



PENINSULA
SHEPHERD
CENTER

The Lamb's Tales

September 2022
Peninsula Shepherd Center
1475 Catalina Blvd
San Diego, CA 92107
(619) 223-1640
www.sdpsc.org

A community that honors, respects and cares for older adults

Hello Friends of Peninsula Shepherd Center!

PSC has a **fantastic September** planned for you with new programs for the Fall! We have circulated an Activities Survey and look forward to hearing your ideas. We are kicking off a **new program, PSC Walks**, where our own **Rob Keller** will lead short walks around San Diego. Join us if you would like to walk and explore! The venues will have plenty of seating for those that just want to come along and enjoy being outside. See inside the newsletter for details, but here are a few **Highlights for the month of September 2022**:

- **Lunch Bunch will resume on September 15th**. Come enjoy our NEW MENU! Back by popular demand, Eric Duvall, President OB Historical Society presents *History of the OB Trolley* – an entertaining must see!
- Like Movies? You will LOVE **PSC Movie Day** – now twice a month at 10:30!
- Let's say Goodbye to Summer with an **Ice Cream Social** on September 23rd! Bring family and friends!
- The last Wednesday of the month we will celebrate **PSC Birthdays!** Join us for Bingo at 11:00 or just come for cake at noon!
- Jim and I have been working on re-organizing and updating our **Resource Center in the PSC Lounge**. Please come see the wide variety of books, pamphlets and information we have for you and your family
- A special thank you to **Laura Mundy, Cecelia Carrick and the members of the Point Loma Green Team** for pruning our succulents and making our private entrance even more beautiful!

And, **SAVE THE DATE! The Friends of PSC will host Halloween BOO – Brunch, Bunco and Bingo!** This PSC fundraiser will be held on October 22nd from 10:00-1:00...details to follow!

So, we hope you enjoy all that PSC offers this month, along with the many events at other organizations in our community also included in the newsletter. We invite you all to stop by, say Hello, visit us in the PSC Lounge and bring a friend – everyone is always welcome to our PSC family! **Lisa**

PENINSULA SHEPHERD CENTER PROGRAMS

BINGO/ZINGO!

Every **WEDNESDAY, 11:00am**

Like to play Bingo? Now join us every **Wednesday** and play BINGO! We will be hosting in our lounge and also via Zoom. Win prizes and meet new friends during this fun in-person AND virtual experience! Email lisa@sdpsc.org to join.

PSC Computer Classes w/David McColl

Monday, September 19th, 9:00–10:30am, PSC Lounge

To register call the PSC office at (619) 223-1640.



Chat and Fold

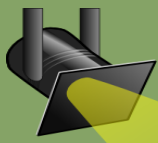
Friday, September 23rd, 9:00am

Do you have some spare time? Come socialize with friends, enjoy refreshments and help fold PSC's newsletters. Our next meeting will be held in our Senior Lounge on **Friday, September 23rd at 9:00am**.

PSC Knitters, Crocheters and Needlepointers

Monday, September 26th, 10:00am–12:00pm

Come join this lovely longtime group of Knitters and Crocheters. Enjoy refreshments and laughs with our crafty members. All skill levels are welcome and we love to see new faces!



SPOTLIGHT ON THE PENINSULA SHEPHERD CENTER

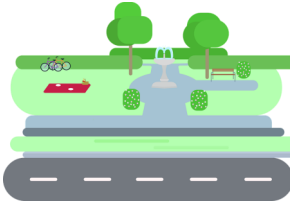
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PENINSULA SHEPHERD CENTER
1475 CATALINA BLVD
SAN DIEGO, CA 92107
(619) 223-1640
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PSC Profiles: Dennis Hiday – PSC Staff Driver

Dennis, or “Everyone’s Favorite Uncle” as he is known, has been faithfully driving PSC’s Out & About vans since 2016. Born in the Philippines, Dennis moved to Japan when he was 2 years old (he just remembers that it was HOT!), then to San Diego for Grade and Middle School and back to Japan to attend High School. Dennis loved the culture in Japan, especially their traditions of respect and order. After coming back to San Diego, he decided to move to Maryland for adventure, personal growth and had his son, Tavon. Tavon still resides in Maryland, is married and teaches fifth grade. Dennis is very proud of his son and is looking forward to being a grandparent someday. Moving back to San Diego to be closer to family, Dennis loves spending his free time at Shelter Island. He watches people, fishes and has found that he “must have a face people want to talk to”! Dennis loves helping our folks at PSC and especially making us all laugh. As he says, “Dance like nobody’s watching” and “Life is a garden – DIG IT”!

New Program ~ PSC Walks!

We are excited to add a new program to promote wellness and explore San Diego! PSC Walks will be a regular activity for those who would like to take a short walk and see San Diego sites. If you aren’t able or interested in a walk, join us to enjoy the day outside. All venues will have plenty of seating. We are kicking off the program on Tuesday, September 20th from 10:00-12:00 pm with our own walking guide, Rob Keller, to visit the **Naval Monuments and Visitor Center at Liberty Station**. Wear comfortable shoes. Snacks and water will be provided. **Please RSVP to Kathy by Friday, September 16th (619)223-1640.**



PSC Lunch Bunch!!!

Thursday, September 15th at 11 am, Gooden Hall
Join us for enchiladas, taquitos and sides with dessert! Did you know that OB used to have a Trolley? Back by popular demand is Eric Duvall from the OB Historical Society to present The History of the Ocean Beach Trolley! This entertaining program reveals the fascinating story of the Trolley. **Lunch is \$5. Please RSVP to the PSC office (619) 223-1640 by Tuesday, September 13th.**

PSC Annual Ice Cream Social

Join us on the patio for ice cream, all the toppings you would like plus fruit and beverages! Bring your family and friends and let’s celebrate the end of summer together! Friday, September 23rd from 11:00 -1:00. **Please RSVP by Wednesday, September 21st at (619)223-1640.**



Friends of Peninsula Shepherd Center

PSC is honored to have the support of the Friends of Peninsula Shepherd Center! These folks meet the third Wednesday of each month to promote PSC by planning activities, raising funds and providing creative ways to assist our organization. New members are welcome! Meet new friends who share your commitment to PSC! **Contact Carol Miller for more information at (858)273-4400 or cmiller121@san.rr.com. Next meeting is September 14th at 1:00 pm in the PSC Lounge!**

EVENTS AT PSC

Pizza & Bingo

Wednesday, September 14th at 11:00am

Come hang out with friends and play Bingo!

Cost is \$5. Please RSVP to (619) 223-1640 by Tuesday, September 13th.



Movie Day at PSC!

Friday, September 2nd at 10:30am

Friday, September 9th at 10:30am

Now twice a month, join us for a movie, popcorn, and your favorite movie candy in our Senior Lounge.



PSC Birthdays!

Wednesday, September 28th at 11:00am

Join us to celebrate our members’ birthdays in September! Join us for Bingo at 11:00 or just come for cake at noon!



Computer Classes w/ David McColl

Monday, September 12th & 19th from 9:00–10:30am

You are always invited to bring your phone, tablet, or laptop and any questions.

- September 12th: Taking Pictures with your Phone/Tablet – first make them look great – and then, save them & send them.
- September 19th: “Android/iPhone really Do?” Come explore the Status Icons, Quick Settings and not-so-quick settings.

To register, please call the PSC office at (619) 223-1640.



IN THE COMMUNITY...

SEPTEMBER 2022
PENINSULA SHEPHERD CENTER
1475 CATALINA BLVD
SAN DIEGO, CA 92107
(619) 223-1640
WWW.SDPSC.ORG

Estate Planning, Wills, Trusts and Other Documents Seminar sponsored by Care of the Whole Person Ministry

Sunday September 25th, 11:30 am—1 pm
Sacred Heart Church of Ocean Beach Parish Hall
4776 Saratoga Ave, San Diego, CA 92107

Presented by Ted Cook, Ted will address issues such as estate planning, trusts, wills, durable power of attorney, guardianships. Light lunch will be served. **Please call Janice Teixeira at 619-246-4955 or email teixeira@cox.net to save a spot. NOTE: Next luncheon will be on October 7, 2022. PSC Van available for Mass at 11:30 .**

Friends of the Point Loma/Hervey Library Present:

San Diego Oasis Lifelong Adventure

The Point Loma/Hervey Library is hosting a lecture every select **Wednesday at 1PM!** Here are the lectures being featured:

- *Greatest Hits of Singer-Songwriters* with Doug Beaupré, Singer songwriter (**September 14**)
- *Beautiful and Unusual Birds of the World* with Philip R. Pryde, Ph.D, Professor Emeritus SDSU, Author, Lecturer (**September 28**)

Movie Night Every Tuesday at the Marla Hass Community Room!

The Point Loma/Hervey Library is hosting a fun movie night every **Tuesday of September at 6PM!** Here are some of the movies being featured:

- Father Stu (2022), R (**September 6**),
- Death on the Nile (2022), PG-13 (**September 13**)
- Dog (2022), PG-13 (**September 20**)
- The Contractor (2022), R (**September 27**)

Tai Chi Classes

Thursdays 1:00–2:00pm, Westminster Presbyterian Church
3598 Talbot St, San Diego, CA 92106

Join leader Peter Duenez and participate in Tai Chi and Qigong classes in Westminster's outdoor courtyard. Beginners are welcome—no prior knowledge of Tai Chi is necessary. Students attend free on a drop-in basis. In case of inclement weather classes will be held in the Lobby of the Fellowship Hall. **RSVP at (619) 223-3193.**

Forever Fit with Elke Ertle

Every Wednesday, 9:00–9:50am

Senior Adults! Join us for this in-person, gentle, exercise class. At present, masks are not required. Bring your own water bottle and a towel. Questions? Contact Elaine Burrell, Point Loma Community Presbyterian Church, (619) 223-1633 Ext. 210.

Do you know any **Veterans 60 years+** who live in Point Loma (92106), Ocean Beach (92107) or the Midway/Sports Arena District (92110)? Point Loma Rotary and PSC are spreading the word to our Veterans know about **PSC's Out & About Senior Transportation program**. We can help with **appointments to VA medical facilities** throughout San Diego!

POINT LOMA COMMUNITY PRESBYTERIAN CHURCH (RED BRICK SENIORS)

2128 Chatsworth Blvd, San Diego, CA 92107
(619) 223-1633, Ext 210

Welcome Back Luncheon with Mike Chamberlin "The Singing TV Guy"

**Tuesday, September 13th, Family
Life Center**

**Doors open at 10:00 am,
Entertainment at 11:00 am and
Lunch at noon for \$5**

from KTV-3TV, Enjoy a meal of chicken salad sandwich on croissant, fruit, and dessert. while singing along with tunes from Disney and favorite TV shows with Mike Chamberlin. **Please RSVP by September 9th to Elaine at (619) 223-1633.**

Author Talk: Thank God I Got Polio: A Life of Adventure and the Adventure of Life by Wayne Raffesberger

**Wednesday, September 21st,
Family Life Center
12:00pm-1:30pm**

Local author, Wayne Raffesberger, has written a book about his life including contracting polio as a young boy, his physical and emotional challenges, and ultimately living a fulfilling life. Light refreshments will be served, bring your sack lunch and questions. **RSVP to Elaine at (619) 223-1633.**

Outing to the San Diego Model Railroad Museum—Balboa Park

**Wednesday, September 28th,
Family Life Center**

10 am—2 pm, \$15 admission

Meet at the church at 10:00am to secure a ride in the church van. \$15 covers admission ticket to museum, sack lunch, and transportation.

**Limited 13 admission tickets, so
RSVP early to Elaine at (619) 223-1633.**



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To:

Major Change in Medi-Cal rules Opens to Door to More Seniors (Union Tribune 7/19/22)

With state-mandated cap on assets eased, ‘forgotten middle’ income residents now qualify for low-cost health programs. For the first time in more than three decades, the state has increased the amount of savings a person can have to qualify for Medi-Cal, its low-cost health care program. **As of July 1, the asset limit to qualify for Medi-Cal has increased from \$2,000 to \$130,000 for an individual, with an additional \$65,000 allowed for each additional household member.** The increase applies to seniors, people living in long-term care nursing facilities, people living with disabilities and several other specialty groups.

To qualify, someone must be **50 or older**, a **child under 21**, pregnant, **the parent or caretaker relative of an age-eligible child**, a **person living in a long-term care facility**, **someone who receives Medicare**, or **be blind or living with a disability**. This new expansion is the first time that the asset limit has been increased in more than three decades. In the late 1980s, the limit rose by \$100 each year — from \$1,600 in 1985 to \$2,000 in 1989. Then the increases ceased. Increased access to Medi-Cal also means that there is now increased access to senior care facilities, or in-home care and other programs that help older adults age in place longer.

Sign Up for Statewide Flex Alert Notifications and Help Strengthen the Grid

Did you know you can make a difference when it comes to rotating power outages? This summer, as temperatures rise and there is higher energy demand, you can help prevent rotating outages by conserving energy when a Flex Alert is called. Flex Alerts are triggered by the state’s power grid operator, California ISO, when demand for energy is expected to exceed what is needed to power the state.

This is particularly true in the summer when more Californians turn on their air conditioning, which puts more demand on the grid. This action could help the grid when it’s especially stressed and help avoid rotating outages. Simple steps, like turning off unused lighting or precooling your home before a Flex Alert begins, can make a big difference.



Sign up for Flex Alert notifications so you know when your conservation is critical. [FlexAlert.org](https://www.flexalert.org).