



**June
2022
Volume 80**

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.

Senior Center News

Our nutrition program helps feed seniors who sometimes would not be able to afford a meal otherwise.

Table of Contents

Amazon Smile	---	3
Director's Corner	---	4
Senior Humor	---	4
Ramona American Graffiti Cruise	---	5
5 Tips To Prevent Against Heat	---	6
SDG&E	---	7
Crossword Puzzle	---	8

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

June Upcoming Events

- 6th Ramblers Meeting
1:00 p.m.
- 6th First Day To Bring In A Photo Of You Between The Ages of 15 & 25. Big Reveal Will Be On July 8th.
- 8th Larry Weddle Music
11:30 a.m.
- 10th Sheriff Dept. Talk on Fraud
11:30 a.m.
- 15th Music Therapy Support Group ~ Advantage Health Systems
10:30 a.m.
- 17th Birthday /Father's Day Lunch
11:30 a.m.
- 22nd PEF Board Meeting
1:00 p.m.
- 24th Volunteer Appreciation Lunch
11:30 a.m.

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

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



**Help us every time
you shop Amazon.**

1. **Visit smile. Amazon.com.**
2. **Sign in with the same account you use for Amazon.com.**
3. Select your charity: **Pacific Educational Facilities, Inc. EIN: 23-7222513 (our non-profit name).**
4. **Start shopping! Remember to checkout at smile. Amazon.com to generate donations for the Ramona Senior Center via Pacific Educational Facilities.**

Director's Corner June 2022



Fun Facts about June

- It is the first month of the summer season.
- June in the Northern Hemisphere is similar to the month of December in the Southern Hemisphere.
- June is known as a great month to get married.
- The famous English tennis tournament Wimbledon is played during the month of June.
- The longest day of the year occurs on either June 21st or 22nd. Several countries celebrate their flag days during this month including the United States, Sweden, Denmark, Romania, and Argentina.

Starting on **June 6th** bring in a photograph of yourself between the ages of 15 & 25. We will display it on the bulletin board so everyone can guess who it is. We will have our big reveal on July 8th.

June 17th is our Father's Day/ Birthday Celebration! We hope to see you here for our BBQ Chicken lunch. Come in and help us celebrate!

June 24th is our Volunteer Appreciation Lunch! Our staff will be serving all of our amazing volunteers' lunch that day. We hope to see you all here so that we can recognize and honor you!

6 TIPS FOR STAYING HYDRATED

Your best defense against dehydration is prevention. Follow these six tips to stay safe and healthy, especially when temperatures — or your activity levels — increase:

1. **Don't wait until you're thirsty to drink.**
2. **Flavor your water.**
3. **Eat water-rich fruits and vegetables.**
4. **Stay inside when it gets too hot.**
5. **Dress for the weather.**
6. **Be aware of the signs of dehydration.**



From my mouth
to your ears,

Lora Cicalo
Executive Director



Senior Humor

Hospital rules state that patients checking out must have a wheelchair.

One day a newly graduated nurse assistant came into the room to find an elderly man fully dressed. He was sitting on the bedside chair, with a piece of packed luggage at his side, all ready to go.

When he was shown the wheelchair, he was adamant that he was fully capable of walking himself to the parking lot.

But the assistant told him rules were rules, so he relented and let her wheel him out.

In the elevator, the assistant asked the elderly man if his wife was coming to meet him.

"I don't think so," he replied. "It takes her awhile to change her clothes, so she's probably still upstairs in the bathroom taking off her hospital gown and getting dressed."

June

Birthstone

Pearl &
Alexandrite



Flower

Rose &
Honeysuckle

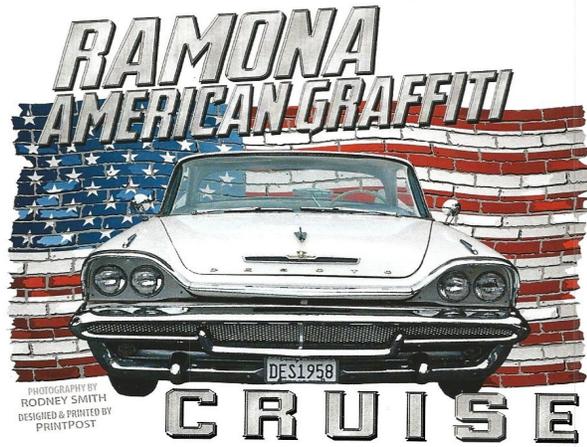


Signs



Gemini
May 21—June 20

Cancer
June 21—July 22



Starts Thursday, April 14th!
and every Thursday through September. 6:00p-Sunset

RAMONA AMERICAN GRAFFITI CRUISE NIGHT WRISTBANDS!

Get your 2022 Cruise Wristbands

All proceeds to support the Ramona Senior Center

Each person with a 2022 Cruise Night Wrist Band will receive a merchant discount on selected items at participating businesses* listed on the back of this flyer. Valid ONLY on Cruise Thursdays.

Wristbands available for \$5 at NAPA, El Michoacan, La Cocina, Pamo Winery, PrintPost, Reds, Whites and Brews, Smoking Cannon Brewery, Ramona Senior Center, or call Leroy Clubb at (619) 980-3647

THANKS TO EVERYONE FOR YOUR SUPPORT!

Design & Printing by PrintPost

PLEASE SUPPORT THE BUSINESS BELOW AS THEY SUPPORT THE CRUISE NIGHT

*Please check with vendor for discount offer.

7-Eleven Buy 1/Get 1 Equal or Lesser Value	Kountry Kitchen 826 Main St., Ramona	Ron's Tire & Brakes 2560 Main St., Ramona
Affordable Treasures 668 Main St., Ramona	La Cocina 681 Main St., Ramona	Rubio's Coastal Grill 1664 "A" Main St., Ramona
Amerit Restaurant 668 Main St., Ramona	Main Street Coffee 680 Main St., Ramona	Salsa Mexican Restaurant 1530 Main St., Ramona
Annick's Insurance Services 1012 Main St. #105, Ramona	Mama Ramona 1130 "D" St., Ramona	Smoking Cannon Brewery 780 Main St., Suite I, Ramona
Artistry in Hair 780 Main St., Ramona	Marinade on Main 865 Main St., Ramona	The Barn 334 Main St., Ramona
Auto Zone 310 Pala St., Ramona	Mariscos Mar Del Cortez 109 10th St., Ramona	The Exotic Car Garage 136 10th St., Ste. F, Ramona
Best Care Pharmacy 1306 Main St., Ramona	Mi Ranchito Taco Shop 1028 Main St., Ramona	The Gym Ramona 558 Main St., Ramona
Cattle Dog Cafe 632 Main St., Ramona	Napa Auto Parts 754 Main St., Ramona	The Rusted Poppy 621 Main St., Ramona
Cheers Happy Hour All Day 2475 Main St., Ramona	Oil Changers 1809 Main St., Ramona	Tropical Pinapples 1664 Main St. Suite C, Ramona
Country Tire & Auto 2317 Main St., Ramona	P.C. Auto Detailing 2317 Main St., Ramona	Turquoise Barn Cider 955 Maple St., Ramona
Cricket Wireless 1664 Main St., Ste. B, Ramona	Pamo Valley Winery 680 Main St., Ramona	Uptown Boutique 642 Main St., Ramona
D'Carlos Restaurant 1347 Main St., Ramona	Perfect Touch Detailing 760-533-1014	Valencia's Creme de la Creme 1925 Main St., Ramona
Denny's Restaurant 1946 Main St., Ramona	Piña Smoothie 1451 Main St., Ramona	Vibes Sushi 1140 Main St., Ramona
Economizer Hardware 209 10th St., (Hwy 78) Ramona	PrintPost 1668 Main St., Ramona	Vina Ramona 642 Main St., Ramona
Jewelry World 1668 Main St., Ramona	Ramona Cafe 628 Main St., Ramona	Yogurt Barn 1334 Main St., Ramona
Joanie Schall-Hair Stylist 1039 'D' St., Ste. 11, Ramona	Ramona Cannabis 736 Montecito Rd., Ramona	
Kahoots Feed 947 Main St., Ramona	Ramona Family Naturals 642 Main St., Ramona	
Kentucky Fried Chicken 1025 Main St., Ramona	Rebel Torossian 1039 'D' St., Ste. 111, Ramona	
Kit Fox Outfitters 780 Main St., Ramona	Reds, Whites & Brews 629 Main St., Ramona	
Knight's Mattress & Furniture 1310 Main St., Ramona	Revels Mexican & Seafood 724 Main St., Ramona	



5 Steps To Protect Against Extreme Heat's Effects On Seniors

Extreme heat is a leading cause of preventable death among seniors and with recent record-breaking temperatures, it is important seniors and caregivers know how to stay safe in hot weather. According to the Centers for Disease Control, more people in the United States die from extreme heat than earthquakes, hurricanes, lightning, floods and tornadoes combined. Of these preventable heat-related deaths, seniors account for 40 percent, according to Dr. Thomas Cavalieri, founder of the New Jersey Institute for Successful Aging.

As people age, their bodies cannot cool down as well as when they were younger. Elderly people may not feel as hot when temperatures are very high and are less likely to feel thirsty when their bodies are near dehydration, according to experts at the American Geriatric Society's Foundation for Health in Aging.

Here are five tips to help seniors stay safe in hot weather:

1. If possible seek an air-conditioned environment. If you do not have air-conditioning at home, visit an air-conditioned shopping mall, restaurant or library. During extreme heat warnings, cities often set up cooling centers for the public to escape the heat. If you cannot leave your home, take a cool shower or place cool towels around pulse points such as the neck and armpits.
2. Drink plenty of cool, non-alcoholic, non-caffeinated beverages without too much sugar. When the body sweats, it loses vital salts and minerals, so grab a sports drink or a Pedialyte. If your liquid intake is limited, eat cold fruits that contain high amounts of water like apples, watermelon and cantaloupe.
3. Stay out of the sun during the warmest parts of the day—usually between 10 or 11 am and 3 or 4 pm—and wear weather appropriate clothing that is loose fitting with light fabrics.
4. Use a buddy system. Ask a friend or relative to call and check on you twice a day. If you know someone 60 or older, call to check on them twice a day.
5. Hire a caregiver from a reputable agency that specializes in in-home senior care and who is trained in senior safety. They can provide care on an hourly or live-in basis, depending on the senior's needs.

Article from Parentgiving Website.



SDG&E REDUCE YOUR USE EVENT HOURS ARE CHANGING

When you use energy matters, especially if you are on an SDG&E pricing plan that has a Reduce Your Use event day component. This is when customers may be asked to reduce their energy use between certain hours to help ease the strain on the power grid.

Effective June 1, 2022, Reduce Your Use hours are changing from the previous hours of 2 p.m. – 6 p.m. to the new hours of 4 p.m. – 9 p.m. When a Reduce Your Use event is called, the price of electricity from 4 p.m. – 9 p.m. will significantly increase. If you're not able to reduce your energy use during these hours, it may impact your monthly bill.

If you are on an SDG&E Reduce Your Use pricing plan, it is important that your communication preferences are up to date. You will receive notifications when a Reduce Your Use event day is called and it is time to conserve. Up to 18 events can be called per year.



Not sure if you are on a pricing plan with a Reduce Your Use component? Sign into My Account on myaccount.sdge.com to review your pricing plan and find ways to save. You can also sign up for energy use alerts and notifications.



