

**Tough
situations
build
strong
people.**



**July
2025
Volume 116**

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

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**This program is partially funded by the Older American's Act
awarded by the County of San Diego Aging & Independence Services.**

HEATSTROKE INFORMATION

What is heatstroke?

Heatstroke is a life-threatening condition in which your body overheats and can no longer maintain a healthy temperature. You can avoid heatstroke by taking precautions in very hot weather. Heatstroke occurs when your body temperature rises from its normal temperature to above 40°C. It can lead to serious organ damage or death if not treated urgently. It is sometimes called hyperthermia.

Heat stress happens when your body gets too hot and needs to cool down. You might feel thirsty, tired, and sweaty.

Heat exhaustion is more serious. You feel very weak, dizzy, and might have a headache or nausea. Your skin may be clammy. To treat heat exhaustion, you need first aid that includes rest, fluids and a cool environment.

Heatstroke is the most serious. Your body isn't able to cool itself anymore, and your temperature becomes dangerously high. You might:

- stop sweating
- feel confused
- lose consciousness

How can I prevent heatstroke?

It's important to look after yourself and those around you in hot weather. Some things that you can do to stay safe in hot weather include:

- Drink plenty of water when it's hot, even if you're not thirsty. Avoid alcohol and hot or sugary drinks. Keep cool — try to avoid direct sun and wear lightweight, loose cotton clothing.
- Try not to be outside during the hotter parts of the day. If you do go out, try to go before 11am or after 5pm, wear a hat and take water.
- Be SunSmart — wear a hat, sunglasses, sunscreen and seek shade when you are outside.
- Keep your house cool — close windows and curtains during the day and keep them open at night. Use fans or air conditioning. If you don't have these at home, you can seek out places with air conditioning, such as public libraries and shopping centres.
- Take a cool bath or shower or sit with your feet in cool water to help you cool down.
- Have a plan — know who to call for help and ask your doctor what to do if you have any health conditions.

Partial Article taken from Health Direct Webpage.

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Director's Corner ~ July, 2025



Fun Facts about July

- July is the warmest month in the Northern Hemisphere on average. It is similar to January in the Southern Hemisphere.
- It is sometimes called the Hay month because the grass dries out due to a lack of rain and can be made into hay.
- It is National Hot Dog Month
- It is National Ice Cream Month



The Fourth of July—also known as Independence Day or

July 4th—has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 Colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues. Please be safe and have fun this Independence Day.

This year Independence Day is on a Friday. The Senior Center will be closed Friday, July 4th. Our celebration lunch will be held on Thursday, July 3rd.

Please remember that the Community Center/Senior Center is a designated cool zone! We are here until 4:00 p.m. Monday-Friday.

We would like to thank the San Diego County Employees' Charitable Organization (CECO) for awarding the Ramona Senior Center with the funds to purchase 2 new laptops. These will be available for seniors at our facility to use so they can read their emails, meet on zoom calls, take training courses and much more. So many things in today's world require to be done on a computer and for so many seniors, having their own access to a computer isn't always an option for them. Thank you for helping us help seniors in our community.

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



Senior Humor

A cop stops a car going way too fast. He comes to the window and sees a man and woman in the front seat. He tells the man, "You were doing 75 in a 55 mph zone. That's why I stopped you."

The man says, "That can't be, officer. I had my cruise control set on 56. Could your radar be defective?"

The woman is reading a magazine. She looks up and says, "Oh honey, did you forget? This car doesn't even have cruise control."

The cop starts writing the guy up. The guy turns to the woman and says, "Could you just be quiet for once?"

She replies, "Well honey, thank God your radar detector is working or you would have been going even faster."

Now the cop starts writing another ticket for an illegal radar detector. The guy is furious. He glares at his wife and says, "Just shut up. I mean it!"

The cop says, "I see you're not wearing your seatbelt. I'm gonna have to write you up for that, too."

The man says, "Of course I was wearing it. I unbuckled it to give you my wallet."

The wife pipes up, "Oh honey, don't be silly. You know you never wear your seatbelt in the car. You've told me that a hundred times."

The guy is boiling over now. He turns to her and says, "Mabel, I'm telling you, just shut up!"

The cop says, "Ma'am, does he always talk to you like this?" She replies, "Only when he's had too much to drink, officer."



July

Birthstone

Ruby



Flower

Larkspur &

Water Lily



Signs

Cancer

06/21 to 07/22

Leo

07/23 to 08/22

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Fourth of July Word Search Puzzle

Always The Holidays

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A	U	S	P	A	R	K	L	E	R	S	C	E	L	E
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**FOURTH OF JULY
FLY THE FLAG
RED WHITE AND BLUE
PATRIOTISM
BETSY ROSS
FREEDOM
LADY LIBERTY
OLD GLORY**

**STARS AND STRIPES
YANKEE DOODLE
UNCLE SAM
BARBECUE
CELEBRATION
HOLIDAY
FIRE WORKS
CORN ON THE COB**

**FOUNDING FATHERS
PICNIC
WATERMELON
SUMMER
PARADE
SPARKLERS
UNITE
BONFIRES**

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Here's how it works – on scorching hot summer days, the demand for electricity increases, putting pressure on the grid. But you can help! If you can reduce your energy use during a Power Saver Rewards event between 4 p.m. and 9 p.m., you can receive a bill credit as a reward. The more energy you save, the more you can earn!

By participating, you'll have the chance to earn a bill credit, support your community and help the environment – all while using energy when it's most available.

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