



**April
2024
Volume 101**

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.

What Are the Health Benefits of Volunteering?

Broader social network. Staying social is good for your mental health, especially as you age. Volunteering is a great way to meet new people who share your interests.

Enhanced mental wellbeing. Being a volunteer can help reduce your risk of anxiety and depression. That's due, in part, to how the brain responds to volunteering. When you volunteer, the brain produces hormones, such as dopamine, that boost your mood.

Higher happiness levels. A 2020 study by researchers in the United Kingdom found that volunteering increased participants' happiness over time. In addition, people who volunteered at least monthly reported better mental health than less frequent volunteers.

Longer lifespan. Volunteering has been linked with helping individuals live longer.

Lower blood pressure. Volunteering may help reduce blood pressure, perhaps by increasing physical activity and lowering stress. That's important because high blood pressure is a risk factor for heart disease and stroke.

More movement. Volunteering may help you increase your activity level, depending on the type of service.

Stress relief. Donating your time to others can help you reduce stress.

Article taken from the University of Maryland Medical System 2024, Health. Wellness. Prevention.



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Director's Corner April, 2024



What cool things happen in spring?

The following natural events occur in spring:

- The Earth's axis starts to tilt towards the sun.
- Days start to get longer.
- Snow begins to melt as the weather gets warmer.
- Plants begin to grow and flowers to bloom.
- Animals awaken from hibernation.
- Babies - not just human babies are often born in spring.

Please come join us for Volunteer Appreciation lunch on April 26th. We will be honoring all the volunteers that give so much of their time to the Senior Center. Let's all come to lunch and show our appreciation for these wonderful people.

Please save the date and come join us on April 13th from 10 a.m. – 2 p.m. in the parking lot of Grace Community Church, 1234 Barger Place in Ramona, for a free car show. There will be lots of cars, trucks and motorcycles for you to look at. You will be offered a free hot dog meal with chips and a drink and of course there will be great music played. Tickets will be sold for raffle prizes and drawings will be held every half hour. There will be lots of great prizes and we will have a silent auction. Come and hang out with some great company and remember that 100% of all

money raised by Ramona American Graffiti Cruise goes back to the Ramona Senior Center.

Ramona American Graffiti Cruise resumes on Thursday, April 18th and you will be able to purchase your wristbands, shirts and other items at the booth in front of Bank of America.



**From my mouth
to your ears,

Lora Yule,
Executive Director**

Senior Humor



1. "Don't ever question the value of volunteers. Noah's Ark was built by volunteers; the Titanic was built by professionals." ~Dave Gynn.
2. If you think you are too small to make a difference, try sleeping with a mosquito." African proverb quoted by the Dalai Lama.
3. "Men have always volunteered, they just called themselves coaches, trustees, and firemen!" ~ Susan J. Ellis, president of Energize.
4. "Here's to all volunteers, those dedicated people who believe in all work and no-pay." ~ Robert Orben, speech and comedy writer.
5. "There are three kinds of people: Those who make things happen, those who watch things happen, and those who say, 'what happened?'" ~ Casey Stengel.

April

Birthstone

Diamond



Flower

Daisy



Signs

Aries
March 21 to April 19

Taurus
April 20 to May 20

Senior of the Month ~ Pegge Guerara

Pegge was born in Trenton, MI. She was raised in the suburbs of Detroit. Pegge had 4 sisters (1 sister has already passed away) who live in Florida, Georgia and Washington, and 2 brothers who live in Michigan. She is quite close to her sisters and meets up with them often. They also go out to Michigan to visit their brothers.

Pegge has worked since she was 16 years old. As a matter of fact, she worked at Elias Big Boy as a waitress and earned money to buy her first car, a 1969 Camaro.

Pegge and her first husband moved to Santa Barbara when she was 24 years old with their daughter, Angela, to be closer to his family. They had their son, Paul, and eventually divorced. She then met the love of her life, Bob, and they married. They were married for almost 30 years until his passing. Between them they had nine children. Bob had six children (Sylvia, Barbara, Rob, Ron, Paul & Ed) and together they had their son, Michael, raising all nine children. Unfortunately, both of Pegge's sons have passed away. Angela now lives in Ramona and all of her step-children live in Ventura County. Pegge has 4 grandsons, 1 granddaughter, 22 step-grandchildren and 10 step-great grandchildren. 3 of her grandsons and 1 granddaughter live in Wisconsin and 1 of her grandsons lives here in Ramona. All of her step-grandchildren live in Ventura County.



Pegge graduated from Santa Barbara Business college as a medical assistant which in-turn led her to becoming a phlebotomist. She worked at College Hospital for 25 years, becoming an expert with babies, until she retired in 2021. She then moved to Ramona to be closer to Angela and family. She started coming to the Ramona Senior Center as soon as she arrived and met friends here. Pegge is a regular and loves to play Bingo. She actually wins quite often and also volunteers at Bingo. She spends her time taking care of her grandson, bike riding, taking walks and hiking. Pegge loves being in Ramona and says it was a good move for her and that she has met a lot of nice friends here.

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Volunteering WordSearch 2

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- STRIVE
- SHARING
- HELP
- FRIENDSHIP
- SERVICE
- LEADERS
- KIND
- PRICELESS
- SKILLED
- EXPERIENCE
- GAIN
- CHALLENGE
- COMPASSION
- COMMITTED
- BELIEVE
- CHANGE
- HOPE
- GIVING

Play this puzzle online at : <https://thewordsearch.com/puzzle/1299539/>

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2. **Convenient:** Access your bills and statements online or on an app from anywhere, anytime.
3. **Saves time:** No need to mail your bill, write a check or find a stamp.
4. **Less clutter:** Reduce the mess associated with stacks of paper bills. No more piles of paper to deal with.
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<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>Always Sunny RAMONA SENIOR DAY CARE</p>
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