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**June
2024
Volume 103**

RAMONA SENIOR CENTER NEWSLETTER

Seniors Serving Seniors Since 1974

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

Origins of Father's Day



The campaign to celebrate the nation's fathers did not meet with the same enthusiasm—perhaps because, as one florist explained, “fathers haven't the same sentimental appeal that mothers have.”

On July 5, 1908, a West Virginia church sponsored the nation's first event explicitly in honor of fathers, a Sunday sermon in memory of the 362 men who had died in the previous December's explosions at the Fairmont Coal Company mines in Monongah, but it was a one-time commemoration and not an annual holiday.

The next year, a Spokane, Washington, woman named Sonora Smart Dodd, one of six children raised by a widower, tried to establish an official equivalent to Mother's Day for male parents. She went to local churches, the YMCA, shopkeepers and government officials to drum up support for her idea, and she was successful: Washington State celebrated the nation's first statewide Father's Day on June 19, 1910.

Slowly, the holiday spread. In 1916, President Wilson honored the day by using telegraph signals to unfurl a flag in Spokane when he pressed a button in Washington, D.C. In 1924, President Calvin Coolidge urged state governments to observe Father's Day.

Today, the day honoring fathers is celebrated in the United States on the third Sunday of June: Father's Day 2024 occurs on June 16.

In other countries—especially in Europe and Latin America—fathers are honored on St. Joseph's Day, a traditional Catholic holiday that falls on March 19.

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Director's Corner ~ June, 2024



Father's Day celebrates and honors the men who have embraced the essential role of fatherhood. On this day, we also thank fathers and father figures (uncles, grandfathers) for the sacrifices they make, for embracing the responsibility of nurturing and raising children, and for their devotion to their families.

Father's Day did not become a permanent national holiday for many years. The first bill was introduced in Congress in 1913, but in spite of encouragement from President Woodrow Wilson, it did not pass. In 1966, Lyndon Johnson issued a proclamation designating the third Sunday in June to honor fathers.

Finally, in 1972, President Richard Nixon signed a law declaring that Father's Day be celebrated annually on the third Sunday in June. It has

been an official, permanent national holiday ever since.

The Senior Center will be celebrating Father's Day on June 14th. We look forward to sharing a great lunch with all the fathers.

Don't forget June 1st is our Senior Center Car Show. It will be at Grace Community Church from 10 am - 2pm and everyone gets a free hot dog meal.

DRINK YOUR WATER!



It is the first month of summer season and the weather is warming up. Temperatures are warm to hot by June. You'll usually be sweating away during the day in June and then nights offer cooler temperatures to help you relax.

For a variety of reasons, it is easy for a senior to become dehydrated

and not meet their recommended fluid intake. Dehydration is dangerous and can happen quicker than you think. Some signs of dehydration for you to watch out for include:

- Feeling very thirsty
- Dry mouth
- Unable to produce tears
- Not urinating often enough
- Dark-colored urine (ideally, urine should be almost colorless)
- Dizziness or lightheadedness
- Confusion

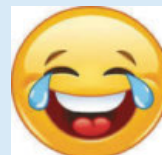
Please keep in mind that as a general rule, you should take one-third of your body weight and drink that number of ounces in fluids. For example, if you weigh 150 pounds, aim to drink 50 ounces of water each day. However, it's best to talk to your doctor to determine how much water you should be drinking daily.

From my mouth to your ears,

**Lora Cicalo
Executive Director**

Senior Humor

- * Did you hear about the red and blue ships that collided? All the sailors were marooned.
- * My neighbor gave me a new roof for free. He said it was on the house.
- * Did you hear about the nurse who didn't want to become a doctor? She didn't have the patients.
- * Why did the tourist feel disappointed upon seeing the Liberty Bell? It wasn't all it was cracked up to be.
- * How did Benjamin Franklin feel when he discovered electricity? He was shocked!
- * What do rabbits need after getting caught in the rain? A hare dryer.
- * Why did the coach put the frog in the outfield? He's really good at catching flies.
- * What board game is popular in Prague? Czechers.
- * What kind of shoes does a lazy person wear? Loafers.
- * "Dad, did you get a haircut?". "No, I got them all cut!"
- * What do you call a boomerang that doesn't come back? A stick.



June

Birthstone



Pearl &

Alexandrite



Flower



Rose &

Honeysuckle



Signs

Gemini
May 21 to June 20

Cancer
June 21 to July 22



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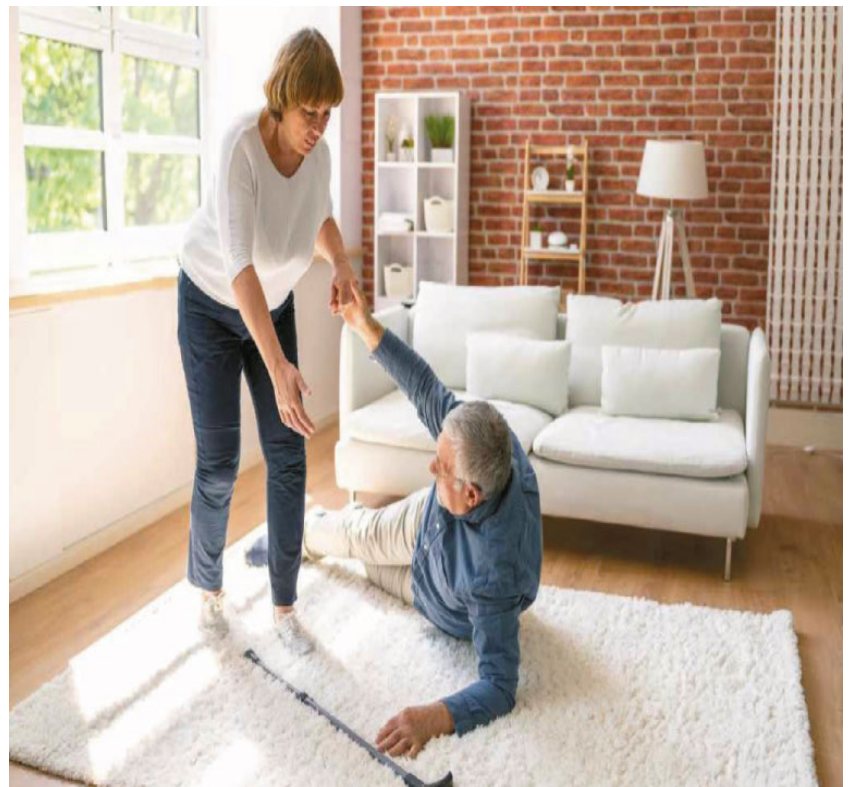
The Art of Falling

Each year over 30 million adults fall leading to 2.8 million injuries treated in the emergency room and 30,000 deaths. In the US a senior adult falls every second. As our nation continues to age these numbers are projected to continue to increase.

Many articles and social media posts that we read today discuss how to prevent falling. It touches base on what exercises to perform, proper footwear, how to safely arrange your home, what medications can contribute to falling, and other various health-related topics. While all of these are important pieces to the puzzle in reducing your fall risk today we are going to discuss something different. One area that is not discussed nearly as much is how we should fall. Things happen quickly and not all falls are preventable. That's why it is important to learn how to fall and here are some tips on doing it correctly.

Protecting your head is one of the biggest factors in a safe fall. When we fall our first instinct should be to tuck our chin toward our chest. We also want to bend our knees and elbows keeping them as soft as possible. People tend to stiffen up and straighten their arms and legs outward. This tends to cause more pressure on your bones and joints during impact and leads to greater injury. For example, when falling in any direction do not straighten your arms and land on your hands, this will cause significant injury to your wrist and shoulder joints. Instead, we want to keep our elbows bent and try to "slap" the ground with our hands during ground impact. This will allow the pressure of the fall to be spread out through your arm and upper body causing less stress on the bones and joints. Another common technique when falling is to try and roll as you fall. This allows for momentum to reduce the impact forces on your body.

These techniques can be very difficult to practice as most people do not want to participate in something that could potentially hurt them. The best advice we can give to be ready to fall as safely as possible is to be well-educated on fall techniques, discuss further with a skilled professional such as a Physical or Occupational therapist, or consider watching online video resources to visually see how to fall correctly. This will give people their best odds of falling safely and preventing serious injury.



Article by Branden Schutlz, PTA and Clinic Manager at our Milbank, SD location. Big Stone Therapies, September 22, 2023

LOWER YOUR ENERGY BILL WITH SDG&E'S

POWER SAVER REWARDS PROGRAM

Help make California's energy grid stronger, safer and more reliable for all Californians this summer – and earn bill credits too! SDG&E's Power Saver Rewards program rewards you for lowering your electricity use when energy is in high demand. When the temperatures rise, it pays to be flexible.

Here's how it works. On hot summer days, as more people use energy to stay cool, the electrical grid can become strained due to high demand. When this occurs, the statewide grid operator may call a Flex Alert or other grid emergency. As a result, the Power Saver Rewards program may be activated to help reduce energy use and strain on the grid.

If you are eligible and reduce your energy use during a Power Saver event between the on-peak hours of 4 p.m. – 9 p.m., you could receive a bill credit of \$1.00/kWh. And the best part? The more energy you conserve, the more you can earn! There are no penalties if you can't conserve energy during an event, and you can opt out of the program at any time.

If saving on your monthly energy bill, helping improve grid reliability and contributing to a cleaner environment sound good to you, the Power Saver Rewards program may be the right fit for your home. To learn more about this program, visit sdge.com/PowerSaver or call 1- 800- 411-7343.



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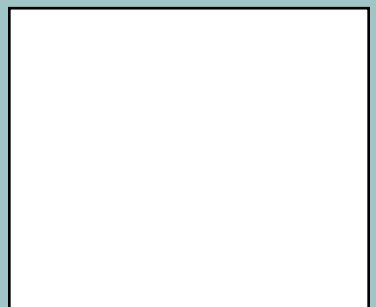
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FATHERS DAY

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A	D	A	D	I	M	R	R	U
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T	P	B	B	T	J	U	N	E
R	E	I	E	S	E	N	T	R
G	O	L	F	E	C	L	E	T
F	A	T	H	E	R	P	L	E

June	Hike	Fish	Beer
Barbecue	Sun	Golf	Camp
Park	Father	Tie	Dad

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