



**October
2020
Volume 61**

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.**

October Upcoming Events

- 28th - Flu Shots
10 - 12

We will be observing 6 foot distancing as you wait and after you have received your flu shot. Please plan on staying for 15 minutes after your shot to make sure that you do not have a reaction. We will have tables, chairs and a tent provided. Also, if you have a medicare card, please bring that with you to present.

ALL OTHER ACTIVITIES SUSPENDED UNTIL FURTHER NOTICE

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

Our Kitchen Staff

We have the best kitchen staff!! Cynthia Montes, Amada Gallegos and Joan Harvey. Cynthia is our lead cook and Amada is our assistant cook. They both arrive before 6:00 a.m. Monday through Friday to begin preparing our meal for the day along with all of the side dishes that go along with it. Without them we would not have meals to send home to our homebound seniors. Also, with Covid we are delivering to approximately 70 seniors who are sheltering at home, in addition to our regular 175 home bound seniors. Joan takes care of washing all the pots, pans and everything used in preparing the meals. She also completely disinfects and cleans the kitchen on a daily basis. In addition, Joan fills in as our back up assistant cook when Amada is out. Along with all of that, the girls plate and package all of the meals to freeze so that they can be delivered to our home bound seniors. Joan and Amada bag up all of our breakfasts to assure that we have approximately 250 breakfasts daily ready to be delivered.



Joan has been with us for approximately 2 years. She has 1 son and 1 daughter. Her priorities are God, family and work. She enjoys walking and loves music.

Amada has been here for 12 years. She began as a dishwasher and then moved up to assistant cook. Amada has 1 son and 3 grandchildren. She enjoys shopping and watching television.

Cynthia began working here four months ago. She has 3 sons and 1 grandson. She enjoys spending time with family and watching her grandson play sports.

We are so grateful for our kitchen staff!!

<p>Artistry in Hair</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>Fence Installations</p> <p>RAMONA FENCE, INC.</p> <p>760-788-1538</p> <p>CA LIC #534592</p>	 <p>#1 Medicare Advantage plan provider in America</p> <p>1-855-844-2078, TTY 711 ExploreUHC Medicare.com</p> <p>United Healthcare</p> <p>Y0066_200813_013109_M SPRJ58101</p>
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<p>➤ Reach the Senior Market</p> <p>ADVERTISE HERE</p> <p>CONTACT</p> <p>Christine Nicholls to place an ad today! cnicholls@lpiseniors.com or (800) 950-9952 x5841</p>		



Director's Corner October, 2020



Fall weather is coming and it is going to be such a relief. WOW, what a hot summer we have had this year with record breaking temperatures. October is upon us and with all the uncertainties that are going on this year, I do not know what to expect. Will the children be running the streets in costumes asking for treats? We sure will be missing all of you and our annual Halloween costume contest at the senior center.



Our Car Show fundraiser last April and this September had to be cancelled, however the Ramona American Graffiti Cruise group did a great job continuing to make Thursday nights so much fun for the community. Some of the cruises were down Main Street and some cruises were through your neighborhoods. Their fundraising efforts for the Ramona Senior Center have been very successful and appreciated by so many. Thank you for all you do, we can't wait to see you again in April.

Our annual Surveys will be going out soon and we are asking you to please make sure you answer all the questions and get it back to us. This survey helps us to know your likes and dislikes and tells us where we might need to make changes.

We also have a **suggestion box** that you can submit suggestions to all year long. You may drop it off when you pick up a meal or leave a note for your driver to bring back to the Senior Center for you. We always want to hear how you think we are doing.



Last but not least, I know many of you are asking if we have any idea when we can open up our dining room and have seniors congregate again. Unfortunately, we do not have that answer. We have to wait for the county to give us the approval, and as soon as we get that information then we will let everyone know. We are missing you as much as you are missing the Senior Center, and we hope to see everyone soon.

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

Senior Humor

On an overseas flight, a lawyer and an older man were in adjoining seats. The lawyer asked the senior if he'd like to play a little game. The older man was tired, and he told the lawyer he only wanted to sleep. But the lawyer insisted the game was a lot of fun. "Here's how it works," he said. "I'll ask you a question. If you can't come up with the answer, you have to give me a dollar. Then it's your turn to ask me one. But if I can't answer it, I have to give you \$20." The senior figured if he just got this over with, maybe he could get some sleep. So he agreed to play.

The first question from the lawyer was "How far apart are the earth and the moon?"

The senior stayed completely silent, reached for a dollar, and gave it to the lawyer. Then he said, "My turn. What walks upstairs backward and comes downstairs forward?"

The lawyer was stumped. He thought and thought. He tried to remember all the riddles he knew. He searched every corner of his brain. He even cheated and asked the flight attendants and other passengers. Finally he gave up. He woke up the older man and gave him a twenty. The senior stuffed the twenty in his coat and went immediately back to sleep.



The lawyer couldn't stand it. He woke up the older man and said, "I have to know. What walks upstairs backward and comes downstairs forward?" The senior got out his wallet, gave the lawyer a dollar, and went back to sleep.

October

Birthstone



Tourmaline &
Opal



Flower

Marigold &
Cosmos



Signs

Libra
September 23 - October 22

Scorpio
October 23 - November 21

AVOID BEING A VICTIM OF ULITLITY SCAMS

A new wave of scammers is targeting SDG&E customers, threatening to turn off electric service unless they pay their bill immediately with a prepaid card. A common scam tactic is pretending to be SDG&E and asking to be paid with Green Dot MoneyPak. This is a way to send cash with prepaid or bank debit cards. Then, the customer is asked to use these prepaid debit cards or a wire transfer to pay their utility bill right away. The customer is asked to call a different phone number to provide the card information which allows the thieves to steal your money. Scammers may also play a recorded message and menu options that are like SDG&E's to confuse victims. SDG&E's official Customer Care Center phone number is 1-800-411-7343.

SDG&E will **never** call a customer to ask for payment information nor send an email with a QR code for payment. If a caller claims to work for SDG&E and asks for **payment over the phone**, it is a scam. Hang up immediately. Only provide financial information by telephone if **you** initiate the call. After you hang up, you can call SDG&E at 1-800-411-7343 to verify information about your account. You can also view your account details, bills and payments with SDG&E's mobile app or at sdge.com/myaccount.

There may be occasions when SDG&E will use automated messages to communicate changes to your account. But you'll always be directed to log in to My Account to make the changes on your own.

Unfortunately, scams rise during times of uncertainty like the COVID-19 pandemic. If you've been a victim of fraud, call SDG&E at 1-800-411-7343 to report it. Visit sdge.com/scams for more information on how to spot a scam.



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<p>SPREAD THE WORD A Thriving, Vibrant Community Matters</p>  <p>SUPPORT OUR ADVERTISERS</p>		<p>Ramona Disposal Service (760) 789-0516 <i>"We'll Take Care of It"</i> ramonadisposal.com</p>
<p>Thrive Locally</p> 	<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>	<p>Ramona Ramblers Everyone Welcome 50 and over! Established 1980 434 Aqua Ln. • Ramona, CA Call Nancy Walker for your next Adventure! 760-789-0440</p> 



How to Encourage the Elderly to Exercise

Why is Exercise Important to the Elderly?

Exercise not only significantly reduces the physical signs of aging, but is important for other benefits as well. Exercise is great for reducing stress and improving the emotional well being of the elderly. Because exercise can be considered a social activity, seeing old friends and making new acquaintances can give this population a great emotional boost, thus aiding the release of stress and depression. By exercising regularly, our loved ones body functions improve, reducing the risk of diabetes and other diseases.

Regular exercise during late adulthood, has shown to have profound effects on the body. The National Institutes of Health has claimed exercising on a regular basis greatly decreases the risk of suffering the disabilities resulting from chronic illnesses. Exercise improves mobility, endurance and flexibility as well as balance, which in the long run helps reduce the frequency of falling and lessening the symptoms of arthritis. Exercising can provide our seniors with longer lasting and more refreshing sleep which in turn improves their overall health. It also helps them fall asleep faster.

Types of Exercises That Best Suit Seniors

There are four main types of exercise, according to the National Institute on Aging:

Strengthening Exercise is necessary for muscle strengthening and helps reduce muscle loss.

Endurance Exercise helps maintain joint function. Included in this group are swimming and walking which help improve heart health as well.

Balance Exercise helps with the normally occurring of loss of balance, so practicing them can help reduce the frequency of falls.

Stretching Exercise is necessary to keep the lumbar region healthy and flexible...and easy stretches feel good.

Tips To Get the Elderly Moving

Most commercials for exercise programs or machines caution you to "Consult your doctor before taking on any new exercise routine." This warning is especially important when it comes to seniors. Get their physical examination done and let the doctor know you'd like your loved one to get permission from him/her in this regard. Regularly practice only the exercises the doctor has approved. Because exercise has a lot to do with ensuring a senior's good health, use the following tips to get them to work out regularly.

Start slowly. Trying out long endurance or heavy exercises as they begin is not a good idea. It's always advisable to build up gradually. Set short-term goals. This is one of the best strategies to keep your loved one motivated. By setting these goals, seniors are motivated to continue their exercise. Make sure you do not include weight loss in these short-term goals. More important goals could be stress reduction, and energy and mood improvement. Take special notice of their symptoms. In many cases, the body may not be able to cope with certain types of exercise. Shortness of breath, chest pain, dizziness, pain and cold sweats may make it necessary to stop the exercise at once and consult a doctor.

Rest During Exercise

It's always important to rest between workouts, and especially so with seniors. The body needs time to rest and heal itself. Without proper rest, you risk causing injuries. Don't push too hard...remember...take it slow. A good, general exercise routine can be achieved in as little as thirty minutes a day. If that's too hard for your loved one, start with even less time and build up a little each day. Daily exercise can help prolong life and improve and improve your loved one's quality of life.

Excerpts from article by Tena Scallan | Health & Fitness |

SENIORS HELPING SENIORS

McGillicuddy Soap Co.: This company was started by Sherry Selby approximately 2 1/2 years ago. She is the owner/operator and started this business at age 70. She thought it would be fun to make some soap for her sister's 60th birthday, which then became a hobby and turned into a business. She uses only high end ingredients too. These soaps are great for individual use, birthday/wedding/Christmas gifts. They range from \$5.00 to \$9.00 per bar. Sherry would like to offer a **20% discount** to all seniors over the age of 65. She can be reached at (760) 315-5777 or ramonasherry@cox.net.

Artistry in Hair: Joanie Schall has been working as a hair dresser for over 40 years and has worked at Artistry in Hair for 10 years. Joanie is 61 and loves working with seniors, getting to know them and listening to their stories. She got in to this profession because she was modeling at 18, having her hair done and saw the tips that hair stylists were making; and, because she is a people person. Give her a call at (858) 395-0119.

City Barber Shop: Wayne Channon is the owner. Wayne went to work for the prior owner in 1965 and when the owner retired he took over and has been there ever since. His grandfather, uncle and older brother on his mothers side are all barbers as well. Wayne has such a fabulous personality and people have said that they just enjoy going in and talking with him. Stop by and see him or give him at call at (760) 789-0148.

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Halloween Crossword

