



*New Year,
New Choices*



**January
2025
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RAMONA SENIOR CENTER NEWSLETTER

Seniors Serving Seniors Since 1974

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TIPS TO HELP MANAGE MEDICATIONS

Many pharmacies offer individual dose, or compliance packaging, options. This is a low-cost way to help patients better manage daily medications and it offers a way for family members to double-check on doses that may have been missed. If your pharmacy doesn't offer this service, use a medication planner. This is a plastic organizer that stores scheduled doses of medications and makes it easier to keep on top of which medication to take and when.

Contact the pharmacy about medication synchronization.

Medication synchronization allows patients to fill most medications at one time every 30 or 90 days, instead of refill cycles scattered throughout the month. This may help simplify and organize medications.

Request access to your loved one's medical records.

If something goes wrong and your loved one needs extra help, having digital access to their medical records can help you get in touch with their primary care clinician or pharmacist to assist.

Schedule a visit with a pharmacist.

A comprehensive medication review can be scheduled through your loved one's primary care clinician's office. You can ask for a referral during a visit or call the scheduling line and ask for a referral. During the visit, a clinical pharmacist will review your loved one's medication lists to ensure all the medications are prescribed correctly.

Talk with a pharmacist before adding vitamins and supplements.

Even though these products can be purchased over the counter without a prescription, there are still important interaction concerns with some medications. Talk with a health care professional or pharmacist before adding vitamins, herbal remedies or supplements to your loved one's medication regimen.

As a caregiver, it's important that you take time for self-care and recharging so that you can continue to give. Pay attention to how you feel emotionally and physically. If you need a break or would like assistance, ask family members or other loved ones for help. There are many caregiving resources in the community that can help your loved one with needed services or additional support. The best measure of caregiver success is if you did your best with what you had available at that moment. Remember, you don't have to do it alone.

Partial Article: Catherine Lea, Registered Pharmacist, Medication Therapy Management, Mayo Clinic Health System, Eau Claire, Wisconsin ©2023 Mayo Foundation for Medical Education and Research.



Director's Corner ~ January, 2025



December is over and can you believe 2024 is gone. Now we can look forward to some quiet time. The hustle and bustle has calmed down a little and your social calendar is looking much less busy. Now we can all start to think about and make our New Year's Resolutions.

DID YOU KNOW

Many animals, including bears and bats, hibernate during January in colder climates.

The wolf moon, the first full moon of the year, typically occurs in January.

In the Southern Hemisphere, January is prime time for wildflower blooms.

Monarch butterflies overwinter in Mexico and California during January.

The Northern Lights are often visible in northern latitudes during January nights.

Many cultures have developed unique traditions and superstitions associated with January, often centered around ensuring good luck for the coming year. In Scotland, "first-footing" is practiced on New Year's Day, where the first person to enter a home brings gifts for luck.

Eating 12 grapes at midnight on New Year's Eve is a Spanish tradition believed to bring good luck.

In Japan, people eat toshikoshi soba (year-crossing noodles) on New Year's Eve for good luck.

Many cultures believe that what you do on January 1st sets the tone for the entire year.

In some parts of the United States, eating black-eyed peas on New Year's Day is thought to bring prosperity.

Going forward into the new year I have a lot of thanks to give for last year. First, I would like to thank each and every one of my staff that always give so much of their time here at the center. Also, a great big thank you to all the volunteers that show up day after day to keep things running smoothly here at the Ramona Senior Center, without

them we can't do what we do! Let's not forget about all the different community members and groups that partnered with us to make the holiday wishes for our homebound seniors come true this year. I want to make sure to thank the San Diego Seniors Community Foundation that granted us the funds to be able to host our holiday activities along with our party and give awards for our congregate seniors. It is always so special to see the smiles and appreciation on everyone's faces. I definitely can't forget to thank the American Graffiti Cruise group for all the fundraising they do for us throughout the year. To all of you that contributed items or money to us we also thank you. WOW what a community we have! I guess we have a lot to be thankful for.

HAVE A HAPPY NEW YEARS



From my mouth to your ears,
Lora Yule, Executive Director

Senior Humor

Q What did the woman say when she was offered a raisin on New Year's Eve?

A No thanks, I already have a date.



January

Birthstone

Garnet



Flower

Carnation



Signs

Capricorn
12-22 to 01-19

Aquarius
01-20 to 02-18

QUOTES FROM HOME DELIVERED MEAL RECIPIENTS ABOUT RAMONA MEALS ON WHEELS



“I’m home bound and bed ridden. I look forward to seeing my driver, she always brings sunshine to my day. I appreciate the food help because I can’t do anything for myself and there’s not always someone around to help me. It’s very, very helpful.”

Sandra T.

“It means a lot that I can eat without making a big mess in the kitchen. It saves a lot of time and trouble for me being paralyzed and in a wheel chair.”

Dan D.

“I appreciate seeing my driver. She makes me smile and makes me happy. I wish she could visit longer. I am indoors always. It’s a shocking thing to get to see someone. I only have \$200.00 a month for food. Other than my driver, my son helps me. It’s nice seeing someone on a regular basis after losing my wife of 42 years in July. Service has always been good. Ramona Senior Center/Meals on Wheels program helps me a lot. It’s a big help for me and brightens my day!”

Charles N.

FOCUS ON HELPING OTHERS AND LIVING WITH MEANING



There is something truly fulfilling in helping others and feeling like your actions are making a difference for the better in the world. That's why people who assist those in need and give back to others and their communities tend to be happier. In addition, they also tend to have higher self-esteem and general psychological well-being.

Here are some ways to live a more altruistic, meaningful life:

Volunteer. Happiness is just one of the many benefits of volunteering. You'll get the most out of the experience by volunteering for an organization that you believe in and that allows you to contribute in a meaningful way.

Practice kindness. Look for ways to be more kind, compassionate, and giving in your daily life. This can be something as small as brightening a stranger's day with a smile or going out of your way to do a favor for a friend.

Play to your strengths. The happiest people know what their unique strengths are and build their lives around activities that allow them to use those strengths for the greater good. There are many different kinds of strengths, including kindness, curiosity, honesty, creativity, love of learning, perseverance, loyalty, optimism, and humor.

Go for the flow. Research shows that flow, a state of complete immersion and engagement in an activity, is closely associated with happiness. Flow happens when you're actively engaged in something that is intrinsically rewarding and challenging yet still attainable. Anything that completely captivates you and engages your full attention can be a flow activity.

TAKE BETTER CARE OF YOUR HEALTH

You can be happy even when you're suffering from illness or bad health, but that doesn't mean you should ignore the aspects of your health that are in your control. Exercise and sleep are particularly important when it comes to happiness.

Make exercise a regular habit

Exercise isn't just good for the body. It also has a powerful effect on mental well-being. People who exercise regularly are happier across the board. Plus, they're also less stressed, angry, anxious, and depressed.

It doesn't really matter what kind of exercise you do, so long as you do it regularly. For best results, aim for an hour of exercise at least five days a week. If you find something you enjoy, you'll be more likely to stick to it. So don't think you're limited to going to the gym or lacing up jogging shoes. Find something that suits your lifestyle and preferences. It could be taking a dance class, shooting hoops, walking in nature, joining a community sports league, playing tennis, running with your dog, swimming laps at the pool, hiking, biking, or doing yoga in the park. If you're having trouble thinking of activities you enjoy, think back to when you were a kid. What sports or games did you like to play?

Get the sleep you need

Getting quality sleep every night directly affects your happiness, vitality, and emotional stability during the day. When you're sleep deprived, you're much more susceptible to stress. It's harder to be productive, think creatively, and make wise decisions. How much sleep do you need? According to sleep scientists, the average person needs at least 7.5 – 9 hours each night.

HelpGuide.org: Last updated or reviewed on June 4, 2024

ENERGY-SAVING TIPS FOR THE HOLIDAYS

The holidays may mean an increase in energy use from festive lighting, baking and hosting friends and relatives at home. Here are some energy-saving tips you can use while still enjoying the holiday spirit:

1. Choose energy-efficient lighting: LEDs use up to 80% less energy and are brighter and safer because they are cooler than incandescent lights. They're easier to install—up to twenty-four strings of LEDs can be connected end-to-end without overloading a wall socket. Plus, they last 10x longer and have no filaments or glass to break.
2. Set timers for decorations: Use timers for your holiday lights and decorations so they automatically turn off when it's light outside. If you don't have a timer, remember to unplug holiday lights when they're not in use to prevent them from drawing power continuously.
3. Use candles: Instead of relying only on electric lights, use candles to create a warm and festive atmosphere. Be sure to extinguish them when you leave the room.
4. Cook efficiently: When preparing holiday meals, use energy-efficient cooking appliances like a microwave, slow cooker or convection oven. Match the size of your cookware to the size of the burner.
5. Consider natural decorations: Decorate with natural materials like pinecones, wreaths and branches for a festive and eco-friendly touch that don't use energy.
6. Conserve heat in the kitchen: While cooking, keep lids on pots to retain heat. Also, use the oven light to check on food instead of opening the oven door often.
7. Efficient dishwashing: If you're hosting a gathering, wait until you have a full load before running the dishwasher. Use the dishwasher's energy-saving setting if available. You'll save even more if you run your dishwasher before 4 p.m. or after 9 p.m. when energy costs less.
8. Adjust your thermostat for gatherings: With more people in the house, the temperature naturally rises. Lower your thermostat a few degrees when hosting guests to save on heating costs.
9. Gift energy-efficient appliances: If you're looking for gift ideas, consider energy-efficient appliances or gadgets that promote sustainability like smart thermostats, LED light bulbs or programmable slow cookers. Choose sustainable and recyclable gift-wrapping options like reusable gift bags, extra fabric or recycled paper.
10. Holiday travel: If you're traveling for the holidays, adjust your thermostat to conserve energy while you're away. Unplug electronic devices and appliances that won't be in use.

By incorporating these energy-efficiency tips into your holiday preparations, you can enjoy a festive atmosphere while minimizing your energy use and helping to keep your energy costs in check. Get more energy-saving tips at [sdge.com/winter](https://www.sdge.com/winter).



1950's Word Search



Drive In Movies

Marilyn Monroe

Elvis Presley

Frank Sinatra

Baby Boomers

Civil Rights

Rock'n'Roll

Korean War

Cold War

Sputnik

Cinema

Cars

T L W P H F C I V I L R I G H T S L B X F O Y F
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