

HAPPY KWANZAA!
Merry Christmas
Happy Hanukkah
Happy Holidays



**December
2021
Volume 74**

RAMONA SENIOR CENTER NEWSLETTER

Seniors Serving Seniors Since 1974

434 Aqua Lane | Ramona, CA 92065



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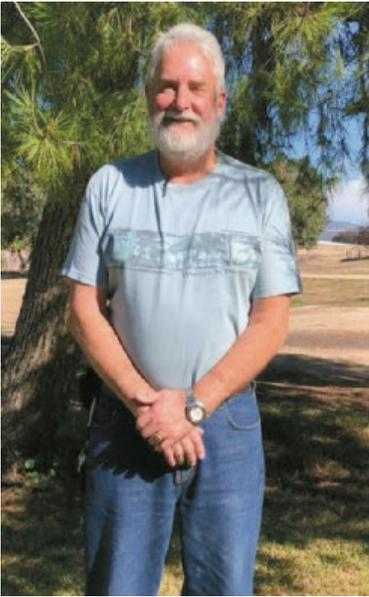
Email us at ramonaseniorcenter@gmail.com

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awarded by the County of San Diego Aging & Independence Services.**

Senior of the Month – Scott Lorenzen



Scott was born in Millington, Tennessee. His Father was in the Navy (Chief Petty Officer E-7) so they were transferred around a bit. They went to Jacksonville, Florida; Whidbey Island, Washington; and, then to North Island in San Diego when Scott was just 5 years old.

He grew up in Poway and graduated from Poway High School in 1973. Scott joined the Navy that year and got stationed in Great Lakes, Michigan; the USS Huntley; and, the Naval Weapons Station in South Carolina. When Scott's Dad passed away in 1976, Scott came back to San Diego to raise his two brothers.

He met his wife Linda while riding motorcycles with her brother. He went back to their house and saw her, the rest is history. They got married in December of 1977 and have two children, a son, Sean, and a daughter, Naomi.

They also have 3 grand-children.

Scott got out of the military in 1977 and worked at various auto repair facilities. He eventually went to work for the State of California Bureau of Auto Repair for 30 years. He is now retired and spends his time doing volunteer work. He was previously a senior Sheriff volunteer and now volunteers for his church and here at the senior center. He also does work around his house, honey-do lists and helps his neighbors.

It's great to know you Scott!!

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Director's Corner December 2021



Now that Thanksgiving has passed, we have a whole month of endless Christmas carols and copious amounts of cheer to look forward to. For some people, it is their favorite time of year, and for others, it's a month they would rather skip. For me, it's a magical time of year and what could be more beautiful than all those beautiful lights and ear to ear smiles on all the children's faces?

The holidays seem to put us in such a thankful and giving mood. I would like to remind you that we are a non-profit organization and any cash donation given to us is greatly appreciated and tax deductible. Without donations we could not keep our doors open. Please help support us so we can continue to serve a nutritious meal to close to 300 seniors a day five days a week. Many of the homebound seniors we deliver to would not otherwise get a hot meal or human contact for that day. Also, if you shop Amazon, please log in on

Amazon Smiles and add us as your charitable organization under our 501-(c)(3) business name, Pacific Educational Facilities Inc. (We do business as Ramona Senior Center) and they will donate 0.5% of the purchase price of eligible products back to us. It is a great way to get your shopping done and help out the Ramona Senior Center.

Staying in touch

Throughout these times families are working hard to provide support to their loved ones near and far. Creating and strengthening connections with others is so important and doing this doesn't have to be an overwhelming task.

There are many ways to strengthen ties with loved ones. Families can schedule safe communications throughout the holiday season so seniors won't feel left out. Zoom, FaceTime, and other apps allow relatives of all ages to interact online. If you haven't yet, consider giving these tools a try. If none of these ideas are going to work for you then please remember, the most important thing you can do is keep in touch with

your loved ones. Give them a call on the phone, even if it's just to say "Hi!" and that you are thinking of them. If a loved one is not able to attend a holiday celebration, pick a time to call them so they can speak with various family members. Don't underestimate the power of a phone call to help someone feel connected!

Our holiday celebration lunch will be on Wednesday, December 22nd. We will be serving Hickory Smoked Ham Steak with Cherry Sauce, Sweet Potatoes, a dinner roll, green bean casserole and fruit pie!!

Remember that we will be closed on Thursday, December 23rd, Friday, December 24th and Friday, December 31st.

Wishing all of you a very Happy Holiday season and a Happy New Year!!



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

Senior Humor

Why are Dasher and Dancer always taking coffee breaks?
Because they are Santa's star bucks.

Why are Christmas trees like people who can't knit?
They drop their needles.

I miss the good old days when women thought mistletoe was fun... and not sexual harassment.

I asked my grandmother for wireless headphones for Christmas... and got some really nice ear muffs.

May your longest list this Christmas be the one that counts your blessings.

- *Unknown Author*



"Maybe Christmas," he thought, "doesn't come from a store. Maybe Christmas ... perhaps ... means a little bit more!"

- *Dr. Seuss*

December

Birthstone



Zircon,
Tanzanite &
Turquoise



Flower

Narcissus &
Holly



Signs

Sagittarius
November 22 to December 21

Capricorn
December 22 to January 19

Tiffany Brooks

We want to welcome our newest driver, Tiffany!! She started working here in April as a substitute dishwasher and now is delivering meals on her own route. She has taken over the Ramona route like a champ!!

Tiffany was born in Arkansas, however, only spent a very short time there. Her family moved around quite a bit after that. They spent some time in Ocean Beach and ultimately settled in San Diego.

She met the love of her life, Topher Jordon, about 6 years ago and is now part of the Jordan family. They have a beautiful daughter named Louisa.

A little fact about Tiffany is that she can play six different musical instruments: the flute, piccolo, clarinet, violin, cello and the drums. She also scuba dives!

We are so happy to have you here at the Ramona Senior Center!!



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FALL ENERGY SAVINGS AT HOME

As the seasons change, so can your energy use. From weather-stripping windows to lowering the temperature on your water heater, these smart and simple tips can help keep your family cozy and your energy costs low. Find ways to save on your energy bill with these timely tips:

1. Weather strip and caulk drafty doors and windows to keep the cold at bay. The fall chill can seep in under doors, around windows and even through electrical outlets, baseboards and AC units.
2. During mid-day, open window coverings to let in the sun's heat and close them at night to block the cold.
3. Take advantage of SDG&E's instant instore rebates for up to \$500 on new electric heat pump water heaters and gas water heaters. This can save a lot on your water-heating costs every year. Learn more at sdge.com/rebates.
4. If the holidays are putting a strain on your budget, SDG&E offers payment plans, bill discounts and assistance programs for those who qualify. Learn more at sdge.com/assistance.
5. Switch your ceiling fan's blade rotation direction to save on your fall heating bill. Hot air rises, so reverse your fan's blades to a clockwise rotation to help push that warmth back down to you.
6. Use your exhaust fans less often. Your bathroom fans and oven hoods are often-overlooked sources of heat loss during the fall season. Use them sparingly and turn them off when not in use to ensure your home's warmth isn't being pulled away.
7. Lowering the thermostat by 10 to 15 degrees while you sleep at night or are away from home can help save approximately 10% on your heating bills. A smart thermostat can be programmed based on when you are usually home or away and at the temperature you prefer during those times.
8. Many people continuously use technology at home for work and entertainment, especially as we spend more time indoors during colder weather. Using the energy saver mode on your devices and appliances can go a long way toward reducing energy use without sacrificing performance.
10. Lowering the temperature on your water heater from 140 degrees to 120 degrees can potentially save you up to \$400 a year—and you won't notice the difference.

Visit sdge.com/winter for more energy-saving tips.



YOU ARE NOT ALONE (YANA): ENROLL IN THE PROGRAM OR BECOME A VOLUNTEER

The YANA program exists to help connect otherwise isolated seniors with their community and let them know they have not been forgotten. YANA is a free service provided in most areas of San Diego County and administered by law enforcement agencies including the San Diego County Sheriff's Department, San Diego Police Department, Chula Vista Police Department, and Carlsbad Police Department. Retired & Senior Volunteer Program (RSVP) senior volunteers are the everyday heroes who are the heart of this program.

Before the pandemic, RSVP volunteers would make home visits to isolated seniors to check on their welfare, as well as to have a friendly chat. Home visits are a chance to make a social connection, offer support, and notice any decline in the individual. YANA volunteers have been able to intervene and call 911 when there has been a medical crisis that would have otherwise been left unchecked. Due to the Covid-19 pandemic, the program had to transition away from home visits to phone calls, but volunteers were still able to check in on residents and continue the primary functions of the YANA program. Now that San Diego County has started to safely open back up, some RSVP volunteers are providing doorstep visits to their YANA clients, rather than in-home visits, while some are continuing to call YANA clients.

To enroll in this free service, or to become a YANA volunteer, please contact Myles Jonathan Field at (619) 650- 2498 or email myles.field@sdcounty.ca.gov.

Protect Your Medicare

Follow these Tips to prevent Medicare ID fraud:

- >> Keep your Medicare and Social Security cards secure.
- >> Don't share your numbers with anyone but your health care team.
- >> If someone calls and asks for your Medicare information, hang up. Medicare will only call you if you've called and left a message or a representative said that someone will call you back.
- >> Check your statements carefully and log into **Medicare.gov** to spot any possible fraud or billing mistakes.
- >> Report suspicious activities by calling **Senior Medicare Patrol:**



1-855-613-7080



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Winter Wordsearch



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