

**YOU ARE
RESPONSIBLE
FOR YOUR OWN
HAPPINESS**

Deloz



**August
2024
Volume 105**

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

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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.**

Here are some fun facts about Ramona, California:

- Potato Chip Rock: A unique hiking destination in Ramona.
- Aviation history: The U.S. Navy built Ramona's airport in 1943.
- Historic buildings: Ramona's old town Main Street includes the Verlaque House, built in 1886, and the Ramona Town Hall, which was listed on the National Register of Historic Places in 1994.
- Equestrian community: Ramona has a large equestrian community.
- Parks: Ramona has many parks, including Collier County Park, Wellfield Park, Dos Picos County Park, Ramona Grasslands and others.
- History: The Ramona area was once inhabited by the Kumeyaay Nation of Native Americans, who established seasonal settlements there. Ramona was also once known as the "turkey capital of the world," and President Woodrow Wilson once pardoned a Ramona turkey for Thanksgiving dinner at the White House.
- Name: The community was originally called Nuevo, but was renamed Ramona to capitalize on the popularity of the 1884 novel Ramona, which drew attention to the plight of American Indians.



Director's Corner ~ August, 2024



It sure has been hot!

What temperature is too hot for seniors?

Staying Safe When It's Too Darn Hot. When the temperature climbs above 80°F, older adults need to be proactive and take precautions to avoid ailments due to excessive heat. Keep in mind the following tips when trying to stay cool. Stay away from direct sun exposure as much as possible.

Older adults don't sweat or cool down as efficiently as younger people. Heat stress can worsen underlying conditions like heart, lung and kidney disease, and extreme heat can trigger delirium. Poor air quality makes it harder to breathe, especially among people who already have breathing difficulties.

Things you can do to lower your risk of heat-related illness:

- Drink plenty of liquids, such as water, fruit or vegetable juices, or drinks that contain electrolytes. Avoid alcohol and caffeinated beverages. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.
- If you live in a home without air conditioning or fans, try to keep your space as cool as possible. Limit use of the oven; keep shades, blinds, or curtains closed during the hottest part of the day; and open windows at night.
- If your living space is hot, try to spend time during midday in a place that has air conditioning. For example, go to the shopping mall, movies, library, senior center, or a friend's home.
- If you need help getting to a cooler place, ask a friend or relative. Check for cool zones in your area.
- Dress for the weather. Wear lightweight, light-colored, loose-fitting clothing. Natural fabrics such as cotton may feel cooler than synthetic fibers.

- Avoid outdoor exercising and other physical activity when it is very hot. Instead, try to find someplace you can be active while staying cool indoors.
- If you must go outside, try to limit your time out and avoid crowded places. Plan trips during non-rush-hour times.
- Make sure to use a broad spectrum sunscreen, SPF 30 or higher, and reapply it throughout the day, especially if your skin will have continuous exposure to the sun. Wear a hat and other protective clothing, and sunglasses. If you do get sunburned, stay out of the sun until your skin is healed and use cool cloths and moisturizers to treat the affected area.
- Ask your doctor if any of your medications make you more likely to become overheated or sunburned.

If you or someone you know is a senior citizen and is in need of a free table fan from the county, please call **211** for more information. Please take advantage of this while it lasts.

From my mouth to your ears,

Lora Yule



Senior Humor

Q: Do fish go on vacation?

A: No, because they're always in school!

Q: Why don't oysters share their pearls?

A: Because they're shellfish!

Q: What do mermaids sleep on?

A: Water beds!

Q: What kind of tree fits in your hand?

A: A palm tree!

Q: What travels all around the world but stays in one corner?

A: A postage stamp!

Q: What is a shark's favorite sandwich?

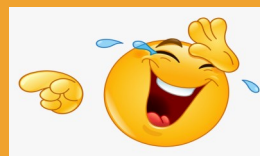
A: Peanut butter and jellyfish!

Q: Why should you never blame a dolphin for doing anything wrong?

A: Because they never do it on porpoise!

Q: What do you call a snowman in July?

A: A puddle!



August

Birthstone



Peridot &

Spinel



Flower

Gladiolus &

Poppy



Signs

Leo

July 23 to August 22

Virgo

August 23 to September 22

RAMONA SENIOR CENTER BOARD MEMBERS 2024/2025



Front Row (L to R): Debi Fraser (Secretary), David White (Treasurer), Sara Allen (President), Jim Phillips (Vice-President)
Back Row (L to R): Cindy Galloway (Director), Beverly Smith (Director), Thomas McKelvey (Director), Lynn McNees (Director), Pegge Guevara (Director)

THANK YOU FOR ALL YOU DO!



Summer Word Search



SUMMER	G A R D E N Y S M B M T O L S
SUNSHINE	N I A R M E L E S E E R W O U
SWIM	U C I N C I P E A S I A M S N
BOAT	L M L I N O I T A C A V R P S
CAMP	P O P S I C L E Q L D E K I H
HIKE	U I P E C A M P I O O L F C I
GARDEN	Y T N S R E T L M D N T R E N
PLAY	P W N S O E P A T G N E D X E
BEACH	A U G R I A D Y B O A Y A T E
JULY	R L J U L Y G R S A S O U P A
AUGUST	K E F G L C E A T H I R G A S
PARK	B A L Y P A E N O C R E U R D
PICNIC	S H O R T S O O H A E H S H R
POPSICLE	U Y P E M N O S A E S S T D E
ICE CREAM	C H E T A M C L Y B G M R E S
SHORTS	X L A O V Z R C O J B R I N S
DRESS	F O S E M A E R C E C I O W L
TRAVEL	B L O S S U M M E R W B M O S
VACATION	
SEASON	

ONESTOPWORDSEARCH

PROVIDING EXTRA SUPPORT DURING PUBLIC SAFETY POWER SHUTOFFS



If high-risk wildfire conditions threaten any portion of the electric system serving your community, it may be necessary as a last resort to turn off electricity to prevent a wildfire. This is called a Public Safety Power Shutoff (PSPS). To learn more about PSPS, visit [sdge.com/PSPS](https://www.sdge.com/PSPS). To ensure we keep you informed with PSPS alerts, please check your contact information, and sign up for outage notifications at [sdge.com/notifications](https://www.sdge.com/notifications).

Do you have a disability or use a medical device for health, safety or independence that requires electricity? Let us know at [sdge.com/AFN-Survey](https://www.sdge.com/AFN-Survey). And, if you need additional support during a Public Safety Power Shutoff, dial 211. You may be eligible for helpful resources. For more information on accessibility support, visit [sdge.com/AFN](https://www.sdge.com/AFN).

The background features a vibrant purple-to-blue gradient. In the top-left corner, there is a red bingo card with several 'X' marks. To its right, a yellow starburst contains three bingo balls: a red one with the number 19, a blue one with 35, and a purple one with 7. On the left side, a yellow ladder holds three more balls: a purple one with 7, a red one with 19, and a blue one with 35. On the right side, a red ball with the number 19 is shown. At the bottom, there are three overlapping bingo cards in purple, blue, and red, each with 'X' marks.

FRIDAY NIGHT BINGO

JOIN US FOR FUN, RAFFLE PRIZE OPPORTUNITIES
AND A HOT DOG MEAL

\$30 PRE-SALE

Get ready to shout "BINGO!" and win cash prizes at this fundraising event for The Ramona Senior Center. Our Bingo caller will guide you through multiple rounds of the classic game, and there will be plenty of opportunities to win big.

**FRIDAY AUGUST 16TH FIRST GAME STARTS AT 5 PM
DOORS OPEN @ 3:30**

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