



**December  
2020  
Volume 63**

## **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.**

**ALL  
ACTIVITIES  
SUSPENDED  
UNTIL  
FURTHER  
NOTICE**

## 12 Ways to Have a Healthy Holiday Season

**Brighten the holidays by making your health and safety a priority. Take steps to keep you and your loved ones safe and healthy—and ready to enjoy the holidays.**

**Wash hands often to help prevent the spread of germs.** It's flu season. Wash your hands with soap and clean running water for at least 20 seconds.

**Bundle up to stay dry and warm.** Wear appropriate outdoor clothing: light, warm layers, gloves, hats, scarves, and waterproof boots.

**Manage stress.** Give yourself a break if you feel stressed out, overwhelmed, and out of control. Some of the best ways to manage stress are to find support, connect socially, and get plenty of sleep.

**Don't drink and drive or let others drink and drive.** Whenever anyone drives drunk, they put everyone on the road in danger. Choose not to drink and drive and help others do the same.

**Be smoke-free.** Avoid smoking and secondhand smoke. Smokers have greater health risks because of their tobacco use, but nonsmokers also are at risk when exposed to tobacco smoke.

**Fasten seat belts while driving or riding in a motor vehicle.** Always buckle your children in the car using a child safety seat, booster seat, or seat belt according to their height, weight, and age. Buckle up every time, no matter how short the trip and encourage passengers to do the same.

**Get exams and screenings.** Ask your health care provider what exams you need and when to get them. Update your personal and family history.

**Get your vaccinations.** Vaccinations help prevent diseases and save lives. Everyone 6 months and older should get a flu vaccine each year.

**Monitor children.** Keep potentially dangerous toys, food, drinks, household items, and other objects out of children's reach. Protect them from drowning, burns, falls, and other potential accidents.

**Practice fire safety.** Most residential fires occur during the winter months, so don't leave fireplaces, space heaters, food cooking on stoves, or candles unattended. Have an emergency plan and practice it regularly.

**Prepare food safely.** Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly.

**Eat healthy, stay active.** Eat fruits and vegetables which pack nutrients and help lower the risk for certain diseases. Limit your portion sizes and foods high in fat, salt, and sugar. Also, be active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day.

Source: Office of Minority Health & Health Equity (OMHHE)

*Artistry in Hair*

**Joanie Schall**  
Hair Stylist  
858-395-0119  
1008 D St. • Ramona

*Specializing in Senior Clients*

RESIDENTIAL AGRICULTURAL  
INDUSTRIAL COMMERCIAL

*Fence Installations*

**RAMONA FENCE, INC.**

760-788-1538

CA LIC #534592

20% OFF THE BIRTHSTONE OF THE MONTH!

*Unique*  
**Mountain Gypsy**  
CLOTHING, JEWELRY,  
ACCESSORIES & GIFTS

**760-765-0643**

2007 MAIN ST., JULIAN, CA 92036 • WWW.THEMOUNTAINGYPSY.COM

➤ Reach the Senior Market

**ADVERTISE HERE**

CONTACT

Christine Nicholls to place an ad today!  
cnicholls@lpseniors.com or (800) 950-9952 x5841



**#1 Medicare  
Advantage plan  
provider in America**

1-855-844-2078, TTY 711  
ExploreUHC Medicare.com

**United  
Healthcare**

Y0066\_200813\_013109\_M

SPRJ58101



For ad info. call 1-800-950-9952 • www.lpseniors.com

Ramona Senior Center, Ramona, CA

A 4C 05-0664



## Director's Corner December, 2020



Now that Thanksgiving has passed, we have a whole month of endless Christmas carols and copious amounts of cheer to look forward to. For some people, it is their favorite time of year, and for others, it's a month they would rather skip. For me, it's a magical time of year and what could be more beautiful than all those beautiful lights and ear to ear smiles on all the children's faces?

The holidays seem to put us in such a thankful and giving mood. I would like to remind you that we are a non-profit organization and any cash donation given to us is greatly appreciated and tax deductible. Without donations we could not keep our doors open. Please help support us so we can continue to serve a nutritious meal to close to 300 seniors a day five days a week. Many of the homebound seniors we deliver to would not otherwise get a hot meal or human contact for that day. Also, if you shop Amazon, please log in on Amazon

Smiles and add us as your charitable organization under our 501-(c)(3) business name, Pacific Educational Facilities Inc. (We do business as Ramona Senior Center) and they will donate 0.5% of the purchase price of eligible products back to us. It is a great way to get your shopping done and help out the Ramona Senior Center.

I ran across this information and thought it was great information to share with you during this very challenging time in our world.

### Stay in touch

Every family is working hard to provide support to their loved ones near and far, and it's not easy. Coronavirus burnout and pandemic fatigue are real and it's important to acknowledge this. Creating and strengthening connections with others is more important than ever and doing this doesn't have to be an overwhelming task.

There are many ways to strengthen ties with loved ones during these challenging times. Families can schedule safe communications often throughout the holiday season so seniors won't feel left out. Zoom, FaceTime, and other apps allow relatives of all ages to interact online.

If you haven't yet, consider giving these tools a try. If none of these ideas are going to work for you then please remember, the most important thing you can do is keep in touch with your loved ones. Give them a call on the phone, even if it's just to say "Hi!" and that you are thinking of them. If a loved one is not able to attend a holiday celebration, pick a time to call them so they can speak with various family members. Don't underestimate the power of a phone call to help someone feel connected!

This holiday season and winter will likely be more challenging than most, but keeping older adults socially connected is important to prevent social isolation. This year presents an opportunity for our community to rise to the occasion and come up with creative solutions to keep our loved ones safe and connected.



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

## Senior Humor

### . How much did Santa pay for his sleigh?

Nothing. It was on the house!

### . What do you call a broke Santa Claus?

Saint-nickel-less.

### . What's the absolute best Christmas present?

A broken drum—you can't beat it!

### . What did Adam say to his wife on Christmas?

It's finally Christmas, Eve!

### . Why is Santa always cast as the lead in the local musical?

Because he has such good *presents*.

### . Why does Santa always enter through the chimney?

Because it soots him.

### . What do you call Santa when he takes a break?

Santa Pause.

### . What do elves learn in school?

The elfa-bet.

### . How do sheep say Merry Christmas in Mexico?

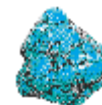
Fleece Navidad.



## December

### Birthstone

Zircon, Tanzanite &  
Turquoise



### Flower

Narcissus & Holly



### Signs

Sagittarius  
November 22 - December 21

Capricorn  
December 22 to January 19

## RECEIVE NO-COST HOME UPGRADES

Right now, due to COVID-19, many San Diegans are having a difficult time. SDG&E offers programs that can help those in need of assistance. Whether you rent or own, you could be eligible to receive no-cost energy-efficient home improvements that can make your home more comfortable and save you money now and for years to come.



Just reach out to SDG&E's authorized contractor, Synergy, at 888-272-8394 or [Sandiego.office@synergycompanies.org](mailto:Sandiego.office@synergycompanies.org). Synergy can help you enroll in the program, contact-free, if you qualify. Once it's safe, the contractor will come to your home and may provide at no-cost:

1. New, energy-efficient lighting
2. Repair or replacement of doors
3. Replacement of qualified appliances\*
4. Insulation, weather stripping and caulking

*\*Existing appliances (refrigerators and washers) must meet age requirements to qualify for replacement. Co-pay may be required for landlords who own appliances and pay tenant utility bill.*

<b>Economizers</b> <b>RAMONA'S BEST KEPT HARDWARE SECRET!</b> ♦ Tools ♦ Rope ♦ Wire ♦ Plumbing ♦ Stain ♦ Paint ♦ Screws ♦ Nuts ♦ Bolts <b>760-789-4950</b> 209 10th St. (Hwy 78), Ramona 10% Discount for Seniors 65+	<b>NEVER MISS A NEWSLETTER !</b> Sign up to have our newsletter emailed to you at <a href="http://www.ourseniorcenter.com">www.ourseniorcenter.com</a> 	
<b>SPREAD THE WORD</b> A Thriving, Vibrant Community Matters  <b>SUPPORT OUR ADVERTISERS</b>		<b>Ramona Disposal Service</b>  <b>(760) 789-0516</b> "We'll Take Care of It" <a href="http://ramonadisposal.com">ramonadisposal.com</a>
<b>Thrive Locally</b> 	<p>A comfortable, enjoyable, and affordable home-like environment for our seniors. We ensure that our clients receive the care they deserve at affordable rates.</p>  <p>Please contact us today for lunch and tour! 1-760-440-9844 • <a href="mailto:rsm1236d@gmail.com">rsm1236d@gmail.com</a> 1236 D Street, Ramona, CA 92065 <a href="http://www.ramonasenior.com">www.ramonasenior.com</a></p>	<b>Ramona Ramblers</b> <b>Everyone Welcome 50 and over!</b> <b>Established 1980</b> <b>434 Aqua Ln. • Ramona, CA</b> Call Nancy Walker for your next Adventure!  <b>760-789-0440</b>



**SCAMS**  
**By: Martha Gonzalez**  
**Crime Prevention Specialist**  
**San Diego Sheriff, Ramona Sub-Station**

There are many kinds of scams that are intended to take your money and/or identity. Don't be a victim! Scammers are very good at what they do. Here are five things you need to know about scams:

1. **They play on your fears.** You might get a call about a warrant out for your arrest, someone pretending to be a family member who needs to bail out of jail, or get urgent medical treatment. They may even ask that you do not tell anybody about it. This is all built in to incite fear, so that you will react with whatever it takes to make it go away. Take the time to fact check any claims. Call the law enforcement agency they are claiming to be from, or the family member they are claiming to be.
2. **They demand something from you.** They may ask for money. It may be requested as a money or wire transfer, cash through the mail, or a bank deposit. They may ask for gift cards. In this case, they will ask you to purchase specific cards in specific amounts, sometimes at specific locations. They will ask for the numbers on the back of the card so that they can redeem the amounts online, instantly. They may ask you to verify, confirm, or provide your personal information. This might be your address, phone numbers, place of employment, bank account information, social security numbers, date of birth, passwords, security questions, or confirmation codes sent to your email or phones. This is how they take over your accounts and your identity. Be very careful and protective of your personal information.
3. **There is always a sense of urgency.** Many times, they will give you a very short deadline, or tell you to stay on the phone while you do what they ask you to. They might call you back a few minutes after to make sure that you are doing what they have asked you to do. This is so that you do not have time to thoroughly think about what is happening. They want you to finish your transaction before you realize that it is a scam. Take the time to verify the information with a second or third party that you trust.
4. **They will sound real.** The caller may seem legitimate, even providing correct information about you, like your address, date of birth, or family members. There might even be a caller ID that reads Sheriff's Department, Social Security Administration, or IRS. They may provide a case number, or an official badge ID number. This part of the scam is meant to remove any doubts from your mind that it isn't real, and to further convince you that you must comply.
5. **Scammers utilize social media heavily, in addition to phone calls.** Review your privacy settings on your social media accounts and do not add people you do not know. If you receive communication from someone you do know asking for money or sensitive information, verify by reaching out to that person through other means, to avoid dealing with someone who could have taken over a profile that is connected to you. Your best response to a scam call is to HANG UP THE PHONE. No amount of discussion with the scammer will be worth your effort and you may give them information which could be used to separate you from your money, like recorded voice clips that can be used to make changes to your accounts. The Sheriff's Department has received calls from the public inquiring about these suspicious telephone calls.

Here is an example of one such scam:

**The Phone Call:**

In this example, scammers use a real sheriff employee's name or Sheriff's Department telephone number that can be found online. They will also use Caller ID "spoofing," which is a service that makes it appear as though the call is coming from a sheriff's station, substation, facilities or court offices. They may even ask you to deliver the money to Sheriff's Headquarters at 9621 Ridgehaven Court in San Diego to convince you of the authenticity of the call before redirecting you to send gift cards or funds through other methods.

**The Scare Tactic:**

The caller will try to intimidate you and as a scare tactic will say: "You have a warrant out for your arrest. Pay up or you will end up in jail!"

**The Hook:**

These scams play on your fears. You want to be a law-abiding citizen and don't want to end up in jail. In a panic, you end up giving personal information or money to "fix" the situation.

\*FACT: No employee of the Sheriff's Department will ever contact members of the public by telephone regarding a payment needed to resolve a warrant or to ask for payments or donations. If you get this type of call, HANG UP IMMEDIATELY.

\*FACT: Outstanding warrants cannot be resolved over the phone.

In all cases, funds that have been sent cannot be retrieved. Scammers can be anywhere in the world and are very difficult to identify and prosecute. Victims of scamming cases have lost hundreds, thousands, tens of thousands, even hundreds of thousands of dollars in cases. Be aware of the signs and take the time to verify through a trusted party. Don't lose your life savings to scammers. Don't be a victim! If you have questions about scams, call the San Diego County Sheriff's Department Ramona Substation Crime Prevention Specialist, Martha Gonzalez, at 760-738-2425.



## LEROY AND KATHY CLUBB



We want to honor and thank Leroy and Kathy Clubb for the endless work that they have been doing for the Ramona Senior Center over the past six years. Leroy and Kathy have been married for 48 years, have two children, Christina and Anthony, and 4 grand-children. They have been residents of Ramona since 1991. Leroy and Kathy organize, set up, work all day and clean up for all of the car shows. We usually have the car shows twice a year, in April and September.

This is no easy task and takes them approximately 8 weeks preparation time before each one. Leroy goes in to businesses to obtain donations to auction off, and raffle, and also get them signed up for our wrist band fund raiser. They print out fliers and post on the Ramona American Graffiti Facebook page to draw in participants for the car shows; and, they spend time organizing the DJ, booths, raffles, auction and food. Leroy and Kathy are also a big part of the Thursday evening cruises that take place between April and September every year. They are out there selling raffle tickets, hats, t-shirts, coffee cups and wrist bands. The raffle is a 50/50 and one-half of all proceeds goes to the Ramona Senior Center. All monies made from the wrist bands and sales of items also goes to the Ramona Senior Center. If you purchase a wristband for \$5.00 you get 10% off of your purchase at a particular business. It is a really great deal and Leroy goes door to door to draw in the participating businesses. We are so thankful to Leroy and Kathy for all the hard work they put into raising money for the center.

**ADT-Monitored Home Security**

Get 24-Hour Protection  
From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide

ADT Authorized Provider | SafeStreets | 1-855-225-4251

Curious about what your home is Worth? Call us for a Free market analysis

**(760) 789-2110**

2130 Main St., Ramona, CA

CalDRE#00841062

**COLDWELL BANKER**  
COUNTRY REALTY

Office is independently owned & operated

**PROTECTING SENIORS NATIONWIDE MEDICAL ALERT SYSTEM**

**\$29.95/MO**

**BILLED QUARTERLY**

PLUS SPECIAL OFFER

CALL NOW! 1.877.801.5055  
WWW.24-7MED.COM

**Heritage Senior Care, Inc.**

**WE ARE NOW RECRUITING FOR CAREGIVER POSITIONS!**

Local Communities & Surrounding Areas

Call today or go on our website for more information

**760-720-7740**

www.HeritageSeniorCare.com

**Thrive Locally**

➤ Reach the Senior Market

**ADVERTISE HERE**

CONTACT

Contact Christine Nicholls to place an ad today!  
cnicholls@lpiseniors.com or (800) 950-9952 x5841

# WINTER CROSSWORD



## Across

1. Time off from school or work.
5. Used to decorate a Christmas tree.
7. It's a season for giving \_\_\_\_\_.
10. Holiday celebrated on January 1st.
12. Strap them on and go downhill on snow.
13. I'm dreaming of a \_\_\_\_\_ Christmas.

## Down

2. Winter sport on frozen water.
3. African-American holiday celebrated in the winter.
4. Famous Snowman
6. Flakes that fall from the sky.
8. The month following January.
9. Jewish holiday celebrated in December.
11. Santa's Helpers

