



PENINSULA
SHEPHERD
CENTER

The Lamb's Tales

A community that honors, respects and cares for older adults

September 2021
Peninsula Shepherd Center
1475 Catalina Blvd
San Diego, CA 92107
619 223-1640
www.sdpsc.org

Hello Friends of The Peninsula Shepherd Center!

Welcome back to the new and improved Peninsula Shepherd Center! The vans are running, volunteer drivers are active and we are now hosting in our new, beautiful Senior Lounge! Please take note of our new private entrance at the back of All Souls' Administrative Building! This convenient entrance is ADA compliant and beautifully decorated with succulents planted by BSA Troop 555 and our own John Veskerna! We appreciate everyone's patience as we have all navigated through a very challenging time. We are closely monitoring this new strain and will keep you advised if we need to make any changes to keep everyone safe. The Newsletter and Calendar are full this month! A few highlights:

- We have instituted a Contact Tracing Process for all transportation members and members, guests and staff. The CDC requires this important safety step along with regular sanitizing of our vehicles and facilities. If you do not feel well, we ask that you please do not participate in any of our activities.
- We take delivery of our brand new wheelchair accessible van in October! Until then, you can ride comfortably in our other three vans. We ask for a \$5 donation per ride.
- Look inside the newsletter for details as we happily resume our monthly Lunch Bunch, Computer Classes, Chat and Fold and Needlers! Zingo is now in the lounge, but available on Zoom for all that wish to play.

I would like to personally thank all of you that generously contributed to our special Van Campaign! I am honored and grateful for your unwavering support of PSC. It will be a joy to see another PSC vehicle on the streets of Point Loma, Ocean Beach and the Midway District! I also want to give a special thanks to **Father Joe, Brue Guerin and the Properties Commission of All Souls'**! They have made our new entrance possible and have provided a beautiful, convenient and safe entrance. So - there is much to be thankful for and the PSC staff and Board of Directors will do our best to continue to make **PSC THE BEST WE CAN BE!** See you soon! Lisa

PENINSULA SHEPHERD CENTER PROGRAMS—1475 Catalina Blvd ~619 223-1640

PSC BINGO/ZINGO!

Every Tuesday, 11:00am

Like to play Bingo? Join us every Tuesday 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.**

Chat and Fold

Friday September 24th, 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 24th at 9:00am.**

PSC Computer Class w/ David McColl

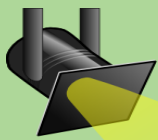
Monday September 20th, 9-11:00am

Interested in learning how to use a computer? This class will teach you the basic fundamentals. From email to word processing to printing. You can use our computers in the lounge or bring your own in. Come with lots of questions! All skill levels welcome!

PSC Needlers

Monday September 24th, 10:00-1:00pm

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

SEPTEMBER 2021
1475 CATALINA BLVD
SAN DIEGO, CA 92107
619 223-1640
WWW.SDPSC.ORG



WE ARE BACK!!

Out and About Senior Transportation Services are up and running with full rider capacity! We offer rides Monday—Friday from 9am -1pm and on Sunday's for church services. We are following all government related protocols to ensure safe and socially distanced riding with us. Book your ride with us today! Call the office at 619 223-1640 to book your ride!

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NEW SENIOR LOUNGE HOURS OF OPERATION

Our Senior Lounge is open and ready for you to come visit! Hours of operation are **Tuesdays, Wednesdays and Fridays from 10am-1pm**. Join us for Bingo, computer classes, presentations and more! Come hang with friends, do a puzzle or just stop by to say Hi! Starting in September new activities will be listed on our monthly calendar. For more information contact our office at 619 223-1640.



Volunteer Drivers Needed!

Peninsula Shepherd Center provides valuable door through door transportation to seniors who live in the zip codes of 92106, 92107 and the Midway/Sports Arena area of 92110. The Out and About Peninsula Senior Transportation Program has two components: a shuttle van service and a volunteer/escort service. **We are actively looking for new Volunteer Drivers to join our community!** Our volunteer service provides transportation and assistance for PSC clients, rides to medical appointments or necessary errands up to 25 miles. Volunteers set their own schedules and drive as often as they wish. **If you, a family member, or friend are interested in becoming a volunteer driver call the PSC office at 619-223-1640 or visit our website at www.sdpsc.org to download an application today.**

PSC Items Available/Items Needed!?

Are you in need of anything? Or do you have any items you may want to donate? If so, please call our office at 619 223-1640. Or email Larysa at lrudich@sdpsc.org or Lisa at lisa@sdpsc.org.

PSC has gently used items:

- 3 walkers
- 2 Canes
- Bed side toilet
- Hearing Aid Batteries
- Wheelchair

**DONATIONS
-ACCEPTED-**

EVENTS AT PSC

LUNCH BUNCH!!!

Thursday, September 23rd at 11:00am



We are back with our ever so popular Lunch Bunch program! Join us as we kick off the Fall season with the first of our monthly luncheons in Gooden Hall at All Souls' Episcopal Church. Enjoy a boxed lunch and presentation by Steve Korts, from Medicare, he will be presenting an informational overview of new changes in Medicare and what you can and should do every Medicare open enrollment season. Don't miss this important session! **Cost is a \$5 donation.**

RSVP by Sept 17th by calling PSC at 619 223-1640 for or more Info.

Bate's Folly and other White Elephants

Thursday, September 16th at 11:00am

John Bate was San Diego's second port director who had public vision clearer than most city officials in the 1940s through 1960s. Amidst ridicule and doubt, Bate's concern and creative reverie for San Diego Bay gave us two island playgrounds, a hefty-sized marine terminal, a municipal airport runway, and an organization to direct activities along some 27 miles of waterfront. Enjoy photos and some history of John Bate's legacy. **To RSVP or to join this presentation email lrudich@sdpsc.org or call 619 223-1640.**



IN THE COMMUNITY.....

SEPTEMBER ISSUE 2021
PENINSULA SHEPHERD CENTER
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WWW.SDPSC.ORG

“Don’t Get Hooked”: Preventing Financial Abuse, Scams and Fraud

Wednesday, September 22nd 12-1:00pm

2128 Chatsworth Blvd

Senior Resource Center
SHARP Grossmont
Hospital

An interactive presentation for older adults and family caregivers on preventing financial abuse, scams and fraud. Learn how to protect yourself from grandparent scams, sweepstakes, lottery scams, IRS and more! **In the event that County restrictions prevent the instructor from teaching this class in-person, the class will be viewable live on a video stream**. RSVP to Elaine at 619 223- or call SHARP at 1-800-827-4277 to register

RED BRICK SENIORS

Welcome Back Luncheon at PLCPC



Tuesday, September 14th

11:00am—12:00pm

2128 Chatsworth Blvd—

In the Family Life Center

Join Point Loma Community Presbyterian Church as they kick-off the Fall season with the first of our monthly. Enjoy the smooth music of Oscar Arias on keyboard and Candy Silva on vocals. RSVP to Elaine by September 10th. 619 223-1633. **Cost is a \$5 donation.**

CRUSH 2021 A Evening of Savoring Fine Wines

Saturday, September 18th 5:30pm



Sacred Heart Church of Ocean Beach invites you to a evening of savoring fine wines. Welcome toast and hors d’oeuvres at 5:30pm, followed by a variety of premium fine wines each paired with a gourmet course at 6:30pm in the church courtyard. Bid a silent auction, take a chance at the wine-pull. Cost is \$50 a person and reservations may be made at www.sacredheartob.org, click on “Crush 2021”

AUTHOR TALK—Three Coins with Dr. Russell Low

Monday, September 13th at 6:30pm

Russell low is a 4th generation Chinese American physician who is a great-grandson of a transcontinental railroad worker and rescued child slave. His story sheds light on the trafficking of young Chinese women in the 1800’s as part of the illegal slave trade. Three coins illustrates early Chinese American history through the stories of the people whose lives helped to shape it. For more information call Point Loma/Hervey Library at 619-531-1539. 3701 Voltiare St.

Percussion Ensemble

Every Wednesday! 11:00am-12:00pm

- September 29th
- October 27th
- December 1st

Come join a new exciting Percussion Ensemble and learn to play *World Beat Drum Music* from around the world! This is a great chance to play drums with a group of people but also learn percussion instruments, fun dance steps and vocal chants. Space is limited to 15 participants. RSVP to Elaine by Sept 27th. 619 223-1633 at Point Loma Community Presbyterian Church.

Ageing Well Chair Fitness (Virtual)

September 2-November 29th

Registration Code: 96646

Mondays: 10:30am-11:30am & Thursday’s From 1:00pm-2:00pm

Chair-based fitness classes use seated and standing exercises combining unique Latin moves with rhythms to create an exciting and dynamic workout. The class combines boxing drills and constant easy movements for a well-rounded workout. Improve balance, flexibility and reduce stress. For more information, call 858-538-8171. Age Well Services. (AWS)

BEACH WHEELCHAIR—Citywide Parks and Recreation Services

Take a free one-hour ride on our power-driven beach chairs located at Mission Beach. This program is available to individuals with mobility impairments or those who are not otherwise able to walk unaided on the beach. Reservations are not required but are recommended. To reserve, call 619-525-8247

Sacred Heart Senior Luncheon!!

Friday, October 1st

We are Back! Invite your friends to enjoy this delicious lunch!

Cost is \$5 lunch and \$1 Wine

Time: Mass at 11:30am; Lunch is at 12:15

Sacred Heart Church 4776 Saratoga St. RSVP required call Jerry or Carole Sanders 619-225-2239.

This event is subject to change due to COVID -19 restrictions



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San Diego, CA 92107
619-223-1640

PENINSULA
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Nonprofit Organization
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COMMUNITY RESOURCES

211 San Diego

This is a free 24-hour confidential phone service in 200+ languages and is a searchable online database. 211 provides information on health and wellness, housing and utilities, food assistance, military, veteran services and more!

Just dial 211 for assistance!

Elder Law

This valuable resource provides legal services for seniors 60+ years in areas such as wills, landlord or tenant issues. Along with Medicare and Medical issues. Services are free; but donations are welcome. For more information call 858-565-1392

ElderHelp

ElderHelp provides personalized services and information that help seniors remain independent and live with dignity in their own homes. For more information on this valuable service contact 619-284-9281 or online at www.elderhelpofsandiego.org

Alzheimer's Support Group San Diego

Via Zoom on the 1st and 3rd Thursday of every month from 10:00-11:30am

Our support groups, led by trained facilitators, provide caregivers with the opportunity to discuss caregiving challenges, share your feelings, and gain emotional support. For more information about this program or to register contact: **Ellen Boucher at eboucher@alzsd.org or by calling 858-966-3305.**

Our mission at Peninsula Shepherd Center is to help Seniors stay independent and active in their homes as long as possible. If you, a family member, or friend would benefit from our services, we'd love to hear from you! We also **LOVE** volunteers! Contact us at 619 223-1640 or lrudich@sdpsc.org today!