

stay
positive



**August
2020
Volume 59**

RAMONA SENIOR CENTER NEWSLETTER

Seniors Serving Seniors Since 1974

434 Aqua Lane | Ramona, CA 92065



Open Monday - Friday 8 am to 4 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.**

August Upcoming Events

ALL ACTIVITIES SUSPENDED UNTIL FURTHER NOTICE

- 3rd Ramblers
1:00 pm
- 7th NewsCurrents
10:00 am
- 17th SDG&E talk
about Programs and
Services
11:30 am
- 18th Legal Assistance
by appointment
- 19th Alzheimer
Support
10:00 am
- 21st Birthday Lunch
11:30 am
- 26th PEF Board
Meeting
1:00 pm

Legal Assist -
3rd Tuesday,
By Appointment only
(858) 565-1392 ext -

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 ALL ACTIVITIES SUSPENDED UNTIL FURTHER NOTICE

Mondays

Exercise on the Big
Screen 9:00 am
Lace/Crochet Class 9:30 am
Bridge 12:30 pm

Tuesdays

Yoga 9:00 am
Quilting 9:00 am
Computer Help 10:30 am
Movie Day 1:00 pm

Wednesdays

Pinochle 8:30 am
Exercise 9:00 am
Watercolor 10:30 am

Thursdays

Machine Embroidery 9:00 am
Bingo 1:00 pm

Friday

Pinochle 8:30 am
Yoga class 9:00 am
Movie Day 1:00 pm

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

Volunteer of the Month ~ Karen Carlson

Karen and her husband, Tony Montegna, moved to Ramona 21 years ago from Poway looking for more of a rural environment. She has been married to Tony for 24 years and has one child. Karen is one of the owners and operators of Zoo Automotive which has been in business for over 20 years. She is the “Zoo Keeper” of the business and all the staff has animal nick names, i.e. monkey, goose, bear and big foot, it’s super cute!!



Throughout these last few months Karen has been very involved in collecting monetary donations, fruits and vegetables, eggs, and other food items, to bring in to the senior center to distribute to our seniors. She is the one that worked out the deal with Dudley’s Bread to get a discount for loaves of bread for our seniors. Karen collects money from the community, orders the bread, drives up to Dudley’s to pick it up and brings it back to the senior center to give to the seniors in need. She has also received pizza kits from Mamma Ramona’s and brought them in to give out. The seniors, along with all the staff, are so appreciative to Karen for all she does for our senior center.

Some of Karen’s hobbies include owning horses and taking them on trail rides, camping and gardening. She also belongs to the Community Trails Plan for Ramona; Ramona Trails Association and the San Dieguito River Park Association.

Thank you Karen, we appreciate you!!

<p><i>Artistry in Hair</i></p> <p>Joanie Schall Hair Stylist</p> <p>858-395-0119 1008 D St. • Ramona</p> <p><i>Specializing in Senior Clients</i></p>	<p>RESIDENTIAL AGRICULTURAL INDUSTRIAL COMMERCIAL</p> <p><i>Fence Installations</i></p> <p>RAMONA FENCE, INC.</p> <p>760-788-1538</p> <p>CA LIC #534592</p>	<p>WE'RE HIRING AD SALES EXECUTIVES</p> <p>Join our team</p> <ul style="list-style-type: none"> • Full Time Position with Benefits • Sales Experience Preferred • Paid Training • Overnight Travel Required • Expense Reimbursement <p>CONTACT US AT: careers@4LPI.com www.4LPI.com/careers</p>
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<p>➤ Reach the Senior Market</p> <p>ADVERTISE HERE</p> <p>CONTACT</p> <p>Contact Christine Nicholls to place an ad today! cnicholls@lpseniors.com or (800) 950-9952 x5841</p>	<p>Ramona Disposal Service</p> <p>(760) 789-0516</p> <p><i>"We'll Take Care of It"</i></p> <p>ramonadisposal.com</p>	



Director's Corner August 2020



All of us at the Ramona Senior Center want you to know that we miss everyone so much. We cannot wait until the time comes that we are allowed to open our dining room back up so you can come and socialize with your friends. We sure do miss hearing all of your chitter chatter. I am sure everyone is as ready as we are to get back to a normal routine.

Please remember that we have a **drive thru lunch pick up** in our parking lot between 11:30 AM - 12:30 PM Monday – Friday. You must be 60 or older and give us your name and

birthdate. If you are not 60 but are a guest of a senior the cost is \$ 8.00 for the meal. Our menu is posted on our website and in the Ramona sentinel.

I can't say enough about how important our lunch program is to so many seniors in need in our community. The current situation we are living with has definitely thrown us some challenges, but at the end of the day we are honored to be able to provide this service to you.

It sure has been hot!

If you or someone you know is a senior citizen and is in need of a **free table fan** from the county please call **1-800-339-4661 and press #6**. You will answer a few short questions and if you qualify, they will mail it to you free of charge. Please take advantage of this while it last.

Car Show Sept 26th 10 AM-2 PM (providing the county allows this). It will be right here at the Ramona Senior Center. This event is brought to you by the Ramona American Graffiti Cruise and 100% of the proceeds go to the Ramona Senior Center nutrition program. Please come out and have some fun with us and see all the beautiful cars that will be here. There will be a raffle and also a silent auction. Don't forget that everyone gets a free hot dog meal and there is no admission fee. **We missed you in April due to the cancelled event but we hope to see you in September.**



From my mouth to
your ears,
Lora Cicalo
Executive Director

Senior Humor

We are all time travelers moving at the speed of exactly 60 minutes per hour.

I couldn't decide whether to go to Salt Lake City or Denver for vacation, so I called the airlines to get prices. "Airfare to Denver is \$300," the cheery salesperson replied. "And what about Salt Lake City?" "We have a really great rate to Salt Lake—\$99," she said "But there is a stopover." "Where?" "In Denver," she said.

One of the shortest wills ever written: "Being of sound mind, I spent all the money."

Q: What goes through towns, up hills, and down hills but never moves? A: The road!



The other day I got carded at the liquor store. While I was taking out my ID, my old Blockbuster card fell out. The clerk shook his head, said, "Never mind," and rang me up!

August

Birthstone

Peridot & Spinel



Flower

Gladiolus & Poppy



Signs

Leo
July 23 - August 22

Virgo
August 23 - September 22

ATTEND AN SDG&E DRIVE-THRU WILDFIRE SAFETY FAIR

Fire season is around the corner and SDG&E wants to help you remain safe. They are hosting drive-thru events to provide preparation information to communities at risk for wildfires.

You'll receive information about stocking an emergency kit, developing an emergency plan and modifying the space around your home to help resist wildfire.

Preparedness backpacks and buckets will be provided on a first-come, first-served basis while supplies last. One backpack per car. Admission is free and includes displays, information, music, fresh kettle corn and drinks while in the comfort of your car. Please wear protective face coverings to these events.

Schedule:

Mountain Empire High School, Pine Valley, September 12
from 10 am – 12 pm

Viejas Casino, Alpine, September 26 from 10 am – 12 pm

Learn more at sdge.com/wildfire-drive-thru-safety-fairs.



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SPREAD THE WORD A Thriving, Vibrant Community Matters SUPPORT OUR ADVERTISERS		<p>LET US <i>carry</i> YOUR MESSAGE TO <i>Senior</i> THE <i>Community</i></p> <p>For advertising info call: 1-800-950-9952</p>	
 "CLASSIC ITALIAN AT A GREAT PRICE WITH AN ATMOSPHERE FOR THE WHOLE FAMILY." 1130 D St, Ramona, CA 92065 (760) 789-6147	<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 • rsm1236d@gmail.com 1236 D Street, Ramona, CA 92065 www.ramonasenior.com</p>	 Everyone Welcome 50 and over! Established 1980 434 Aqua Ln. • Ramona, CA Call Nancy Walker for your next Adventure! 760-789-0440	



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

Ramona Senior Center, Ramona, CA

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Steps to Staying Positive

1. Find the optimistic viewpoint in a negative situation:

One of the simplest but most effective ways to build a more positive outlook has been to ask more helpful questions as often as possible. In what seems like a negative situation, maybe you have been lazy, made a mistake, failed or stumbled in some kind of way, ask yourself questions like: What is one thing that is positive or good about this situation? Or what is one opportunity within this situation? Doing so is a whole lot better than telling yourself how much you messed up and how things could get even worse. We do not always use these questions right away. Oftentimes you need a bit of time to process the thoughts and feelings that arise in a situation before you can do that. Trying to force optimistic thinking when you are still in an emotional turmoil, or a bit shocked, usually does not work that well.

2. Cultivate and live in a positive environment:

Who you choose to spend your time with and the input you get from further away like the TV, the internet and magazines will have a huge effect on your outlook. To be able to stay positive it is essential to have influences in your life that support you and lift you up instead of dragging you down. So carefully consider what you let into your mind. Ask yourself: Who are the 3 most negative people I spend time with? What are the 3 most negative sources of information I spend time on? Consider the answers and then think about how you can start spending less time with one of those people or information source this week. Then how can you spend more of the time you have now freed up with one of the most positive sources or people in your life.

3. Go slowly:

I have found that when I go too fast, when I try to think, talk, eat and move around in my world really quickly then things don't go too well.

4. Stress builds up: Negative thoughts about just about anything start to well up and feel like my own personal power decreases. But if you slow down just for a few minutes, even if you have to force it by walking, talking and eating slower – then your mind and body calms down too. It becomes easier to think things through clearly again and easier to find the optimistic and constructive perspective.

5. Don't make a mountain out of a molehill:

It's very easy to lose perspective, especially if you are stressed and you are going too fast. So a mole hill can become a big and terrifying mountain in your mind. A simple three step way to handle these situations so they don't get out of hand is to: 1: Say Stop ~ In your mind, shout "STOP!" or "NOPE", "we are not going down that path again!" as soon as thoughts of this kind start to spin in your head.

2. Breathe~ After you have disrupted the thoughts by shouting stop, sit down and just be still. Breathe with your belly and focus on just your in-breaths and out-breaths for a minute or two to calm your mind and body down. 3. Refocus~ Question your mountain building thoughts by talking to someone close to you and getting a more grounded perspective on the situation by just venting or by getting his or her input. Or simply ask yourself this to widen your perspective and to chill out: Will this matter in 5 years? Or even 5 weeks?

Breathe, stay positive, smile and keep going . . .



Eating Healthy with the MIND ~ Diet Can Help Brain Health

A recent study has shown that the MIND diet (an acronym for Mediterranean Intervention for Neurodegenerative Delay), a diet heavy in berries, leafy greens and seafood, appears to have a positive impact on cognitive ability.

The MIND diet is a combination of the Mediterranean diet and the DASH (Dietary Approaches to Stop Hypertension) diet.

Recommended MIND Diet Components:

- Green leafy vegetables: At least six servings per week
- Other vegetables: At least one serving per day
- Berries: Two or more servings per week
- Beans: At least three servings per week
- Whole grains: Three or more servings per day
- Fish: Once a week
- Poultry: Two times per week
- Olive oil: Use as your main cooking oil

Foods to Limit or Avoid:

- Fried or fast food
- Red meat
- Foods that are high in saturated fat

An early study conducted by researchers from the Rush University Medical Center in Chicago and the Harvard School of Public Health in Boston found that participants that strictly adhered to the MIND diet were significantly less likely to be diagnosed with Alzheimer's disease.

If you or someone you love is facing the challenges of dementia and would like to learn more about care that is focused on improving quality of life at all stages of the disease, please visit silverado.com or silveradohospice.com

Source: www.webmd.com/alzheimers/features/mind-diet-alzheimers-disease



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