



**December
2019
Volume 53**

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.

Senior of the Month – Margie Sankey

Margie was born on October 11, 1929 in Toronto, Canada. She is the youngest of her three siblings and has an older brother and sister. She met the love of her life, Ed Sankey, while still in Canada. They were married for over 40 years before his passing. After they were married for about 5 years they moved to Nova Scotia. They lived there for about 2 years but she could not wait to leave as it was brutally cold. They then moved to various areas around south San Diego County before eventually moving to Las Vegas after her husband retired. They lived there for 26 years before she moved to Ramona 6 years ago. She has been coming to the Ramona Senior Center since she arrived.

Margie has three children, John, Barbara and Eddie. She has many grandchildren, great-grandchildren, great-great-grandchildren and 3 great-great-great grandchildren. Margie was a homemaker while her children were growing up. After that she has worked at a graphite company, bowling alley, day care facility, candle work, a porter in Las Vegas, just to name a few.

While she was in school she played baseball, ran track, roller skating, ice skating, tap dancing and ballet. These days she enjoys bingo, Pokeno, word search and loving on her dog, Buddy, who is part Chihuahua/Dachshund.



		<p>FREE! Savings Include an American Standard Right Height Toilet FREE! (\$500 Value)</p>	<p><i>American Standard</i> Walk-In Tubs</p> <p>WALK-IN BATHTUB SALE! SAVE \$1,500</p> <ul style="list-style-type: none"> ✓ Backed by American Standard's 140 years of experience ✓ Ultra low entry for easy entering & exiting ✓ Patented Quick Drain® Technology ✓ Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard ✓ 44 Hydrotherapy jets for an invigorating massage <p>Limited Time Offer! Call Today! 844-889-2321 Or visit: www.walkintubinfo.com/safety</p>
<p><i>Artistry in Hair</i></p> <p>Joanie Schall Hair Stylist Specializing in Senior Clients 1008 S Street, Ramona, CA 858-395-0119</p> <p>Call for Special IHM Discount!</p>	<p>RESIDENTIAL AGRICULTURAL INDUSTRIAL COMMERCIAL FREE ESTIMATES</p> <p>Fence Installations</p> <p>RAMONA FENCE, INC. 760-788-1538 CA LIC #534592</p>	<p><i>The CARPET Lady</i> Full Service Residential & Commercial Flooring Center</p> <p>Carpet • Hardwood • Travertine • Tile Vinyl • Laminate • and More!</p> <p>FREE ESTIMATES 760.789.6929 Cell: 619.709.1638 1174 Main Street, Suite C • Ramona CA Voted Best Flooring Business in Ramona 2 Years in a Row</p>	
<p>➤ Reach the Senior Market</p> <p>ADVERTISE HERE</p> <p>CONTACT</p> <p>Contact Christine Nicholls to place an ad today! cnicholls@lpieniors.com or (800) 950-9952 x5841</p>		<p>R D S Ramona Disposal Service (760) 789-0516</p> <p><i>"We'll Take Care of It"</i></p> <p>ramonadisposal.com</p>	

Directors Corner December 2019



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 over 170 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 Smile 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). Amazon 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 would like to say to all of our volunteers - we are so thankful to have you and we appreciate all of your hard work and dedication that you show us every time you walk through the doors. Without volunteers and donors we would not survive. So from the bottom of my heart THANK YOU!

I want to thank Carol Huff for surprising the Ramona volunteer Senior Patrol veterans with quilts of valor at our veterans day lunch. The families of 9 veterans were invited to the center to join us for lunch and surprise their loved ones, and boy were they surprised. We are so happy to have been a part of this very special day and

show our respect and support for our Veterans.

Wednesday, December 4th, we will be joining together to decorate our tree in the lobby and, as always, I am counting on you to participate and make it more beautiful than ever.

Who doesn't like a sleigh ride? The Reindeer Sleigh will be here on Dec 12th from 10 am-12 pm to take you for a sleigh ride around town and sing Christmas Carols. The Bryant's and the sleigh are usually all booked up for December but they always are so nice to make time for the senior Center every year. Please be sure to come and take advantage of this special treat.

I hope to see you all at our Holiday lunch on Dec 23rd for some great food and wonderful holiday spirit.



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

Senior Humor

Three buildings in town were overrun by squirrels—the town hall, the hardware store, and the church. The town hall brought in some cats. But after they tore up all the files, the mayor got rid of the predators, and soon the squirrels were back.

The hardware store humanely trapped the squirrels and set them free outside town. But three days later, the squirrels climbed back in. Only the church came up with an effective solution. They baptized the squirrels and made them members. Now they see them only on Christmas and Easter.



This past Christmas, I told my girlfriend that all I wanted was an Xbox. That's it. Beginning and end of list: Xbox. You know what she got me? A homemade frame with a picture of us from our first date together. Which was fine. Because I got her an Xbox.



I once bought my kid a set of batteries for Christmas with a note on it saying "Toys not included."

December

Birthstone



Zircon, Tanzanite & Turquoise



Flower

Narcissus & Holly



Signs

Sagittarius

November 22 - December 21

Capricorn

December 22 - January 19

DONATIONS MATTER

December is a month we think about making donations to non-profit organizations. Please consider making a donation to the Ramona Senior Center to help feed the seniors in our community. While the San Diego Aging and Independence Services reimburses about 50% of our annual budget, we rely on donations to come up with the other 50% of the operating expenses, and any additional activities. Our clients that receive meals, or come in to the center to eat, are expected to make a donation. The suggested donation is \$5.00 per meal, but any amount is helpful and no one is turned away for not making a donation. Currently we are running our paper plate campaign in the local news-paper encouraging the public to make a donation. A donation of \$155.00 provides lunch for one senior for one month, \$100.00 feeds 20 seniors for a day, and \$50.00 feeds 10 seniors for a day. Donations can be made year-round on our website www.ramonaseniorcenter.com, on our Facebook page [RamonaSeniorCenterOfficial](https://www.facebook.com/RamonaSeniorCenterOfficial), in person at 434 Aqua Lane, or by sending a check to the Ramona Senior Center, P.O. Box 657, Ramona, California 92065. Thank you!!!



Economizers
RAMONA'S BEST KEPT HARDWARE SECRET!

- ◆ Tools ◆ Rope ◆ Wire
- ◆ Plumbing ◆ Stain ◆ Paint
- ◆ Screws ◆ Nuts ◆ Bolts

760-789-4950
 209 10th St. (Hwy 78), Ramona
 10% Discount for Seniors 65+

NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed to you at www.ourseniorcenter.com

Country Tire & Auto

- Alignments • Tires • Brakes
- Tune Ups • Oil Changes
- Front Suspension

760-789-4141
 2317 Main St, Ste B • Ramona, CA 92065

SPREAD THE WORD
 A Thriving, Vibrant Community Matters

SUPPORT OUR ADVERTISERS

Amber Ramirez
 Insurance Agency, Inc.
President

603 Main St., Ste #7
 Ramona, CA 92065
760.789.0010
 aramirez@farmersagent.com
 Lic #OL08317 & OD95247

Senior Plans and options available including Medicare

Call today to connect with a **SENIOR LIVING ADVISOR**

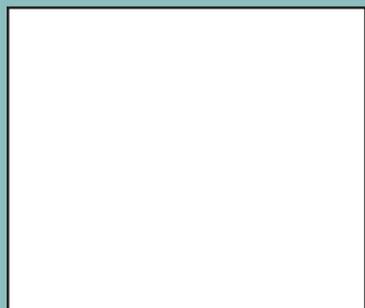
INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE

A Place for Mom has helped over a million families find **senior living solutions** that meet their **unique needs**.

aPlace for Mom.

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

There's no cost to you!
(888) 672-0689
We're paid by our partner communities



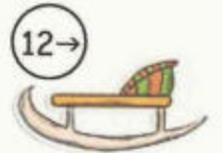
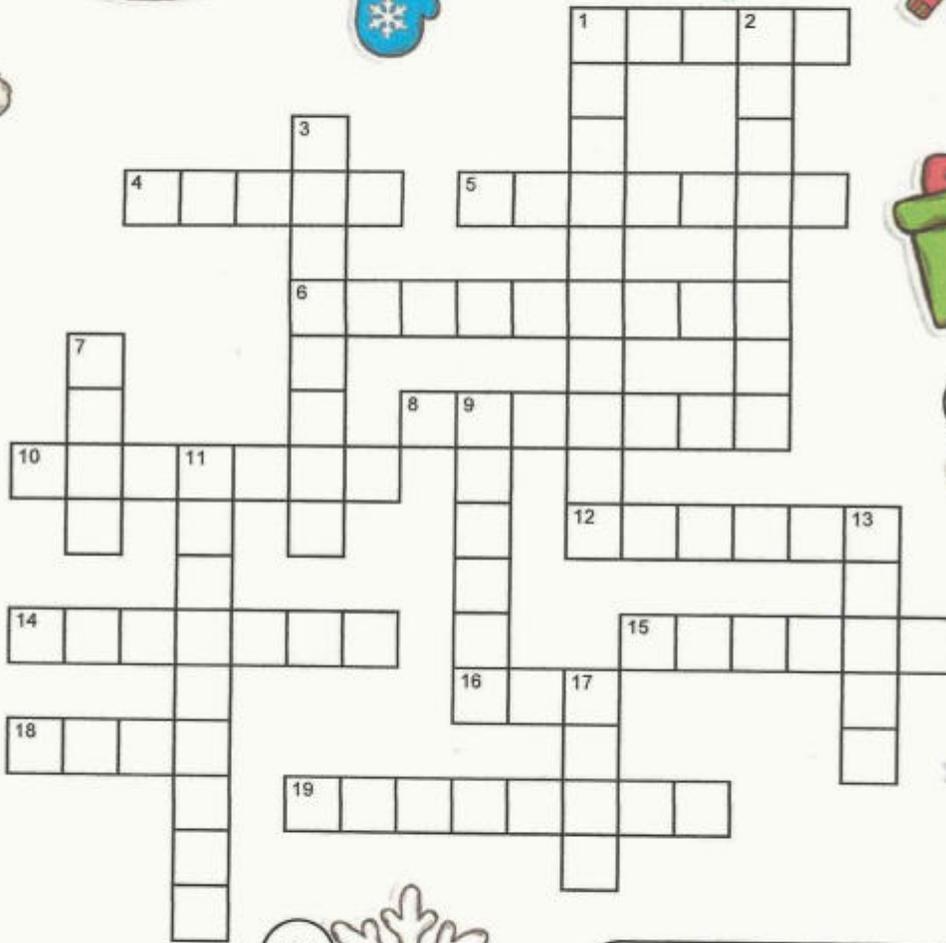
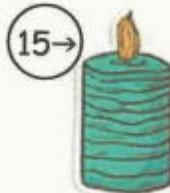
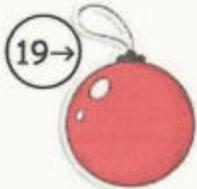
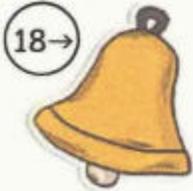
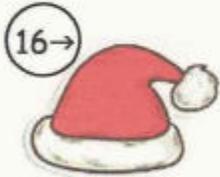
HELP PROTECT YOUR FAMILY & HOME
CALL NOW! 1-888-891-6806

HOME SECURITY TEAM

Air Direct
HEATING
AIR CONDITIONING
(760) 788-9339

Christmas Vocabulary

DIRECTIONS: Fill in the puzzle grid with the name of each Christmas item following the number and direction indicated. Use the word bank if you get stuck.



- | | |
|------------|-------------|
| BELL | SANTA CLAUS |
| CANDLE | SCARF |
| CANDY CANE | SKATE |
| FIRE | SLEIGH |
| HAT | SNOWFLAKE |
| HOLLY | SNOWMAN |
| MITTENS | STOCKING |
| ORNAMENT | SWEATER |
| PRESENT | TREE |
| REINDEER | WREATH |

REDUCE HEATING COSTS THIS WINTER

Much like summertime, when you see your energy bills spike from using the A/C too often, wintertime is no different – but for opposite reasons. Rather than keep cool, you'll be trying to stay warm! It's no surprise that heating costs can take a toll on your budget and even cause unnecessary stress. But did you know that electric heating systems can total as much as 40% of your electric bill every month? While natural gas furnace heating can total more than half of your natural gas bill, there are several ways you can combat home heating costs and lower your electric bill.

If you'd like to cut your energy expenses and contribute to reducing environmental emissions, check out these six no-cost and low-cost tips and prepare to save:

1. **Consider using programmable thermostats or time clocks** that regulate temperature, setting them at comfortable temperatures while awake and only lowering them when you sleep or are out of the house.
2. **Use the sun to your advantage** and naturally heat your home throughout the day by keeping curtains that face the sun open.
3. **Cover the inside of your window frames with clear plastic sheets** to keep the heat from escaping your home or install insulated shades/drapes.
4. **Use a portable space heater** to warm up the rooms you spend the most time in, if possible.
5. **If you have a fireplace, ensure the damper is closed** to prevent the cold from coming in and the heat from escaping. And if you don't use your fireplace, consider sealing/plugging the chimney flue.
6. **Keep heating systems in top shape** by scheduling maintenance and changing the filter once a month (or when necessary).



For more tips to reduce your energy usage, visit sdge.com/energy-tips.



WE'RE HIRING AD SALES EXECUTIVES



- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT: careers@4LPi.com
www.4LPi.com/careers

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

(760) 789-2110

2130 Main St., Ramona, CA



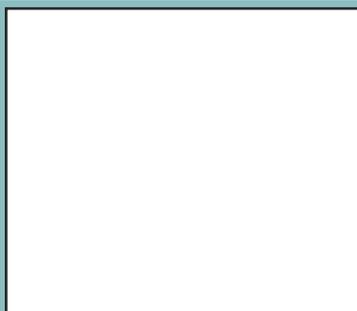
CalDRE#00841062

Office is independently owned & operated



858-449-0639

www.ramonapestcontrol.com



Call today to connect with a **SENIOR LIVING ADVISOR**

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE



A Place for Mom has helped over a million families find **senior living solutions** that meet their **unique needs**.



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

There's no cost to you!

(888) 672-0689

We're paid by our partner communities

PROTECTING SENIORS NATIONWIDE MEDICAL ALERT SYSTEM



\$29.95/MO

BILLED QUARTERLY

PLUS
SPECIAL
OFFER

CALL NOW! 1.877.801.5055

WWW.24-7MED.COM

Reach the Senior Market

ADVERTISE HERE

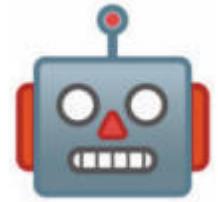
CONTACT

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

Robo Calls

by Jim Nutting

It's very frustrating to receive phone calls from solicitors. At least with live telephone solicitors you can tell them that you're not interested and tell them to take you off their list. These days we have pre-recorded solicitors who can call up to hundreds of callers at once. These are automated calls known as "robocalls".



There are some robocalls that are useful such as calls from a pharmacy telling you that your prescriptions are ready or reverse 911 calls warning you of a fire or flood. This great technology has been hijacked by criminals who attempt to take advantage of unsuspecting people who believe they are communicating with a legitimate business or agency.

These nefarious criminals use this technology to steal personal information such as social security numbers, birthdates and bank account numbers. According to Consumer Reports, "In May of this year alone, the FTC says it received 46,000 impostor scam complaints". They also reported that "It took two phone calls to rob an 81-year-old woman of her \$80,000 life savings". These criminals claimed to be from the Social Security Administration. Obviously, the caller was not from any legitimate government agency. There are so many different scams, some are people posing as medical supply company representatives, financial agencies saying they can help with outstanding school loans, insurance companies and even law enforcement agencies and unions. These criminals have also acted as foreign agencies claiming to have the victim's child, grandchild or other family member or friend in their jail and demanding the victim wire money to have them released.

Many of these robo-scammers obtain victim's personal information from social media or applications. Programs like 'Do-Not-Call' are good but many of these scammers are located outside the United States. They hide their identity by "spoofing". Spoofing is where they make computer generated calls using a number or calling a prefix that may look local or familiar to the call recipient. These scams not only hurt the unsuspecting targets, but also legitimate businesses who utilize the same technology.

If you receive a call from a restricted number, don't answer it. If the number appears local or familiar and you pick it up, do not talk to them. The robot will keep talking and then hang up if it hears nothing. There are also Android and Apple applications you can download to help eliminate these calls. You can find them in the Google Play Store and Apple Apps Store. These apps are not perfect but they do help. Wireless companies like Verizon and AT&T are also working on technology to help fight against these scammers.

Never give anyone your personal information. If they claim to be from a law enforcement agency and ask, or demand, your personal information, hang up. If a legitimate law enforcement or government agency wants your information, they will send legitimate correspondence through the mail or knock on your door. You do not want to be a victim. If you are threatened, call the police and keep the number on your phone to show them.

Keep your cell phone and don't be intimidated. The more people who know about these scammers and fight back by not giving them what they want, and who use tools like Do-Not-Call and the latest apps that catch these calls, will make them think twice about their failing attempt to rip us off.