



**February
2020
Volume 55**

RAMONA SENIOR CENTER NEWSLETTER

Seniors Serving Seniors Since 1974

434 Aqua Lane | Ramona, CA 92065



Open Monday - Friday 8 am to 4 pm

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Like us on Facebook at Ramona Senior Center Official.

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

Senior of the Month – Alfonso Guillen

Alfonso was born in Mexico. When he was 10 years old his family moved to the United States. He was raised on the Dairy Mart Farm in Imperial Beach and graduated from Mar Vista High School in 1968. He was in the United States Army from 1969 to 1972. In 1993 Alfonso moved to Ramona. He has two children, son, Luis and daughter, Megan Sage and 3 grand children. Alfonso became a United States citizen in 2008. His favorite color is purple and his favorite holidays are Christmas and the 4th of July.



Alfonso worked for the Ramona Senior Center as a substitute dish washer and driving the shuttle beginning in 2004. In 2006 he was given 2 back country routes which serves Julian, Santa Ysabel, Warner Springs, Ranchita and Los Coyotes (the Native Reservation). He said that he was very blessed to serve the community, that it was great rubbing elbows with his co-workers for so many years and that he is grateful that the center took him under their wings. Alfonso has served the senior center for 14 years and will be stepping down as one of our meals on wheels drivers. We will miss him greatly!

Alfonso would like to thank the community for supporting the Senior Center and says may the good Lord bless you!



Here is a little history about February, February was added to the Roman calendar in 713 BC. The length of the month changed over time and, at one time, it had as few as 23 days. When Julius Caesar remade the Roman calendar, the month was assigned 28 days during normal years and 29 days during leap years which occurred every four years. This year is leap year!

I would like to thank everyone for your patience and understanding during our recent parking lot repairs.

We will have a special performance from Richard Taylor on February 5th at 11:30 am. Richard will be singing songs of the 50/60's for you in our dining room.

Our Valentine's Day celebration will be Thursday, February 14th. You don't want to miss Chicken Cordon Bleu with mashed potatoes and strawberry shortcake for dessert. As always, this meal, and all our meals are prepared fresh Monday-Friday in our very own kitchen and always prepared with love.



Please don't forget we will be closed on February 17th.

Just a reminder that we are always looking for volunteers to help in our dining room Monday-Friday from 10am-1pm. Remember that our volunteers are very important and are the back bone of the Senior Center; without you things don't run smoothly. I would like to give a great big thank you to those of you that volunteer your time already!

Well it is that time of the year that the Rib Fest committee will start meeting to begin organizing our yearly ALL YOU CAN EAT CHICKEN AND RIB FEST that takes place in June. If you are interested in being part of the

committee we would love to have you. Please come by or call the Ramona Senior Center and leave your email so we can notify you of our next meeting. Hope to see you there!

Please remember, good or bad, if you have a suggestion about the Senior Center meals, activities, or anything else, we would love to hear about it. We have a suggestion box outside the office window and would appreciate your input.

Do you like to play checkers or chess? For those of you that don't already know, our card table converts to a checkers and chess board. We also have a smaller portable board and several other games. If you are interested, please feel free to just ask someone in the office and we can set that up for you.

From my mouth to your ears,
Lora Cicalo



Senior Humor

My high-school English teacher was well known for being a fair, but hard, grader. One day I received a B minus on a theme paper. In hopes of bettering my grade and in the spirit of the valentine season, I sent her an extravagant heart-shaped box of chocolates with the pre-printed inscription: "BE MINE." The following day, I received in return a valentine from the teacher. It read: "Thank you, but it's still BE MINE-US."

Have a date for Valentine's Day? Hope it doesn't end up like these terrible first dates.

- He couldn't remember my name, so he asked if I would mind if he just called me Amy instead.
- In a restaurant, she said she did a great impression of a fax machine. Then she beeped loudly while unraveling a napkin from her mouth.
- He said, "From your photo, I thought you were too good for me. I'm glad to see you've got flaws." Then he listed them.

February

Birthstone



Amethyst

Flower

Violet &



Primrose



Signs

Aquarius
January 20 - February 18

Pisces
February 19 - March 20

Valentine's Day Word Search Puzzle

V S T C D I P U C P D R I W Z
C R R K U C A R D S G J X X Y
L E T M L B T S V V E P K R R
B M Y O R O M A N C E P S L A
I A V A R R O W H F U H E C U
G E E G M K I I P C B P T I R
I R C G Y A J E E D Y I A S B
F T N G N N Y S S J N H L U E
T S A U O A T A Y Y U S O M F
S I D B Y X H D E Q S D C F Q
C Q B C S F N C N W T N O Y G
D I T A H A T C X T R E H T N
R K I F C O U P L E A I C R R
Q N E C R F W X S Y E R T A S
T N B A N N Y E N M H F G P O

ARROW
CANDY
CARDS
CHOCOLATES
COUPLE
CUPID
DANCE
DEEJAY
EXCHANGE
FEBRUARY
FRIENDSHIP
GIFTS
HEARTS
LOVE
MUSIC
PARTY
RIBBON
ROMANCE
SAINT
STREAMERS

WAYS TO SAVE ENERGY AT HOME THIS WINTER

There are many lifestyle changes we can make without breaking the bank. Here are some no-cost and low-cost ideas to help you save energy and money while staying comfortable during the colder winter months.

Take advantage of heat from the sun

Open curtains on your south-facing windows during the day to allow sunlight to naturally heat your home.

Close the curtains at night to reduce the chill you may feel from cold windows.

Cover drafty windows

Use a heavy-duty, clear plastic sheet on a frame or tape clear plastic film to the inside of your window frames during the cold winter months. Make sure the plastic is sealed tightly to the frame to help reduce infiltration.

Install tight-fitting, insulating drapes or shades on windows that feel drafty.

Find out about other window treatments and coverings that can improve energy efficiency at Energy.gov under Save energy, Save money.

Adjust the temperature

When you are asleep or out of the house, turn your thermostat back 10° to 15° for eight hours and save around 10% a year on your heating and cooling bills. A smart or programmable thermostat can make it easy to set back your temperature.

If you have a heat pump, maintain a moderate setting or use a programmable thermostat specially designed for use with heat pumps.

Find and seal leaks

Seal the air leaks around utility cut-throughs for pipes ("plumbing penetrations"), gaps around chimneys and recessed lights in insulated ceilings, and unfinished spaces behind cupboards and closets.

Find out how to detect air leaks; learn more about air sealing new and existing homes; add caulk or weather-stripping to seal air leaks around leaky doors and windows and apply the appropriate caulk and weather-stripping at Energy.gov under Save energy, Save money.

Maintain your heating systems

Schedule a service for your heating system.

Furnaces and heat pumps: Replace your filter once a month or as needed. Wood- and Pellet-Burning Heaters: Clean the flue vent regularly and clean the inside of the appliance with a wire brush periodically to ensure that your home is heated efficiently. Find out more about maintaining furnaces or boilers, heat pumps and maintenance recommendations for wood-and pellet-burning appliances at Energy.gov under Save energy, Save money.

Reduce heat loss from the fireplace

Keep your fireplace damper closed unless a fire is burning. Keeping the damper open is like keeping a window wide open during the winter; it allows warm air to go right up the chimney.

When you use the fireplace, reduce heat loss by opening dampers in the bottom of the firebox (if provided) or open the nearest window slightly – around 1 inch – and close doors leading into the room. Lower the thermostat setting to between 50° and 55°F.

If you never use your fireplace, plug and seal the chimney flue.

If you do use the fireplace, install tempered glass doors and a heat-air exchange system that blows warmed air back into the room.

Check the seal on the fireplace flue damper and make it as snug as possible.

Purchase grates made of C-shaped metal tubes to draw cool room air into the fireplace and circulate warm air back into the room.

Add caulking around the fireplace hearth. Find out more techniques to improve your fireplace or wood-burning appliance's efficiency and learn tips for safe; efficient fireplace installation; and, wood burning all at Energy.gov under Save energy, save money.

For more tips on how to save energy this winter, visit [sdge.com/winter](https://www.sdge.com/winter).

Source: <https://www.energy.gov/energysaver/fall-and-winter-energy-saving-tips>



Come Join the **FUN** ... Bingo Every Thursday

From 1 pm to 4 pm



\$14 to Play

\$5 off First Time Players

16 Games

Doubles \$1each

Intermission Roundies \$1each

Anyone Over 18 Years of Age Welcome

Ramona Senior Center - 434 Aqua Lane,

Ramona

Don't Be a Victim by Jim Nutting

According to the National Council on Aging, millions of seniors fall prey to financial scams every year. Not only victimized by strangers but also by people close to them. NCOA says that over 90% of all elder abuse is committed by the senior's own family. Taking advantage of the kindness, love and the trust of the senior family member. Borrowing money, stealing property and even depleting their bank accounts. Sadly, even physical abuse happens. If you know anyone who is falling victim to elder abuse or you believe you are suffering from abuse, contact the police or Adult Protective Services immediately. No one deserves to be a victim. Seniors are also targeted by scammers. Some include the following:

Grandparent Scam

This is where someone will call a senior and say "hi grandma/grandpa, do you know who this is?" Sometimes the senior will assume they know this person. The fake grandchild will ask for money or say they're in some type of crisis and need financial help. They may even ask the senior to not say anything because they're embarrassed. Unfortunately some seniors fall for a scam like this.

Investment Scams

If it sounds too good, it's most likely a scam. Whether it's a Nigerian Prince looking for someone to share his inheritance or a man like Bernie Madoff promising to protect and grow your life savings, you need to consult a professional or law enforcement. Never give out your personal information or bank account information.

Charity Scams

There are all kinds of charity scams from police unions, starving children and even disabled veterans. These criminals have cold hearts and will stop at nothing to make a quick buck. There are so many reputable charities like Red Cross, Salvation Army, Wounded Warriors, Feed the Children and so many more. They will not try to get you to give up your bank account number or personal information. Just tell those trying to solicit charity that you need all of their information so that you can check them out. Generally at that point, they will, hopefully, back off.

Fountain of Youth Scams

It's not just seniors falling for these scams. Do your research. If there really was a miracle product that makes us younger, you will see it on the news first. Beware of potions and lotions. Be careful of what you put in or on your body. These scammers are making lots of money.

Counterfeit Prescription Drugs

This scam happens more on the internet. This is a very dangerous scam, for your body and your bank account. When you go to the pharmacy, you will know that the medicines you get are legitimate.

Be vigilant. If you know of a senior, or you are a senior being solicited by a suspicious person or organization, do the research on the charity. Don't be afraid to say no. It is your money and you have the right to protect it. Report the possible scam to Adult Protective Services or the police.