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challenge
you
it doesn't
change
you*

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**October
2024
Volume 107**

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.**

October Upcoming Events

- 4th Oktoberfest (wear your best lederhosen/dirndls)
11:30 a.m.
- 7th Ramblers Meeting
1:00 p.m.
- 9th Random Fun Facts Discussion
10:30 a.m.
- 18th Birthday Lunch
11:30 a.m.
- 23rd Alzheimer Support
10:00 a.m.
- 23rd PEF Board Meeting
1:00 p.m.
- 25th BINGO FUNDRAISER
3:30 p.m. Doors Open
5:00 p.m. BINGO Begins
- 31st Halloween Lunch and Costume Contest
11:30 p.m.

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

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
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

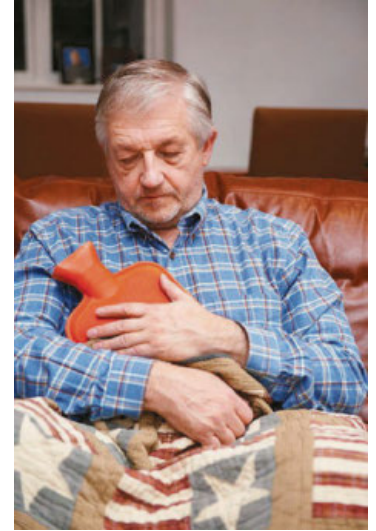
Senior Center Services

- 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

Staying Warm Indoors

About 20% of injuries related to exposure to cold occur in the home. Here are some tips to help keep warm:

- Set your heat to at least 68°F. Even mildly cool homes with temperatures from 60 to 65°F can lead to hypothermia in older adults.
- Place a rolled towel in front of doors to keep out drafts.
- Keep your blinds and curtains closed, and if you have gaps around the windows, try using weather stripping or caulk to keep the cold air out.
- Dress warmly on cold days, even if you are staying inside. Wear socks and slippers and make use of throw blankets.
- When you go to sleep, use extra covers. Wear long underwear under your pajamas and consider wearing a head covering.
- Make sure you eat enough food to maintain your weight — some body fat is necessary for staying warm.
- Avoid or limit alcohol intake. Alcoholic drinks can make you lose body heat.
- Ask someone to check on you during cold weather. If a power outage leaves you without heat, try to stay with a relative or friend.



You may be tempted to warm your room with a portable space heater, but some space heaters are fire hazards or can increase the risk of carbon monoxide poisoning.

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: January 3, 2024.



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Director's Corner ~ October, 2024



Fall weather is coming finally! WOW, what an extra hot summer we had with record breaking temperatures for way too many days. I am sure everyone is ready for some cooler days and nights.

DID YOU KNOW?

You Can See the Brightest Full Moon in Fall

The full moon in the fall that occurs during the equinox is much brighter (almost orange) and rises much earlier than a typical full moon. This full moon called the Harvest Moon occurs sometime in September or October and it was very helpful for farmers who used the moonlight to help harvest their crops according to The Best of Life.



Bobbing for Apples was a Courting Ritual

This old-fashioned Halloween party game originally started as a British courting ritual according to Redbook. Men were assigned an apple and the women would bob for them trying to get the right apple from the man she has her eye on. If she was successful, it was taken as an omen that they were meant to be together.

Fall Leaf Colors are Caused by Sugar

Everyone loves those colorful leaf colors in the fall from vibrant reds to eye-popping bright oranges, but did you know that the color the leaves turn is based on how much sugar is in the leaves, according to one country. That's why maple leaves are such a brilliant red color.

SAVE THE DATES!

Ramona Senior Center Friday Night Halloween Bingo Fundraiser will be Friday, October

25th, and tickets are on sale now. This event sells out so be sure to call the center and reserve your seat. It is \$35.00 a pack and that includes all 14 games and a hot dog meal. It will be a Halloween theme so costumes are encouraged but not required. Doors open at 3:30 p.m. and first game starts at 5:00 p.m.

Annual Halloween Costume Contest October 31st

We hope to see all of you all in your costumes for this fun day.

Last but definitely not least, The Senior Center received a \$4,500 grant check and this grant was made possible by the Ramona Community Foundation, an affiliate of San Diego Foundation. We thank you very much for your continuous support and this money will go to purchase food for our nutrition program.



From my mouth to your ears,
Lora Cicalo

Senior Humor

- What did the ghost buy at the bar? Boos!
- What kind of horse do ghosts ride? A night-mare.
- Who did the ghost take to prom? A ghou-friend!
- How does a ghost unlock a door? With a spoo-key.
- What room does a ghost not need in a house? A living room.
- Where do ghosts go on vacation? The Boo-hamas.
- Where do ghosts buy their food? At the ghost-ery store.
- Why are ghosts terrible liars? Because you can see right through them.
- What kind of street does a ghost live on? A dead end.
- What is a ghost's least favorite room in a house? The living room.
- Why did ghost take the elevator? To lift his spirits.
- Why didn't the ghost go to the ball? He had no body to go with.
- Dull ghosts are so boo-ring!
- Ghosts' favorite dessert is ice scream.



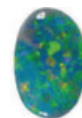
October

Birthstone

Tourmaline &



Opal



Flower

Marigold &



Cosmos



Signs

Libra

September 23 to October 22

Scorpio

October 23 to November 21

Personal Hygiene for the Elderly: Best Practices for Caregivers



Proper personal hygiene is essential for everyone's general welfare and quality of life. Maintaining good personal hygiene not only safeguards physical health, but also plays a role in supporting mental health and emotional well-being. However, the elderly population faces unique challenges when it comes to good personal hygiene due to physical limitations, cognitive changes and other age-related factors.

Bathing and Showering

Regular bathing or showering helps maintain cleanliness, remove body odor, prevent skin infections and promote relaxation. Elderly individuals should bathe or shower regularly, according to their preferences and capabilities, to prevent poor personal hygiene habits. If standing for extended periods is difficult, they might consider using a shower chair or grab bars for support.

Hand and Nail Care

Regular handwashing is critical, not only for maintaining good personal hygiene, but also to prevent the spread of germs and infections. It's important to motivate seniors to diligently wash their hands with soap and water, especially prior to eating food or touching their face. Maintaining short and clean nails is of equal importance to avoid the accumulation of dirt and potential infections.

Incontinence Care

Many elderly individuals may experience issues with urinary or fecal incontinence. Proper hygiene practices for incontinence include using absorbent products, changing them as needed and maintaining skin hygiene to prevent skin irritation and infections.

Clothing and Laundry

Wearing clean and appropriate clothing contributes to comfort and self-esteem. Seniors should have access to easily wearable and removable clean clothing. Good personal hygiene includes regular attention to laundry.

Toileting

Elderly individuals should have access to clean and well-equipped bathrooms. Building better hygiene habits means using toilet paper or wipes appropriately and washing hands after visiting the toilet.

Partial Article taken from Cherished Companions Home Care, LLC web page

Economizers

RAMONA'S BEST KEPT HARDWARE SECRET!

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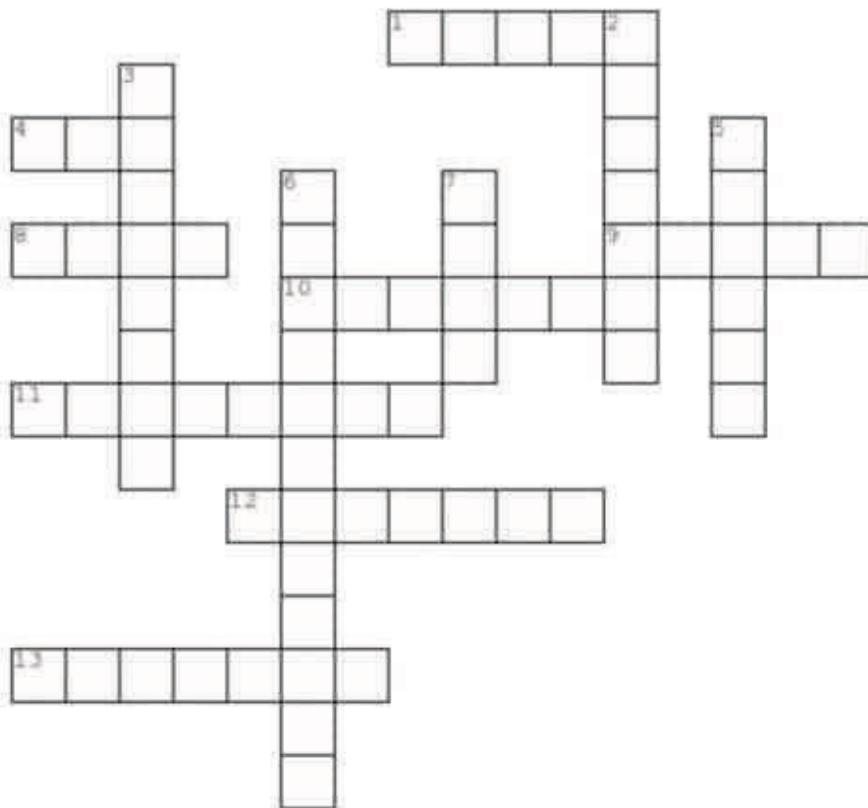
Ramona Senior Center, Ramona, CA

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HALLOWEEN



Crossword



**Boo Costume JackOlantern Trick Spider Vampire
Bats Haunted Werewolf Mask Witch Monsters
October**

Across

1. Stirs potions in a cauldron
4. Ghostly Talk
8. Placed over your face
9. ____ or Treat!
10. Disguise
11. Human that transforms into a wolf
12. Dracula is one of these
13. Halloween month

Down

2. A house where ghosts live is considered _____
3. Scary creatures, or _____, Inc.
5. Web creator
6. Carved pumpkin
7. Night flying mammals

SAFETY TIPS FOR USING METALLIC BALLOONS

Did you know that metallic balloons have caused over 520 costly outages and 18 dangerous fire ignitions in the last five years? Metallic balloons bring smiles to picnics, parties and family gatherings. But, when left untethered outside, they may float into power lines, cause an electrical surge and blow the circuit — resulting in a power outage and even sparking an electrical fire. Keep metallic balloons indoors, but if your festivities take you outdoors, keep them securely fastened. After using a metallic balloon, dispose of it by puncturing it in several places. Find more safety tips at sdge.com/safety.



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The advertisement features a purple-tinted background with a photograph of a woman smiling and hugging an elderly woman. A heart-shaped icon with a white silhouette of a person is positioned at the bottom right.

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lori-garrow@cox.net
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A portrait of Lori Garrow, a woman with short brown hair, smiling.

C2 REVERSE MORTGAGE
A DIVISION OF C2 FINANCIAL CORP

The logo consists of a blue square with a white arrow pointing right, followed by the text "C2 REVERSE MORTGAGE" in bold blue letters.

CA DRE 01044056 | NMLS 248264 CA, TN & TX | AZ1002090 | FL L055934
C2 Financial Corp. 10509 Sorrento Valley Rd #400 San Diego, CA 92121 | CA DRE #01821025 | NMLS 135622

Always Sunny
RAMONA SENIOR DAY CARE

The advertisement shows a group of elderly women outdoors, some blowing bubbles. A large yellow sunburst graphic is behind the text "Always Sunny".

Always Sunny, Ramona Senior Day Care
Adult Day Program for less independent aging loved ones.

760-654-2818 | 2138 San Vicente Rd. • Ramona, CA 92065
www.ramonaseniordaycare.com | alwaysunnysrsc@gmail.com

Full Day Social Program: Monday through Friday, 7:30 am to 5:30 pm

- Fun and Engaging Activities • Professional Personal Care
- Family Caregiver Respite • Half the Cost of In-Home Care

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800.809.3570 * md-medalert.com

The advertisement includes a photograph of an elderly woman smiling and a picture of the MDMedAlert device, which is a white rectangular box with a blue "HELP" button and a small screen.

RAMONA SENIOR CENTER
NUTRITION PROGRAM FUNDRAISER

EVENT SPONSORED BY
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RAMONA COMMUNITY CENTER
434 AQUA LANE

OCT 25
5PM

INCLUDES 1 BINGO PACKET, HOT DOG, CHIPS AND A DRINK

\$35

SPECIALS ARE INCLUDED

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costumes optional

18 AND OLDER EVENT

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