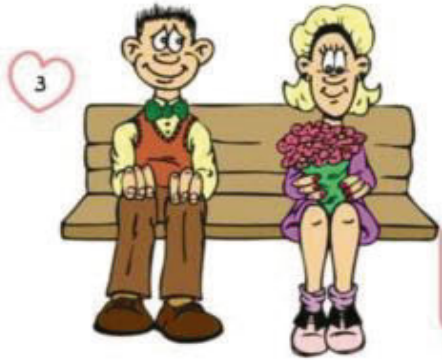
# St. Valentine Day



Match the words to the correct pictures and complete the crossword. Then find a secret message.



- arrow
- balloons
- broken heart
- cake
- chocolate
- Cupid
- date
- doves
- flowers
- gift
- heart
- hug
- Kiss
- love
- poem
- rose
- teddy



The secret message is Anyone can catch your eye, \_\_\_\_\_  
 \_\_\_\_\_ special to catch your heart.