

**GOOD
VIBES**




**August
2023
Volume 93**

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

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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.**

JUST A FEW CHUCKLES

A man buys a parrot and brings him home. But the parrot starts insulting him and gets really nasty, so the man picks up the parrot and tosses him into the freezer to teach him a lesson. He hears the bird squawking for a few minutes, but all of a sudden the parrot is quiet. The man opens the freezer door, the parrot walks out, looks up at him and says, "I apologize for offending you, and I humbly ask your forgiveness."

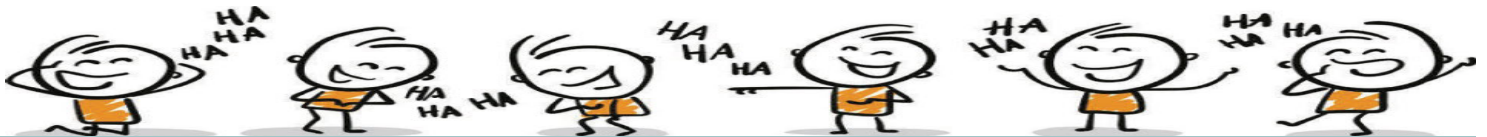
The man says, "Well, thank you. I forgive you."

The parrot then says, "If you don't mind my asking, what did the chicken do?"

An elderly woman had just returned to her home from an evening at church service when she was startled by an intruder. As she caught the man in the act of robbing her home of its valuables, she yelled, "STOP! ACTS 2:38!" (Repent and be baptized, in the name of the lord, so that your sins may be forgiven.)

The burglar stopped in his tracks. The woman calmly called the police and explained what she had done. As the officer cuffed the man to take him in, he asked the burglar, "Why did you just stand there? All the old lady did was yell scripture at you."

"SCRIPTURE?!" replied the burglar, "She said she had an AXE and TWO 38's!"



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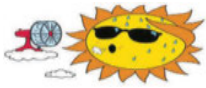
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Director's Corner August 2023



It sure has
been hot!

What temperature is too hot for seniors?

Staying Safe When It's Too Darn Hot. When the temperature climbs above 80°F, older adults need to be proactive and take precautions to avoid ailments due to excessive heat. Keep in mind the following tips when trying to stay cool. Stay away from direct sun exposure as much as possible.

Older adults don't sweat or cool down as efficiently as younger people. Heat stress can worsen underlying conditions like heart, lung and kidney disease, and extreme heat can trigger delirium. Poor air quality makes it harder to breathe, especially among people who already have breathing difficulties.

Things you can do to lower your risk of heat-related illness:

- Drink plenty of liquids, such as water, fruit or vegetable juices, or drinks that contain electrolytes. Avoid alcohol and caffeinated beverages. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.
- If you live in a home without air conditioning or fans, try to keep your space as cool as possible. Limit use of the oven; keep shades, blinds, or curtains closed during the hottest part of the day; and open windows at night.
- If your living space is hot, try to spend time during midday in a place that has air conditioning. For example, go to the shopping mall, movies, library, senior center, or a friend's home.
- If you need help getting to a cooler place, ask a friend or relative. Check for cool zones in your area.
- Dress for the weather. Wear lightweight, light-colored, loose-fitting clothing. Natural fabrics such as cotton may feel cooler than synthetic fibers.
- Avoid outdoor exercising and other physical activity when it is very

hot. Instead, try to find someplace you can be active while staying cool indoors.

- If you must go outside, try to limit your time out and avoid crowded places. Plan trips during non-rush-hour times.
- Make sure to use a broad spectrum sunscreen, SPF 15 or higher, and reapply it throughout the day, especially if your skin will have continuous exposure to the sun. Wear a hat and other protective clothing, and sunglasses. If you do get sunburned, stay out of the sun until your skin is healed and use cool cloths and moisturizers to treat the affected area. Ask your doctor if any of your medications make you more likely to become overheated or sunburned.

If you or someone you know is a senior citizen and is in need of a free table fan from the county, please call **1-800-339-4661** for more information. Please take advantage of this while it lasts.

**From my mouth
to your ears,**

**Lora Cicalo
Executive Director**

Senior Humor

Late Night Lecture

An elderly man driving erratically was stopped by the police around 2 a.m. and was asked where he was going at that time of night.

The man replied, "I'm on my way to a lecture about alcohol abuse and the effects it has on the human body, as well as smoking and staying out late."

The officer then asked, "Really? Who's giving that lecture at this time of night?"

The man replied, "That would be my wife."

Grandma's Visit

"Oh, I sure am glad to see you," the little boy said to his grandmother (on his mother's side). "Now Daddy will do the trick he's been promising us."

The grandmother was curious. "What trick is that?" she asked.

"He told Mommy that he'd climb the walls if you came to visit," answered the boy.



August

Birthstone

Peridot & Spinel



Flower

Gladiolus & Poppy



Signs

Leo
July 23 to August 22

Virgo
August 23 to September 22

Senior of the Month ~ Bill Bernard



Bill was raised in a small farmland town in Pennsylvania. He has one brother and one sister who still live in Pennsylvania. Bill moved to San Diego in 1982 to go to law school. After law school he went to work for a law firm who worked with tuna fisherman here in San Diego. He was a sole practitioner for a short period of time working in maritime law then for a company that provided legal representation on international shipping. He traveled all over the world during his career and was able to retire two years ago.

Bill has been married to his lovely bride, Joanne, for thirty-three years. They have one son, Matt, who is twenty-seven and lives in Los Angeles. Matt is in a PhD. program for cancer research. Joanne was a pediatric oncology registered nurse and recently retired. They lived in Scripps Ranch for 25 years and moved to Ramona two years ago to have more space and property. Bill loves Ramona, mostly because of the people, and travels down the hill as little as he must.

Bill likes to give back, which his parents instilled in him at a young age. He says he is blessed to have what he does, and wants to be of service to others. He volunteers here at the Senior Center, Project Wildlife, mentors students at Ramona Elementary and helps build housing in Mexico. His interests are traveling, cooking (he is self-taught) and going to concerts (they recently saw Neil Young). When he was working his wife was not able to travel with him because of her career, so they are making up for it now! Thank you for all you do Bill!!

Economizers

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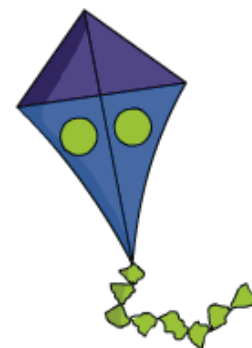
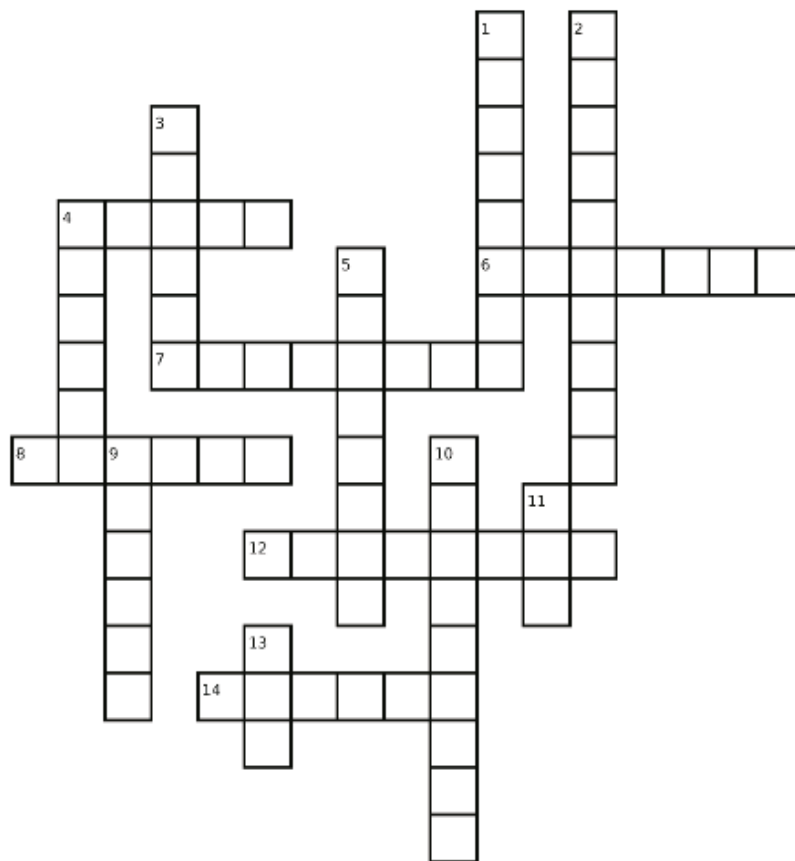


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Summer Crossword Puzzle



Across:

- 4. A pebbly or sandy shore especially by the sea
- 6. The activity of spending a holiday living in a tent.
- 7. Beverage made of lemon
- 8. An occasion when a packed meal is eaten outdoors, especially during an outing to the countryside
- 12. take a holiday
- 14. The warmest season of the year

Down:

- 1. Food cooked out of the door on a grill
- 2. A big red and green fruit
- 3. Go from one place to another, typically over a distance of some length
- 4. A two-piece swimming costume for women
- 5. We put _____ on our skin to prevent sunburn.
- 9. Let's build a _____ with sand.
- 10. From caterpillar to _____
- 11. In summer the weather is _____
- 13. Let's have some fun in the _____



EARN A REWARD FOR VOLUNTEERING 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 a reward for it too! The Power Saver Rewards program pays you for lowering your electricity use when energy is in high demand. When the temperatures rise, it pays to be flexible.

Here is how it works: On sizzling summer days, as more people use energy to stay cool, the electrical grid can become strained due to high demand. When this occurs, the statewide grid operator may call a Flex Alert or other grid emergency. As a result, the Power Saver Rewards program may be activated to help reduce energy use and strain on the grid.

If you are eligible and reduce your energy use during a Power Saver event between the on-peak hours of 4 p.m. – 9 p.m., you could receive a bill credit of \$2.00/kWh. And the best part? The more energy you conserve, the more you can save! There are no penalties if you can't conserve energy during an event, and you can opt-out of the program at any time.

If saving on your monthly energy bill, helping improve grid reliability and contributing to a cleaner environment sound good to you, the Power Saver Rewards program may be the right fit for your home. To learn more about this program, visit sdge.com/PowerSaver or call 1-866- 291-9516.

<p>Are you turning 65? Call your local licensed Humana sales agent.</p> <p>Humana.</p>	 <p>Michael Kurth CA License #: 4115748 951-837-6218 (TTY: 711)</p> <p>Monday – Friday 8 a.m. – 5 p.m. Mkurth1@humana.com Y0040_GHHXDFEN23a_BC_C</p>	<p>Place Your Ad Here and Support our Community!</p> <p>Instantly create and purchase an ad with</p>  <p>AD CREATOR STUDIO</p>  <p>lpicommunities.com/adcreator</p>
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COMMUNITY RESOURCE FAIR

DATE: AUGUST 18, 2023

TIME: 10:00 a.m. to 2:00 p.m.

**LOCATION: Ramona Senior Center Parking Lot
434 Aqua Lane
Ramona, California**



PARTICIPATING ORGANIZATIONS

- 1. Patriots and Paws**
 - 2. Caption Call**
 - 3. VFW Ramona**
 - 4. Humana**
 - 5. Freedom Dogs**
 - 6. Legal Aide**
 - 7. SDG&E**
 - 8. Local Artist . . . and more . . .**
- . . . Aquarium Fish Depot will have gold fish/beta available for free, while supply lasts.**

**Come join us, bring your family and friends,
and check it out for helpful resources!!**