



PENINSULA
SHEPHERD
CENTER

The Lamb's Tales

January 2023
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!

We hope you had a wonderful holiday and are ready for a busy new year! Given the growth in PSC's **Out & About Peninsula Senior Transportation program**, I would like to take this opportunity to reiterate the key rules of the program to ensure it keeps running smoothly:

- **Daily van rides should be reserved no later than noon the day prior.** The vans have been quite full, so please reserve your spot as soon as possible!
- We **cannot accommodate multiple stops** for members – we need to get everyone to their places on time!
- If you have **regular appointments, we would appreciate you calling each month to confirm.**
- Please **don't forget the \$5 donation** on each van ride – fuel costs continue to be a challenge!
- Our **volunteer drivers** are amazing and do a great job taking care of our members! **Please call for your rides as soon as you make your appointments and no later than seven days prior.**
- Our **volunteer driver program allows members 2-3 volunteer rides per month only.** We do our best to fulfill each request, but will **contact you 48 hours ahead if your ride isn't picked up.**

Here are a few other Highlights for the Month of January 2023:

- Thank you to those of you who have donated to PSC's **Fall Campaign.** **If you have not yet sent in your donation,** please consider supporting PSC as you have done so generously in the past. Together we will make sure **local seniors stay independent and active in their homes for as long as possible.**
- **PSC's Christmas Brunch and Arts Bazaar** was a great success raising money for PSC programs! We want to especially thank Laura Mundy, Rita Titus and Carmen Pavlovich for their beautiful crafts!
- **PSC is in need of more volunteer drivers!** As PSC grows, so does the need for more drivers and we need you now more than ever! Please call Kathy at (619) 223-1640 if you would like more information.

PSC's Board of Directors and staff wish you a Happy New Year and a healthy and 2023! Lisa

PENINSULA SHEPHERD CENTER PROGRAMS

BINGO/ZINGO!

Every **WEDNESDAY, 11:00am**

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! Every last Wednesday of the month, we will be having a birthday party to celebrate folks' birthdays that month! Email lisa@sdpsc.org to join.

PSC Computer Classes w/David McColl

Monday, January 9th & 30th, 9:00–10:30am, PSC Lounge

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

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



Chat and Fold

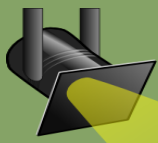
Friday, January 27th, 9:00am

Come socialize with friends, enjoy refreshments and help fold PSC's newsletters in the Senior Lounge on **Friday, January 27th at 9 am.**

PSC Knitters, Crocheters and Needlers

Monday, January 23rd, 10:30am, PSC Lounge

Come join this lovely longtime group of Knitters, Needlepointers 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

JANUARY 2023
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Lunch Bunch: "Alaska's Majestic National Parks: Glacier Bay, Kenai Fjords, and Denali"

Thursday, January 19th, 11am—1pm, Gooden Hall

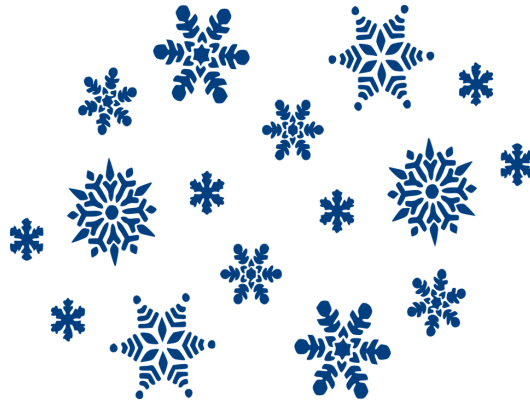
PSSC Advisory Council member, John Pearson, will present the latest in his National Parks narrated video series as our Lunch Bunch program! This one is entitled "Alaska's Majestic National Parks: Glacier Bay, Kenai Fjords and Denali." Come and share the memories of John and Suanne's Alaskan Cruise Tour and maybe your own! Enjoy a lunch of macaroni & cheese, Caesar salad, and dessert. **RSVP by Tuesday, January 17th to Kathy at (619) 223-1640.**

"December 31st" by Richard Hoffman

With what stillness at last
you appear in the valley
your first sunlight reaching down
to touch the tips of a few
high leaves that do not stir
as though they had not noticed
and did not know you at all
then the voice of a dove calls
from far away in itself
to the hush of the morning

so this is the sound of you
here and now whether or not
anyone hears it this is
where we have come with our age
our knowledge such as it is
and our hopes such as they are
invisible before us
untouched and still possible

W. S. Merwin, "To the New Year" from Present Company (Port Townsend, Washington: Copper Canyon Press, 2005). Copyright © 2005 by W. S. Merwin.



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! **Contact Carol Miller for more information at (858)273-4400 or cmiller121@san.rr.com.** Next meeting is **January 18th at 1:00 pm in the PSC Lounge!**

Ryan Family YMCA

PSC is partnering with the YMCA this year! Have you always wanted to join? The YMCA is having a Membership promotion from December 27th-January 13th. The joiners fee of \$60 will be waived along with the month of January so first payment will not be due until February. See the back of the calendar for the January class schedule. **Call the YMCA at (619) 226-8888 for more information!**

EVENTS AT PSC

Pizza & Bingo

Wednesday, January 18th at 11:00am

Come hang out with friends and play Bingo!

Cost is \$5. Please RSVP to (619) 223-1640 by Tuesday, January 17th.



Movie Day at PSC!

Friday, January 13th at 10:30am

Join us for a movie, popcorn, and your favorite movie candy in the PSC Lounge.



PSC Birthdays!

Wednesday, January 25th at 11:00am

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



Computer Classes w/ David McColl

Mondays, January 9th & 30th from 9:00–10:30am

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

- **Jan. 9th:** "How to Spend your Electronic Gift Card"
- **Jan. 30th:** "Setting Up a Password Manager"

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

VOLUNTEERS NEEDED!

Looking for a way to give back? PSC needs Volunteer Drivers! You pick the rides that work for you by logging into our scheduling system and choose to drive locally or anywhere in San Diego up to 25 miles. **Call (619) 223-1640 to become a volunteer in this much-needed community service or visit our website at www.sdpsc.org.**



IN THE COMMUNITY...

JANUARY 2023

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WWW.SDPSC.ORG

Sacred Heart Senior Lunch

No Sacred Heart Senior Lunch in January; the luncheon will be back on Friday, February 3rd.

Friends of the Point Loma/Hervey Library

Movie Night Every Tuesday at the Marla Hass Community Room!

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

- Elvis (2022), PG-13 (January 3rd)
- The Girl's in the Spider's Web (2018), R (January 10th)
- Last Flag Flying (2017), R (January 17th)
- Jurassic World Dominion (2022), PG-13 (January 24th)
- Cave Rescue (2022), R (January 31st)

MUSIC IN SAN DIEGO

Mano a Mano: The Spanish Style in the New World

**Wednesday, January 25th, 2022, 12pm, All Souls' Episcopal Church
1475 Catalina Blvd, San Diego, CA 92107**

Mano a Mano: The Spanish Style in the New World explores music flowing from the rich vein of the Spanish Golden Age. This beautiful and eclectic program illustrates how the "hand-to-hand" transfer of a musical language and tradition, across the Atlantic Ocean as well as across the time of 150 years, results in both continuity and striking innovations.

New Year's Jokes and Laughs

What is a New Year's resolution? Something that goes in one year and out the other.

Youth is when you're allowed to stay up on New Year's Eve. Middle age is when you're forced to.

What do New Year's Day parades have in common with Santa Claus? No one is awake to see either of them.

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. **RSVP at (619) 223-3193.**

POINT LOMA COMMUNITY PRESBYTERIAN CHURCH (RED BRICK SENIORS)

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

New Year's Luncheon

Tuesday, January 10th, Family Life Center, Lunch at noon for \$5

Ring in the new year with a traditional lunch of black-eyed bean soup, hearty bread, vegetables and dessert. The Blue Zone band will get our toes tapping as they perform jazz. **Please RSVP by Jan. 6th to Elaine at (619) 223-1633.**

Legacy Writing Workshop— Colleen Linnertz, LMFT, SHARP

Wednesday, January 18th, 12pm-1:30pm, Family Life Center

This workshop will offer ideas on how to review your life and writing tips to enhance what you would like to say. Bring a sack lunch; light snacks and beverages will be provided. **RSVP to Elaine.**

Olympic Training Center Outing—Tour & Lunch (\$20)

Wednesday, January 25th, 9:30am-2pm, Pre-payment required

Enjoy a guided walking tour followed by "Eat Like an Athlete" lunch. Tour requires walking up to 1 mile with some inclines. Space limited to 13 people; rain will reschedule this event. **RSVP to Elaine by Jan. 20.**

Forever Fit with Elke Ertle

Every Wednesday, 9:00–9:50am, Family Life Center

Join us for this in-person exercise class. Bring your own water bottle and a towel. **Questions? Contact Elaine at (619) 223-1633 Ext. 210.**

Do you know any **Veterans 60 years or older** 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!





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Electronic Service Requested:

If you DO NOT wish to receive this mailing, please check here and return.

To:

Free COVID-19 Tests for Seniors

The Helping Hands Senior Foundation is sending out 8 free COVID-19 tests to seniors each month. This can be set as a one time delivery or can be delivered to you each month. They are also providing a mobile lab for PCR testing for free, if our insurance covers it. **If you or someone that you know is interested, contact them at (818) 279-6850.**

Need Help With Your Energy Bill?

SDG&E recognizes that this can be a challenging time for many customers and may be able to help if you are having trouble paying your bill. You may be eligible for programs and services that can provide immediate financial assistance and help you avoid interruptions in your service. Flexible payment arrangements are available to help you pay down past due balances. Learn more at [sdge.com/Payment-Arrangements](https://www.sdge.com/Payment-Arrangements).

Check out these energy assistance programs:

1. California Alternate Rates for Energy (CARE) Program: Save 30% or more every month on your bill. Find out if you qualify at [sdge.com/CARE](https://www.sdge.com/CARE).
2. Family Electric Rate Assistance (FERA) Program: If you don't qualify for CARE and your household has 3 or more people, you may qualify for FERA. You could receive an 18% discount on your electric bill. Visit [sdge.com/FERA](https://www.sdge.com/FERA) to learn more.
3. Energy Savings Assistance (ESA) Program: You may qualify to receive free energy-saving improvements for your home, such as new appliances, lighting, insulation and more. Find details at [sdge.com/ESA](https://www.sdge.com/ESA).
4. Arrearage Management Plan (AMP): If you have outstanding bills and you are a CARE or FERA customer, you may be eligible for debt forgiveness. See if you qualify at [sdge.com/AMP](https://www.sdge.com/AMP).
5. Low-income Home Energy Assistance Program (LIHEAP): This program offers up to \$1,000 towards your energy bill. This Federal assistance program also provides support for energy-related home improvements. Learn more at [sdge.com/LIHEAP](https://www.sdge.com/LIHEAP).

Even if you made a recent payment or set up a flexible payment plan with SDG&E, there may still be assistance programs available to help you. For a complete list of available offerings, visit [sdge.com/assistance](https://www.sdge.com/assistance).

