



**September
2021
Volume 71**

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.

SENIORS OF THE MONTH LINDA & FRANK CAMERON



Linda & Frank have been married for 36 years. Linda has 3 biological children and Frank has 2 biological children. They have 12 grand-children and 3 great grand-children. Frank is part Cherokee too! Frank was born in Arkansas and Linda was born in Indiana. Throughout their lives Frank has primarily worked as a foreman for underground utilities and has also worked as a mechanic. Linda has worked as a library assistant, computer operator and as a teacher's aide working with handicapped children. She loved working with the handicapped children most.

Linda and Frank have been living in Santa Ysabel for six years. They are living on Linda's daughter's property in a specially built medical mobile home. They moved here from Florida where they lived for 30 years for health reasons. When they were in Florida they had a mini farm raising goats, lambs, chickens, donkeys, pigs and horses. That was Frank's passion. They also used to ride horses and were in a Saddle Club. Linda loved the animals too, however, she also really enjoyed arts & crafts, cooking and baking.

They love the senior center and have been coming here for about 5 years. They come in as often as they are able to get here.

Director's Corner September 2021



Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contribution's workers have made to the strength, prosperity, and well-being of our country. **Don't forget that we will be closed Monday on September 6th.**

Please remember that we have a walk up **lunch pick up in our lobby between 12:30 pm - 1:00 pm Monday – Friday.** You must be 60 or older and give us your name and birthdate. If you are not 60, but are a guest of a senior, the cost is \$8.00 for the meal. Our menu is posted on our website and in the Ramona Sentinel.

Join us for our **Luau on Friday, September 3!** Wear your favorite Luau attire!!!

If you or someone you know is a senior citizen and is in need of a **free fan** from the County please call **1-800-339-4661 and press #1 for English or #2 for Spanish, then press #2 indicating you are not calling on behalf of law enforcement and then press #7.** You must be low income and provide your name, address, phone number and date of birth. They will then mail it to you free of charge. Please take advantage of this while it last.

Here is a bit of information that I think is important for you to know.

Why Are Seniors More Likely to Be Dehydrated?

As the body ages, the amount of water in it decreases, and this is one of the main reasons elderly adults are at a higher risk for dehydration. Whereas younger people can afford to lose more water, adults over

60 can lose the same amount and develop dehydration faster.

Even mild dehydration adversely affects mental performance and increases feelings of tiredness. Mental functions affected include memory, attention, concentration and reaction time. Common complications associated with dehydration also include low blood pressure, weakness, dizziness and increased risk of falls.

Top Signs of Dehydration in Seniors

Muscle weakness.
Lethargy.
Dry mouth.
Headaches or dizziness.
An inability to sweat.
Low blood pressure.
Rapid heart rate.
Fatigue.

DRINK YOUR WATER!



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

Senior Humor

1. There's a fine line between a numerator and a denominator. (...Only a fraction of people will get this clean joke.)

2. What do dentists call their x-rays?

Tooth pics!

3. Did you hear about the first restaurant to open on the moon?

It had great food, but no atmosphere.

4. What did one ocean say to the other ocean?

Nothing, it just waved.

5. Do you want to hear a construction joke?

Sorry, I'm still working on it.

6. Did you hear about the fire at the circus?

It was in tents!



September

Birthstone

Sapphire



Flower

Aster &



Morning Glory



Signs

Virgo

August 23 to September 22

Libra

September 23 to October 22

**BOARD OF DIRECTORS 2021-2022
PACIFIC EDUCATIONAL FACILITIES, INC., RAMONA SENIOR CENTER**



Front Row: Beverly J. Smith, Treasurer; James Phillips, President; Sara Allen, Director; Cindy Galloway, Secretary.

Back Row: Kim Lasley, Director; David Closson, Director; Helene Armand, Vice-President; Jeffrey Wells, Director.

Not pictured: Mary Black, Director; Nancy Walker, Director; Debi Fraser, Director.

CONSIDERING PURCHASING A BACKUP POWER SOURCE?

We all rely on electricity for everyday life. That's why it's important to have an emergency plan in place before a power outage occurs. As part of your plan, you may want to consider adding a backup power source like a generator or portable power station.

A backup electric generator can be valuable when the power goes out. Backup electric generators aren't connected to SDG&E's power grid. This means that, in the event of an outage, a backup generator can turn the lights back on, keep appliances running and power essential equipment and electronic devices.

There are two types of generators:

Portable generators provide temporary power for basic needs. They can range in price from a few hundred dollars to more than \$1,000. It is very important to determine what size generator you'll need and how to operate it safely before running it for the first time.

Permanent standby generators are bigger and better equipped to power larger structures, such as an entire home, if sized properly. When a power outage occurs, they turn on automatically and turn off when power is restored. These generators require professional installation from a licensed electrician.

Find out whether you need one for your home, how to shop for the right generator and how to use it properly to avoid risking you and your family's safety. Here are a few things to think about before purchasing backup power:

Your Energy Needs — What are the critical appliances you'll need during an outage? Are you dependent on a medical device or have special heating or cooling needs? Evaluating your energy needs is an important first step in choosing the right generator.

Fuel Preferences — Gasoline, propane, solar with backup storage? There are many factors to consider when choosing the right type of fuel including accessibility, affordability, environmental concerns and the space available for secure generator storage.

Installation Requirements — A permanent standby generator, or rechargeable home battery system should be installed by a qualified professional, like a licensed contractor.



The Ramona Seniors wish to invite the public to play **BINGO** at the Ramona Senior Center every Thursday from 1pm – 4pm. Plan to arrive and get signed up by 12:30pm. Anyone over the age of 18 may play.

\$14.00 to play

First time player \$5.00 off

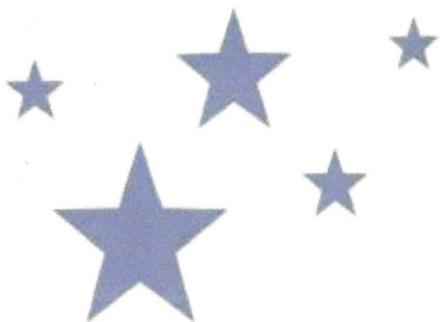
16 Games

Doubles \$1 each

Intermission Roundies \$1 each

434 Aqua Lane, Ramona
760-789-0440





DARAPE

BALRO YAD

KROW

RAPYT

EARCER

OJB

OKOCTUO

NOMYAD

CAMARIE

LGAF

★ *Labor Day* ★
Word Scramble