



PENINSULA
SHEPHERD
CENTER

The Lamb's Tales

May 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!

Please join me in thanking PSC's intern, **Eloise Tapia**, for her invaluable help these past four months. Eloise will be completing her **Bachelors in Social Work at Point Loma Nazarene University** and has worked as our intern to satisfy the practical requirements for her internship. Eloise has gained experience working with our older adults, learning the skills needed to run a Non-Profit office, provided valuable assistance in developing our new PSC Resources Guide and helped with the implementation of our new My Senior Center database management system. Also **special thanks to volunteer, Carol Landis**, a Licensed Clinical Social Worker with her Masters in Social Work. Carol supervised Eloise to ensure all technical requirements were satisfied as well these past several months. It has been our privilege to work with Eloise and she will be dearly missed. **Best of luck, Eloise!**

Highlights for the month:

- We are busy working on the preparations for our **Winetasting Fundraiser generously hosted by Jensen's Market on May 25th**. Tickets will be available on Jensen's website early April. Bring a friend to support PSC programs and services. Get your reservations early – these events always sell out!
- PSC's Board and staff are working on our **annual Summer Celebration** event under the capable leadership of Leslie Hudak. **SAVE THE DATE for Saturday, June 24th ...details inside.**
- PSC has a few computer tablets available as part of our **PSC Connections in Technology Program**. If you or someone you know is interested in getting a computer tablet and connecting with friends and family online, **Lisa and David McColl** will happily set you up. Call the PSC office if you are interested at (619) 223-1640.

These next few months are **critically important to PSC's fundraising efforts**, and we **need your support**. We hope to see you at our **Jensen's Fundraising event** and of course, **Summer Celebration**. Thank you all for what you do to support PSC's Aging in Place programs! **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, May 1st & 15th, 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

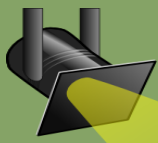
Friday, May 26th, 9:00am, PSC Lounge

Come socialize with friends, enjoy refreshments and help fold PSC's newsletters in the Senior Lounge on **Friday, April 28th at 9am.**

PSC Knitters, Crocheters and Needlers

Monday, May 22nd, 10am, 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

MAY 2023
PENINSULA SHEPHERD CENTER
1475 CATALINA BLVD
SAN DIEGO, CA 92107
(619) 223-1640
WWW.SDPSC.ORG

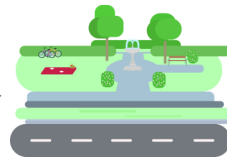
PSC Profiles: Eloise Tapia

Eloise Tapia is the intern at Peninsula Shepherd Center, and has been here since September 2022. She grew up in Glendora, California, near Arcadia in the San Gabriel Valley, but her family recently moved to Prescott, AZ. Eloise is the oldest of four children, with two younger sisters and a little brother. Eloise moved to San Diego in 2019 to pursue a Bachelor of Arts in Social Work, with a minor in Youth and Family Ministry. While on campus, Eloise has been involved with Community Visiting Ministries, Residential Life as a Resident Assistant (RA), concert choir as the co-president, and much more. Eloise loves to spend her free time volunteering, reading, and spending time with friends and family. She is passionate about social justice and finding practical and sustainable ways to make her community a better and more welcoming place. Eloise loves to travel, even if it means hours in the car, and meeting new people, even if it means striking up conversations with strangers! Her favorite thing about Peninsula Shepherd Center has been learning how a non-profit works and getting to know all the amazing members! A piece of wisdom that she loves is "Make one person smile every day". Peninsula Shepherd Center has been one of her favorite parts of her last year of college and she is very sad to go!

PSC Walks: Marina by Glorietta Bay

Tuesday, May 23rd, 10am-12pm

This month we will be taking a trip to the Marina by Glorietta Bay in Coronado, led by Rob Keller! Enjoy looking at picturesque view of the San Diego Bay and feel the cool breeze! Snacks and water will be provided. **Van available for PSC members and guests. For those taking their own cars, please meet and park by the Bluewater Boathouse Seafood Grill restaurant. Please RSVP to Kathy by Friday, May 19th at (619) 223-1640.**



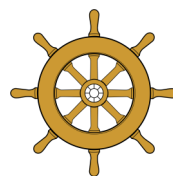
May Lunch Bunch: Author Talk with Kathy Blavatt—Where Land and Water Meet

Thursday, May 18th, 11am—1pm, Gooden Hall

From the Ocean Beach Historical Society, we have **author, Kathy Blavatt**, presenting about her book Where Land and Water Meet, published by Arcadia Publishing. Feast on macaroni and cheese, spinach salad, and dessert while listening to her talk about the culture, history, and geography of Ocean Beach. Bring a friend!! Lunch is \$5. **RSVP by Tuesday, May 16th to Kathy at (619) 223-1640.**

Summer Celebration Day—Saturday, June 24th 2023

SAVE THE DATE! This year's **Summer Celebration Day is Saturday, June 24th, 2022 10:00 am – 1:00 pm in Gooden Hall and the Patio at All Souls'**. This year we have exciting new activities and the day will include a delicious luncheon, entertainment, door prizes, an Opportunity Drawing, Live and Silent Auction and Vendor Fair. Tickets will be available for sale May 1st along with opportunities for Business Sponsorships. Stay tuned for details and check out our website www.sdpsc.org and our Facebook page!



EVENTS AT PSC

Pizza & Bingo

Wednesday, May 10th at 11:00am

Come hang out with friends and play Bingo!

Cost is \$5. Please RSVP to (619) 223-1640 by Tuesday, May 9th.



Movie Day at PSC

Friday, May 12th at 10:30am

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



PSC Birthdays

Wednesday, May 31st at 11:00am

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



Computer Classes w/ David McColl

Mondays, May 1st & 15th from 9:00–10:30am

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

- **May 1st:** "What is Apple's 'iCloud' and what of your data is stored there"
 - **May 15th:** "Organizing Emails"
- 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...

MAY 2023

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

Jensen's Market Wine Tasting Fundraiser

Thursday, May 25th, Gooden Hall
1475 Catalina Blvd, San Diego, CA 92107



Jensen's is graciously hosting the event with proceeds benefitting PSC programs. Taste over 60 wines and enjoy delicious hors d'oeuvres. Tickets are \$30 each and will be available in stores or on Jensen's website at this link <https://pointloma.jensensfoods.com/order-online/wine-tasting/#>. Have fun and support PSC at the same time! Tell a friend!

Sacred Heart Senior Luncheon

Friday, May 5th, Mass at 11:30 am, Lunch served at 12:15 pm
Sacred Heart Church, 4776 Saratoga Ave, San Diego, CA 92107

Senior Luncheon at Sacred Heart is back! Come celebrate Cinco de Mayo with friends and family! \$5 donation for lunch and a \$1 donation for wine. To RSVP, call Carole Sanders (619) 225-2239. PSC Van available for members.

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 May at 6PM! Here are some of the movies being featured:

- Infinite Storm (2022), R (May 2nd)
- The Banshees of Inisherin (2022), R (May 9th)
- The Fabelmans (2022), PG-13 (May 16th)
- The Lovely Bones (2009), PG-13 (May 23rd)
- Top Gun Maverick (2022), PG-13 (May 30th)

Spring Concert featuring the Peninsula Singers

Monday, May 8th, 6:30pm, Marla Haas Community Room
3701 Voltaire St, San Diego, CA 92107

Join Peninsula Singers for their local send-off concert before heading to Cambridge for the Great Britain Choral Festival!

MUSIC IN SAN DIEGO

BCSD SCORCHERS! THE ORIGINAL GOLDEN OLDIES

Friday, May 5th, 7pm, All Souls' Episcopal Church
1475 Catalina Blvd, San Diego, CA 92107



Celebrating BCSD's twentieth anniversary season with a scorcher of a program featuring favorite and memorable repertoire performed over the last twenty seasons. Turn up the heat with excerpts from Bach's B minor Mass and Easter Oratorio, to arresting moments from Handel oratorios, by way of glorious Renaissance polyphony, to the sumptuousness of Rameau, plus much more!

POINT LOMA COMMUNITY PRESBYTERIAN CHURCH (RED BRICK SENIORS)

2128 Chatsworth Blvd, San Diego, CA 92107

RSVP to Elaine for all events at (619) 223-1633 Ext. 210 or email at elaine@pointlomachurch.org

Senior Luncheon with Oscar Arias & Candy Silva (\$5)

Tuesday, May 9th, Family Life Center, Doors open 10am, Entertainment at 11am, Lunch at 12pm

Listen to some Latin tunes while enjoying a Mexican-style lunch in a friendly atmosphere. RSVP's close on May 5th at noon.

Fall Prevention Workshop

Wednesday, May 17th, 12pm-1:30pm, Family Life Center

Staff from La Mesa's Challenge Center will present about all the elements of fall prevention. Bring a sack lunch and your questions.

Laughter Workshop & Pizza Lunch (\$5)

Wednesday, May 24th, 11:30am-1:00pm

Join us as Alicia Sacks, Laugh Leader, guides us through fun and easy laugh exercises. Pizza lunch follows the workshop.

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. Participation is free.

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

To:

Energy Savings for Renters and Homeowners

To help its customers keep their energy costs down, SDG&E launched a new program for renters and owners of single-family homes. The Residential Energy Solutions (RES) program has no income restrictions. Eligible customers receive free products such as smart thermostats, low-flow showerheads, brushless fan motors, HVAC services like air duct testing and sealing –and more. SDG&E has also contracted with Synergy Companies to provide customers with energy efficiency audits from their experts. Customers can request a home visit at synergycompanies.com or by calling (888)-272-8394.

SDG&E offers other assistance programs too:

- Neighbor-to-Neighbor – customers may receive up to \$600 toward their past due SDG&E bill
- **LIHEAP** – utility bill help that ranges from a few hundred up to a few thousand dollars
- **CARE** – customers can save 30% or more off their energy bill
- **FERA** – customers can receive an 18% discount on their electricity bill
- **ESA** – no-cost energy-efficiency upgrades to income-qualified customers
- **Golden States Rebates program** – incentives of \$20 - \$500 to buy high-efficiency water heaters, smart thermostats or room air conditioners
- **Arrearage Management Payment (AMP) Plan** – debt forgiveness for past due bills for CARE and FERA customers



To learn more about SDG&E's bill assistance programs, visit sdge.com/assistance.

