



**August
2019
Volume 49**

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

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Senior of the Month – Jessica Patton

Jessica was born in Chicago, Illinois and raised in Omaha, Nebraska. Her father was a salesman and her mother was a homemaker. Jessica graduated from Omaha University (now called the University of Nebraska at Omaha) with a B.S. in English. After graduating she taught English in Council Bluffs, Iowa for 3 years. Jessica moved to San Diego after her brother moved here for a job, and her parents moved here to retire. She taught English in La Mesa at Helix High School (now Helix Charter School) for 33 years. She met her husband Phil, a fellow English teacher, at Helix High School. They raised Jessica's daughter and Phil's son in Alpine, where they lived for 29 years. They owned horses and rode on the trails. Jessica and Phil moved to Ramona to be closer to their daughter and two grandchildren. Phil passed away 8 years ago. Jessica loves the community and the horse trails, and continued to ride until a few years ago. She enjoys the theater, symphony, water aerobics and playing bridge. Jessica organizes the bridge group that meets at the Senior Center on Wednesdays at 12:30. They play "party" bridge and they are always looking for more players. If you are interested in playing, please RSVP to the Senior Center at (760) 789-0440 by Monday. Come by and say hi to Jessica!



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Director's Corner August 2019



Happy August, This Month I would like to introduce you to your new Board of directors that the PEF Members voted for this July:

President-Kim Lasley
Vice President-Jim Phillips
Treasurer-Bonnie Sowers
Secretary-Susan Willis
Mary Black
Cindy Galloway
Patricia Mumford
Nancy Walker
David Closson

We Welcome David Closson to our Board Of Directors.

There is an upcoming community event on its way in September, **GRAPE STOMP!** It sounds like a lot of fun and a great chance to come together once again as a community

to raise some money for a few organizations including the Senior Center. I will give more details as I get them. I am hoping to be out there stomping some grapes in a competition to represent the Senior Center. I hope you will be there to cheer me on.

Once again I can't say enough about how important our program is to so many seniors in our community. Please spread the word and invite a friend to join us for lunch, I always look forward to meeting new faces. Remember that if you have any reasonable suggestions for our program we have a suggestion box that is always available to you.

September 28th 10 AM-2 PM will be our annual car show 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.

I would like to take a minute to welcome everyone that has been moving in at the Ramona senior apartments. I know some of you have already been living in Ramona, but many of you are new to our town. All of us at the Ramona Senior Center are very happy to have met some of you, and look forward to meeting many more. Please come and visit us for lunch and try out some of our activities. No car? No problem, we have a van that can pick you up and bring you to and from the Senior Center for lunch and socialization. Call the van phone number before 9am, (760) 522-3112, and leave a message if you would like to be picked up. We hope to see you soon!



From my mouth to your ears,

Lora Cicalo
Executive Director

Senior Humor – The Extraction

One day, a man walked into a dentist's office and asked how much it would cost to extract wisdom teeth.

"Eighty dollars," the dentist said.

"That's a ridiculous amount," the man said. "Isn't there a cheaper way?"

"Well," the dentist replied, "if you don't use an anesthetic, I can knock it down to \$60."

"That's still too expensive," the man said.

"Okay," stated the dentist. "If I save on anesthesia and simply rip the teeth out with a pair of pliers, I could get away with charging \$20."

"Nope," moaned the man, "it's still too much."

"Hmm," said the dentist, scratching his head. "If I let one of my students do it for the experience, I suppose I could charge you just \$10."

"Marvelous," said the man, "book my wife for next Tuesday!"

August

Birthstone



Spinel and Peridot

Flower



Gladiolus
and Poppy



Signs

Leo

July 23 - August 22

Virgo

August 23 - September 22

The Ramblers Travel Club

The Ramblers Travel Club is open for new members ages 50 and over. Membership meetings are the first Monday of each month and annual dues are \$5.00. The next meeting is Monday, August 5 at 1:00 pm at the Ramona Senior Center at 434 Aqua Lane.

The annual Laughlin trip is scheduled for October 21 - 23 at the Edgewater Hotel. Sign-up sheets will be available at the August meeting or call Judy Walsh at (760) 484-8517 for more information.



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Home Security Tips for Seniors

by Jim Nutting

Seniors can be vulnerable to burglaries, attacks and con schemes.

Law enforcement is reactive in most cases and cannot be everywhere all the time.

This is why seniors have to take preventative measures. Aside from locking doors and windows, there are more things that can be done to make it more difficult or impossible for seniors to become victims of crime in or outside of their homes.

Don't fear technology. The advancement in wireless technology has come a long way. You no longer have to work your way to a wall phone to call emergency services. You can carry your cellphone or wireless home phone with you. Wireless motion detection lights, alarms and video doorbells are now common-place. They're not very expensive and easy to install.

However, even with these amazing tools, there are safety precautions you need to take first.

- Always lock your doors and windows. Professional burglars can breach your home either way but you can slow them down.
- If you come home and notice that your door or a window is open, do not go in, call the police.
- If someone is at the door that you do not recognize, do not answer the door without them identifying themselves. Do not open the door a crack to see who it is.
- If you have a solid door without a window, you need to have a peephole installed. Plexiglass or security film on windowed doors can slow down intruders.
- Having one standard door lock is not enough, you should have a quality deadbolt lock installed. Again, this may not stop a professional burglar but will slow them down.
- Always keep your wireless or cellphone in your hand when answering the door.
- It is not a good idea to hide a key. Professional criminals know how to play that game. Fake rocks, magnetic keyboxes or the key under the doormat are useless. Leave keys with trusted friends and family if necessary.
- Keep your home well lit at night.
- Do not leave notes for visitors or delivery drivers that you won't be home. If you plan to go on a vacation, go to your nearest Sheriff station and fill out a 'vacation check request form' .
- In addition, it's always a good idea to have your trusted neighbors keep an eye on your home. Joining your local Neighborhood Watch is highly advisable.
- Another preventive measure is simple technology. Medical alert systems can be worn or held in your hand. There are many of these alert systems on the market and they are professionally monitored.

This is the first of a series of home security ideas and recommendations. In next month's newsletter we will explain how 'easy to install' wireless motion detector lights and video doorbells can be detractors to potential thieves.

Always play it safe outdoors

Whenever your summer plans include outdoor activities – such as barbecues, pool parties, backyard projects or road trips – keep a few basic safety tips in mind to avoid harm and prevent power outages and fires.

Watch out for overhead electric lines

- Never approach or touch electric lines. A shock could cause severe injury or death.
- Never fly kites, metallic or Mylar balloons, drones or remote-controlled planes near electric lines.
- Dispose of balloons indoors and puncture them in several places so they can't get caught in electric wires.
- Call SDG&E at 1-800-411-7343 to remove anything caught in electric lines.

Beware of fallen or broken power lines

- Never approach or touch a fallen power line or a person or vehicle in contact with the line.
- Always assume a downed line is live.
- Report downed power lines immediately by calling 911.
- If an electric line touches your vehicle while you are inside, remain calm and stay inside your vehicle until emergency help arrives. Warn others to stay away and direct them to call SDG&E. Do not touch the vehicle and the ground at the same time.



Get more safety tips at sdge.com/safety.

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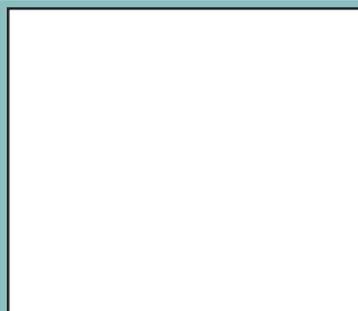
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◀ Joan Lunden, journalist, best-selling author, former host of Good Morning America and senior living advocate.

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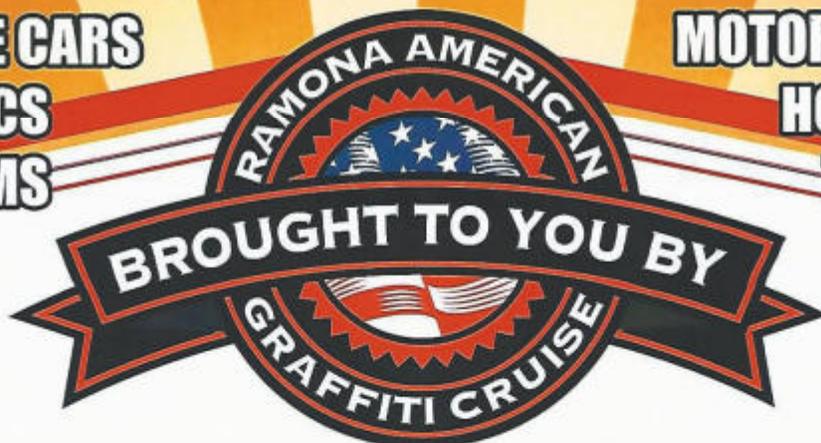
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