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be less and your
blessings be more.
And nothing but
happiness come
through your door.



**March
2025
Volume 112**

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

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.**

March Upcoming Events

- 3rd Ramblers Meeting
1:00 p.m.
- 5th Random Fun Facts
Discussion
10:30 a.m.
- 14th Rachel's Crafts
10:00 a.m.
- 17th St. Patrick's Day
Lunch
11:30 a.m.
- 21st Birthday Lunch
11:30 a.m.
- 26th Alzheimer Support
10:00 a.m.-11:30 a.m.
- 26th PEF Board
Meeting
1:00 p.m.

SEE OUR WEB SITE
**www.ramonasenior
center.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

Yoga 9:00 am
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 Tournament
(2nd/4th Friday) 10:00 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

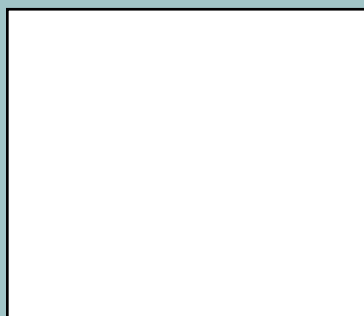
ST. PATRICK'S DAY



St. Patrick's Day is the feast day (March 17) of St. Patrick, patron saint of Ireland. Born in Roman Britain in the late 4th century, he was kidnapped at the age of 16 and taken to Ireland as a slave. He escaped but returned about 432 CE to convert the Irish to Christianity. By the time of his death on March 17, 461, he had established monasteries, churches, and schools. Many legends grew up around him—for example, that he drove the snakes out of Ireland and used the shamrock to explain the Trinity. Ireland came to celebrate his day with religious services and feasts.

It was emigrants, particularly to the United States, who transformed St. Patrick's Day into a largely secular holiday of revelry and celebration of things Irish. Cities with large numbers of Irish immigrants, who often wielded political power, staged the most extensive celebrations, which included elaborate parades. Boston held its first St. Patrick's Day parade in 1737, followed by New York City in 1762. Since 1962 Chicago has coloured its river green to mark the holiday. (Although blue was the colour traditionally associated with St. Patrick, green is now commonly connected with the day.) Irish and non-Irish alike commonly participate in the "wearing of the green"—sporting an item of green clothing or a shamrock, the Irish national plant, in the lapel. Corned beef and cabbage are associated with the holiday, and even beer is sometimes dyed green to celebrate the day. Although some of these practices eventually were adopted by the Irish themselves, they did so largely for the benefit of tourists.

The Editors of Encyclopaedia Britannica



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Director's Corner ~ March, 2025



Fun Facts about March

It is the first month of spring which begins between March 19-21.

In the Southern Hemisphere, March is the same as September in the Northern Hemisphere.

Each year March and June end on the same day of the week.

It is the time of year when animals start to wake up from hibernation.

March is associated with the daffodil, a cheerful yellow flower.

This month we have an extra special lunch planned for you. On **Monday, March 17th**, we will be having our St. Patrick's Day celebration lunch. We will be serving a delicious Corned Beef & Cabbage meal. I hope to see everyone decked out in green on this day.



Our Valentines lunch was such a great turn out and what an outstanding lunch we had. Thank you to everyone who donated treats and cards that helped make our seniors feel so special.

DID YOU KNOW?

Al Capone's business card said he was a used furniture dealer.

Almonds are a member of the peach family.

An ostrich's eye is bigger than its brain.

Babies are born without kneecaps. They don't appear until the child reaches 2 to 6 years of age!

Butterflies taste with their feet.

Cats have over one hundred vocal sounds. Dogs only have about 10.

"Dreamt" is the only English word that ends in the letters "mt".

From my mouth to your ears,



Lora Yule,
Executive Director

Senior Humor

An Irishman fell a hundred feet from a building site and asked if he was hurt by the fall. "Indeed not," he replied, "It wasn't the fall that hurt me at all, it was the sudden stop."

Murphy told Quinn that his wife was driving him to drink. Quinn thinks he's very lucky because his own wife makes him walk.

Padraic Flaherty came home drunk every evening toward ten. Now, the Missus was never too happy about it, either. So one night she hides in the cemetery and figures to scare the beejeezus out of him. As poor Pat wanders by, up from behind a tombstone she jumps in a red devil costume screaming, "Padraic Sean Flaherty, sure and ya' don't give up your drinkin' and it's to hell I'll take ye'." Pat, undaunted, staggered back and demanded, "Who the hell ARE you?" Too that the Missus replied, "I'm the devil, ya' damned old fool." To which Flaherty remarked, "Damned glad to meet you sir, I'm married to yer sister."

March

Birthstone

Aquamarine



Flower

Daffodil



Signs

Pisces
02/19 to 03/20

Aries
03/21 to 04/19

Beginning at the top of the upside-down pyramid, remove one letter from the word *strides* and rearrange the remaining letters to build a new six-letter word beneath. Continue the same process for each word until you get to the bottom. (There may be more than one solution.)



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Ramona Senior Center, Ramona, CA

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What Is Alzheimer's Disease?

Alzheimer's disease is a brain disorder that slowly destroys memory and thinking skills and, eventually, the ability to carry out the simplest tasks. In most people with the disease — those with the late-onset type symptoms first appear in their mid-60s. Early-onset Alzheimer's occurs between a person's 30s and mid-60s and is very rare. Alzheimer's disease is the most common cause of dementia among older adults.

The disease is named after Dr. Alois Alzheimer. In 1906, Dr. Alzheimer noticed changes in the brain tissue of a woman who had died of an unusual mental illness. Her symptoms included memory loss, language problems, and unpredictable behavior. After she died, he examined her brain and found many abnormal clumps (now called amyloid plaques) and tangled bundles of fibers (now called neurofibrillary, or tau, tangles).

These plaques and tangles in the brain are still considered some of the main features of Alzheimer's disease. Another feature is the loss of connections between nerve cells (neurons) in the brain. Neurons transmit messages between different parts of the brain, and from the brain to muscles and organs in the body. Many other complex brain changes are thought to play a role in Alzheimer's, too.

This damage initially takes place in parts of the brain involved in memory, including the entorhinal cortex and hippocampus. It later affects areas in the cerebral cortex, such as those responsible for language, reasoning, and social behavior. Eventually, many other areas of the brain are damaged.

What does Alzheimer's disease look like?

Memory problems are typically one of the first signs of Alzheimer's, though initial symptoms may vary from person to person. A decline in other aspects of thinking, such as finding the right words, vision/spatial issues, and impaired reasoning or judgment, may also signal the very early stages of Alzheimer's disease. Mild cognitive impairment (MCI) is a condition that can be an early sign of Alzheimer's, but not everyone with MCI will develop the disease. People with Alzheimer's have trouble doing everyday things like driving a car, cooking a meal, or paying bills. They may ask the same questions over and over, get lost easily, lose things or put them in odd places, and find even simple things confusing. As the disease progresses, some people become worried, angry, or violent.

How long can a person live with Alzheimer's disease?

Alzheimer's disease is currently ranked as the seventh leading cause of death in the United States, but the time from diagnosis to death varies. It may be as little as three or four years if the person is older than 80 when diagnosed, to as long as 10 or more years if the person is younger. Currently, there is no cure for Alzheimer's disease, though there has been significant progress in recent years in developing and testing new treatments. Several medicines have been approved by the U.S. Food and Drug Administration to treat people with Alzheimer's.

NIA Alzheimer's and related Dementias Education and Referral (ADEAR) Center
800-438-4380, adear@nia.nih.gov, www.nia.nih.gov/alzheimers

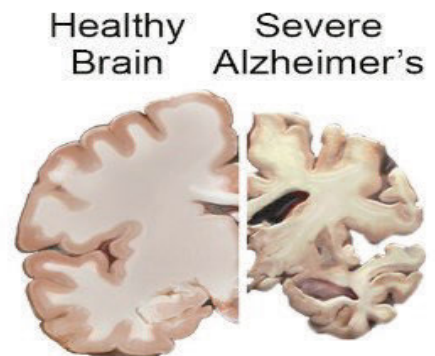
Alzheimers.gov, www.alzheimers.gov

Eldercare Locator, 800-677-1116, eldercarelocator@USAgings.org,
<https://eldercare.acl.gov>

Partial Article taken from: Website of the National Institutes of Health.

Alzheimer's Association, (800) 272-3900 24/7 availability

Alzheimer's San Diego, (858) 492-4400



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Space heating and water heating are some of the largest energy expenses in any home. SDG&E has natural gas energy-saving tips to help you save on your bill during the cold weather.

*Install a smart thermostat. Lower your thermostat when you are asleep or away from home. You can do this automatically without sacrificing comfort by installing an automatic setback or programmable thermostat. Enroll in SDG&E's Smart Thermostat Program and earn up to \$95 in rewards. Learn more at sdge.com/thermostat. If you are a CARE or FERA customer, you may qualify for a no-cost smart thermostat. Get details at sdge.com/residential.

*Schedule an SDG&E gas appliance check: Book your no-cost appointment at sdge.com/MyAccount or on SDG&E's mobile app available in the App Store or Google Play.

*Install efficient showerheads. Showering accounts for about 40% of your home's hot water use but you can cut costs without sacrificing comfort. Energy-efficient showerheads can reduce hot water use without compromising water pressure.

*Ensure vents are properly ventilated. Move furniture and drapes to allow for clear circulation. Don't keep vents closed to save energy because it can change the way the air is distributed and cause an imbalance to your HVAC system – making it work harder.

*Seal and insulate your ducts. Air ducts are an important part of your home and if they are poorly sealed or insulated, it's likely it's contributing to higher energy bills.

*Consider investing in a tankless water heater that provides hot water only as it's needed. They don't produce the standby energy losses associated with storage water heaters. Tankless water heaters are particularly good for smaller households.

*Be mindful to not waste hot water. To conserve hot water, you can fix leaky faucets, pipes and showerheads, insulate accessible hot water lines and install low-flow fixtures. If you're in the market for a new dishwasher or clothes washer, consider buying an ENERGY STAR-certified model. Also, aerators are inexpensive to replace and they can be one of the most cost-effective water conservation measures.

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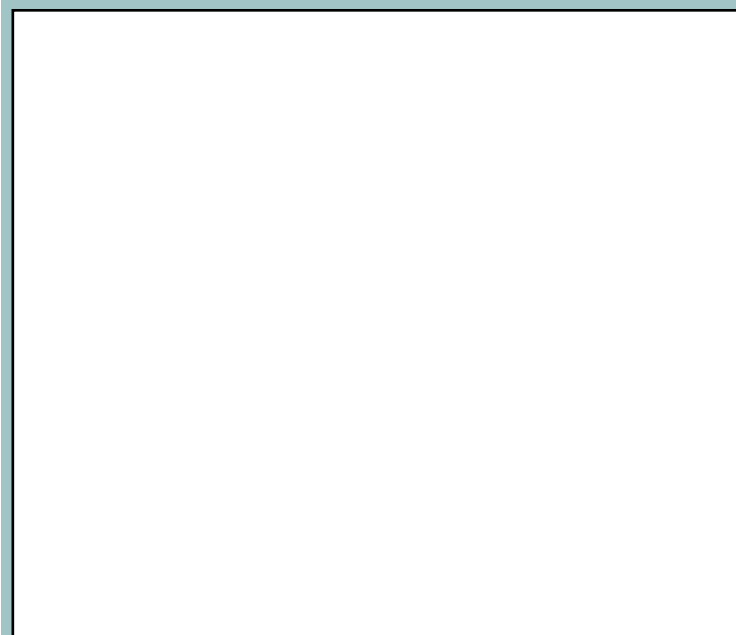
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