



**June  
2025  
Volume 115**

## **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](mailto:ramonaseniorcenter@gmail.com)**

**Web site [www.ramonaseniorcenter.com](http://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.**

## June Upcoming Events

- Ramblers Meeting  
Canceled
- 4th Sports Jersey Day
- 4th Random Fun Facts  
Discussion  
10:30 a.m.
- 11th Ramona/Julian  
Dance Academy  
dancing  
12:00 p.m.
- 12th Generations Pop  
Up Giveaway  
10:00 a.m.-1:00 p.m.
- 13th Father's Day  
Lunch  
11:30 a.m.
- 18th Volunteer  
Appreciation Lunch  
11:30 a.m.
- 20th Birthday Lunch  
11:30 a.m.
- 25th Alzheimer Support  
Group  
10:00 a.m.-11:30 a.m.
- 25th PEF Board  
Meeting  
1:00 p.m.

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[www.ramonaseniorcenter.com](http://www.ramonaseniorcenter.com)  
FOR ACTIVITY CALENDAR AND  
FOR ALL OTHER ACTIVITIES.

# Senior Center News

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

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## Weekly Events

### Monday

Chess Group 10:00 am

### Tuesday

Chair Yoga 9:00 am  
Food Smarts 10:00-11:30 a.m.  
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

Cornhole Available  
(2nd/4th Friday) 10:00 am  
English Language Learning 10:30 am

## 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

**Research has shown that volunteering offers significant health benefits, especially for older adults, including:**

**1. Improves physical and mental health.**

Volunteer activities keep people moving and thinking at the same time. Research has found that volunteering among adults, age 60 and over, provided benefits to physical and mental health. Volunteers report better physical health than non-volunteers. Research also has shown that volunteering leads to lower rates of depression and anxiety, especially for people 65 and older.

Volunteering reduces stress and increases positive, relaxed feelings by releasing dopamine. By spending time in service to others, volunteers report feeling a sense of meaning and appreciation, both given and received, which can have a stress-reducing effect.

Reduced stress further decreases the risk of some physical and mental health problems, such as heart disease, stroke, depression, anxiety and general illness. In addition, people who volunteer have lower mortality rates than those who do not, even when controlling for age, gender and physical health.

**2. Provides a sense of purpose and teaches valuable skills.**

The work that volunteers provide is essential to everyday activities, giving volunteers a sense of purpose, especially when giving their time and talent in the areas they find meaningful. Older volunteers experience greater increases in life satisfaction and self-esteem.

**3. Nurture new and existing relationships.**

Volunteering increases social interaction and helps build a support system based on common interests. One of the best ways to make new friends and strengthen existing relationships is to participate in a shared activity.

In many cases, volunteers have diverse backgrounds, which helps expand their social network and allows them to practice social skills with others.

Yet all volunteers share a common desire to improve the health and welfare of people in their communities. *Partial Article taken from Mayo Clinic*



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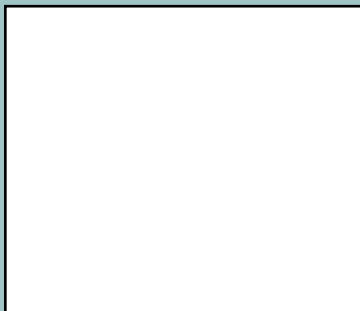
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**Director's Corner ~  
June, 2025**



**June in the Northern Hemisphere is similar to the month of December in the Southern Hemisphere.**

**It's impossible to sneeze with your eyes open.**

**Leonardo Da Vinci invented the scissors.**

**Maine is the only state whose name is just one syllable.**

**No word in the English language rhymes with month, orange, silver, or purple.**

The Senior Center will be celebrating Father's Day on June 13<sup>th</sup>. We look forward to sharing a great lunch with all of you.

**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.

**Volunteer appreciation** refers to the act of recognizing and expressing gratitude for the generosity of those who freely offer their time, skills, and resources to support an organization.

On Wednesday June 18<sup>th</sup> we will be celebrating all our volunteers here at the Ramona Senior Center. We are asking all of our volunteers to come join us for lunch for volunteer appreciation day. This will be your special day.

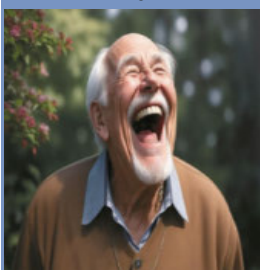


From my mouth to your ears,

Lora Yule,  
Executive Director

**Senior Humor**

- Dad, when he puts the car in reverse: "Ah, this takes me back."
- I was making a joke about retirement. It did not work.
- The other day I bought a thesaurus, but when I got home and opened it, all the pages were blank. I have no word to describe how angry I am.
- The owner of the tuxedo store kept hovering over me when I was browsing, so I asked him to leave me alone. He said, "Fine, suit yourself."
- Have you ever heard about the kidnapping at school? It's okay, he woke up.



- I found a book called *How to Solve 50% of Your Problems*. So I bought 2.
- What does a nosey pepper do? It gets jalapeño your business.
- What do you call a criminal landing an airplane? Condescending.

**June**

Birthstone



Pearl &

Alexandrite



Flower

Rose &



Honeysuckle



Signs

Gemini  
05/21 to 06/20

Cancer  
06/21 to 07/22

## INTERESTING TRIVIA

1. What time zone is used at the North Pole? By agreement, the time at the North & South Poles is Greenwich Mean Time (GMT), and this applies to large regions around both poles.
2. What was the first airline to institute a frequent-flier program? American Airlines initiated it's program in 1981.
3. Do you know the coldest temperature (exclusive of wind-chill factor) ever recorded on Earth in the free atmosphere. It was minus 128.6 degrees Fahrenheit, recorded at Vostok Station, Antarctica, on July 21, 1983.
4. Earth's rotation is changing speed. It's actually slowing, and this means that, on average, the length of a day increases by around 1.8 seconds per century.
5. The first airplane flew on December 17, 1903. Wilbur and Orville Wright made four brief flights in Kitty Hawk, North Carolina, with their powered aircraft.
6. You can hear a blue whale's heartbeat from over two miles away. Blue whales weigh an average of between 130,000 and 150,000 kg, with their hearts weighing roughly 180 kg.
7. The shortest commercial flight in the world takes place in Scotland. Regional airline Loganair flies between the islands Westray and Papa Westray. The journey is just 1.7 miles and takes 90 seconds.
8. People once ate arsenic to improve their skin. In the late 19th century, it was said to get rid of freckles and blackheads.
9. The hottest temperature ever recorded on Earth was 134 F. The recording was taken in Death Valley, Nevada, in July 1913.



*Information taken from Cosmopolitan Webpage 2025/Pilot Magazine 2023*

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## What is Dehydration?

Dehydration happens when your body does not have the water it needs to function. “You need water for all sorts of processes, including balancing bodily chemicals, regulating your temperature, helping with digestion and moving oxygen throughout your body.

Common dehydration causes include sweating, increased urination, vomiting or diarrhea. When your body loses fluids from any of these functions, you are dehydrated until you replace the fluids. Depending on the level of dehydration, it can take up to 3 days to recover. Although dehydration can happen to anyone, it is especially threatening for babies, young children and older adults. Plan strenuous activity for early mornings or late afternoons to avoid direct sunlight.

## Signs of Dehydration

If you're dehydrated, you may experience the following physical symptoms:

- Fatigue or weakness
- Headache
- Dizziness or light-headedness
- Low blood pressure accompanied by a high heart rate
- Loss of appetite
- Feeling thirsty
- Dry mouth, eyes or lips
- Dark-colored urine
- Constipation
- Flushed skin
- Swollen feet
- Muscle cramps
- Poor coordination



“Dehydration can also affect you mentally and emotionally,” said Dr. Turner. “In addition to the obvious physical signs, many people with dehydration experience confusion, delirium, memory loss and anxiety.” Most mild to moderate cases of dehydration can be resolved by drinking water or an electrolyte-rich beverage such as a sports drink or coconut water. Doing so replaces electrolytes such as potassium and sodium, which get depleted when you're dehydrated.

Severe dehydration requires immediate medical treatment. Seek help immediately if you or a loved one shows any of these symptoms:

- A temperature of 103 degrees Fahrenheit or more
- Nausea or inability to keep fluids down
- Seizures or muscle twitching
- Dizziness, fainting or loss of consciousness
- Confusion or slurred speech
- Hallucinations



## Staying Hydrated

The best way to avoid the effects of dehydration is by keeping your body well-hydrated at all times. “How much water your body needs depends on several factors, including weight, age and activity level,” said Dr. Turner. “Talking to your doctor can help determine how much water you should drink daily.” Keeping track of your water intake is a great way to ensure you're drinking enough throughout the day. It's always a good idea to carry a water bottle with you so you'll always have something to drink, especially during the summer.

Some beverages are better than others at keeping you hydrated. Alcoholic and caffeinated beverages are diuretics, which means they dehydrate the body by causing you to urinate more often. Instead, opt for water when you can.

Warm temperatures put us all at increased risk of dehydration, so staying hydrated is especially important in the summer.

*Partial Article from Inspira Health Network.*

## ARE YOU PREPARED FOR AN EARTHQUAKE?

Living in Southern California means earthquakes can happen at any time, so it's crucial to have an emergency plan ready. It's easy to get complacent with frequent warnings, but being prepared can save lives. Here are some tips from SDG&E to help you respond quickly and keep your loved ones safe in case of a major earthquake.

1. **Develop an evacuation plan.** Create an evacuation plan that includes multiple escape routes and meeting places outside your home.

Practice the plan with your family, including pets and livestock. For personalized tips visit [sdge.com/checklist](http://sdge.com/checklist).

2. **Review your emergency plans.** Familiarize yourself with emergency plans at your workplace, school or other places where you or your family spend time regularly.
3. **Pack an emergency kit.** Assemble a backpack with essential items such as non-perishable foods, bottled water, a first aid kit, flashlight, cash, pet food, manual can opener, medications, an overnight bag with clothes and toiletries and a portable radio with fresh batteries. For more ideas, visit [sdge.com/checklist](http://sdge.com/checklist).
4. **Update your contact info.** Ensure your contact information with SDG&E is current. Update or confirm your info at [MyEnergyCenter.com](http://MyEnergyCenter.com). After logging in, select Account and then Notification Settings.
5. **Sign up for alerts.** Register for SDG&E power outage alerts. Learn more at [sdge.com/notifications](http://sdge.com/notifications) or login to [MyEnergyCenter.com](http://MyEnergyCenter.com). Select Account, Notification Settings and then Outages & Gas Leaks.
6. **Secure your space:** Walk through your home to identify items that could fall when shaken, then secure those items. Move heavy or large items, like potted plants, to the floor or low shelves and away from escape routes. You can also secure your water heater to the wall, install earthquake shut-off valves, install latches on kitchen cabinets and brace electronic items like TVs with straps. For more ideas, visit [EarthquakeCountry.org](http://EarthquakeCountry.org).

### **IN THE EVENT OF AN EARTHQUAKE OR OTHER NATURAL DISASTER**

1. **Remember to drop, cover and hold on.** Drop down onto your hands and knees, cover your head and neck with your hands and arms and take shelter under a sturdy table or desk, if possible. Hold on to your shelter until the shaking stops. If you're outside, move away from buildings, trees, power lines or under freeway overpasses. If you're at the beach, move to higher ground.
2. **Stay away from downed power lines and trees.** Do not touch downed power lines or broken gas lines, and call SDG&E when it's safe to do so.
3. **If you are indoors, do not run outside.** This is dangerous as you can easily fall or be injured by falling objects and debris like glass, bricks and other building components.
4. **Do not use flames.** Use flashlights instead of lanterns, matches or candles.



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# FATHER'S DAY CROSSWORD

Solve the following puzzle based on the clues given!



**Across**

- [3] A favorite Sunday sport
- [6] Mode of transportation
- [7] Day of the week that Father's Day is celebrated
- [8] Opposite of female
- [9] Narrow cloth worn around the neck
- [10] Plural form of child
- [12] My father is my \_\_\_\_\_

**Down**

- [1] To fix things Dad needs his \_\_\_\_\_
- [2] Daddy's father
- [4] Father's day is celebrated in month of \_\_\_\_\_
- [5] To cook food outside or in a park
- [6] Sleep in a tent
- [11] Father is also called as \_\_\_\_\_

