



PENINSULA
SHEPHERD
CENTER

The Lamb's Tales

A community that honors, respects and cares for older adults

March 2023
Peninsula Shepherd Center
1475 Catalina Blvd
San Diego, CA 92107
(619) 223-1640
www.sdpsc.org

Hello Friends of Peninsula Shepherd Center!

PSC is FINALLY going to receive our new wheelchair accessible van! We are signing the final paperwork and are looking to take delivery during March. Thanks to all of you that donated to our Van Campaign in 2021! Our van has been delayed over a year and a half due to supply chain issues and unfortunately our original match requirement has increased as well. Thankfully, a long-time donor and supporter of PSC has generously stepped up to provide the additional \$5,000 we need to complete the purchase. This donor is keenly aware of the financial challenges that face PSC and other non-profits and we are forever grateful for this amazing contribution to keep our Out & About Peninsula Senior Transportation program running.

A few highlights for the month:

- PSC is excited to host our **Saint Patrick's Day Lunch Bunch!** Bill Cobb will be entertaining us with Irish songs and a sing a long! Join us for corned beef, cabbage, potatoes and dessert!
- **PSC Launches our FACEBOOK page!** We are excited to roll out our own Facebook page and invite you to check it out! To check our Facebook page, search for "Peninsula Shepherd Senior Center" or follow this link: <https://www.facebook.com/profile.php?id=100089100624490>
- **SAVE THE DATE!** Manager Adam Zack and Jensen's Markets are graciously hosting a **Wine Tasting Fundraiser for PSC on May 25th**.... a few details are inside!
- Also, planning ahead for **Summer Celebration!** This year we will be hosting on **Saturday, June 24th**.... Our committee is hard at work planning a fabulous day for all!
- Also, thank you to those of you who have donated to **PSC's Fall Campaign**. If you have not yet sent in your donation there's still time! 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.

Thank you for your wonderful support of PSC activities and events. **Happy Saint Patrick's Day! 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, March 6th & 20th, 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

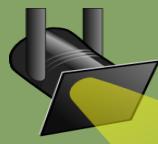
Friday, March 31st, 9:00am, PSC Lounge

Come socialize with friends, enjoy refreshments and help fold PSC's newsletters in the Senior Lounge on Friday, March 31st at 9am.

PSC Knitters, Crocheters and Needlers

Monday, March 27th, 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

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

PSC Profiles: Kathy Angela Quejado—Office & Program Coordinator

The first voice you hear on the phone when you call PSC is that of Kathy Angela Quejado, our Office and Program Coordinator. Kathy joined PSC last April and has made a huge impact on our organization creating our monthly newsletter, using her technical skills to manage the office and adding her creative touch, as evidenced by our beautiful fliers, brochures and marketing materials. Kathy is a native San Diegan living most of her life in the Chula Vista area and has a loving older brother and mother. Kathy began her studies at Southwestern College concentrating on allied health programs focusing on nursing. She was a Certified Nursing Assistant for three years and is now focusing her areas of study on social work as a middle ground between healthcare and serving the community. From the age of 15, Kathy has developed deep experience in the Non-Profit world. She has served as Co-Chair, Director of Culture and Vice-Chair of PAYO, Philippine American Youth Organization. She was the High School liaison, Secretary and currently Human Resources Director for UniPro, Pilipino American Unity – San Diego Chapter. Kathy enjoys spending time with people she loves, going on drives blasting her favorite tunes and going to concerts.

Kathy is a great listener and a friend to many. Kathy loves interacting with PSC members and hearing their stories and says she has the best boss ever! Her words of advice are “Constant as the stars above, always know that you are loved”!

March Lunch Bunch: Celebrate Saint Patrick's Day

Thursday, March 16th, 11am—1pm, Gooden Hall

For this month's lunch bunch, we have **Bill Cobb, a Point Loma resident and retired musician and music educator.**

Bill will entertain us with Irish songs and a sing-a-long after lunch. Feast on corned beef, cabbage, carrots, potatoes, rolls and dessert. Lunch is \$5. Bring a friend!! **RSVP by Tuesday, March 14th to Kathy at (619) 223-1640.**



PSC Walks at Mission Bay Park

Tuesday, March 28th, 10am-12pm

This month we will enjoy the beautiful site of Mission Bay Park led by Rob Keller! This activity is for those who would like to take a short walk and feel the fresh breeze of Mission Bay. If you aren't able or interested in a walk, join us to enjoy the day outside. All venues will have plenty of seating. Snacks and water will be provided. **This event is \$5. Van available for PSC members and guests. For those taking their own cars, a meeting place will be arranged. Please RSVP to Kathy by Friday, March 24th at (619) 223-1640.**



Jensen's Market Winetasting Fundraiser

Join us on May 25th from 5:00-7:00 pm for an evening of winetasting and appetizers. Jensen's is graciously hosting the event with proceeds benefitting PSC programs. Taste over 60 wines and enjoy delicious hor d'oeuvres. Tickets are \$30 each and will be available on Jensen's website in the near future. **Have fun and support PSC at the same time! Tell a friend!**



EVENTS AT PSC

Pizza & Bingo

Wednesday, March 22nd at 11:00am

Come hang out with friends and play Bingo!



Cost is \$5. Please

RSVP to (619) 223-

1640 by Tuesday, March 20th.

Movie Day at PSC

Friday, March 10th at 10:30am

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



PSC Birthdays

Wednesday, March 29th at 11:00am

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



Computer Classes w/ David McColl

Mondays, March 6th & 20th from 9:00–10:30am

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

- **Mar. 6th:** “How to Update Your Electronics & Applications”
- **Mar. 20th:** “How to Use Your Calendar”

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...

MARCH 2023
 PENINSULA SHEPHERD CENTER
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WWW.SDPSC.ORG

Sacred Heart Senior Luncheon

Friday, March 3rd, Mass at 11:30 am, Lunch served at 12:15 pm

Sacred Heart Church, 4776 Saratoga Ave, San Diego, CA 92107

Come and invite your friends for lunch celebrating St. Patrick's! \$5 donation for lunch and a \$1 donation for wine. Make sure to wear green! **To RSVP, call Carole Sanders (619) 225-2239.** Van available for PSC members.

MUSIC IN SAN DIEGO

J.S. Bach: St. Matthew Passion (2 NIGHTS)

Friday, March 24th, 7pm, All Souls' Episcopal Church

1475 Catalina Blvd, San Diego, CA 92107

Saturday, March 25th, 7pm, Saints Constantine and Helen Greek Orthodox Church

3459 Manchester Ave, Cardiff, CA 92007

Bach's St. Matthew Passion was written for the Good Friday Vespers service of 1727 at the St Thomas' Church Leipzig and brings together relevant themes of betrayal, judgement, death, and love as expressed through St. Matthew's Gospel and Bach's librettist Picander. Get your tickets at <https://bachcollegiumsd.org/stmatthewpassion>

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

- King of Thieves (2018), R (**March 7th**)
- Morning Light (2008), PG (**March 14th**)
- American Underdog (2021), PG (**March 21st**)
- Amsterdam (2022), R (**March 28th**)

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:

- Manzanar: The Relocation of 120,000 Japanese Americans During WWII *with Rudy Shappee* (**Mar. 8**)
- Turbulent History of US Elections *with Blaine Davies* (**Mar. 22**)

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!

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

St. Patrick's Day Lunch (\$5)

Tuesday, March 14th, Family Life Center, Doors open 10am, Entertainment at 11am, Lunch at 12pm

Be Irish for a day while we enjoy a meal of corned beef and cabbage with all the fixings. Listen to the uplifting tunes of Dublin-born entertainer, Eamon Carroll. **Please RSVP by Mar. 10th to Elaine at (619) 223-1633.**

Exploring Dementia—Memory Screenings Available

Wednesday, March 15th, 12-1:30pm, Family Life Center
 This presentation will explore dementia and caregiver responsibilities, and review recent clinical trials. 20-minute memory screenings will be offered before and after the lecture. **RSVP to Elaine.**

Assisted Living Options vs. Aging in Place by Well Aging Partners

Wednesday, March 22nd, 12pm-1:30pm, Family Life Center
 At this workshop, we will learn how to make our current home more livable as we age, as well as exploring facts about assisted living options. **RSVP to Elaine at (619) 223-1633.**

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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To:

Attention Women Over 60!

The Shepherd Centers of America is inviting members and Friends of PSC to participate in an exciting new face and body products trial for women over 60! Dr. Adam Aronson from **OneSkin Technologies** is now recruiting **healthy women aged 60 and older** for a 3-month trial of OneSkin face and body products! A presentation for prospective participants will be scheduled to provide information and answer questions.

For the study, participants will use a topical product (face and body) twice a day for 3 months. There is some testing that takes place at the beginning and end: photographs of face and forearms, non-invasive and painless skin instrument tests, and a blood test to measure inflammatory markers. There are also monthly 5-minute questionnaires during the study. The study is randomized, double-blinded, and placebo-controlled, which means there is a 50% chance of receiving the OneSkin products and 50% chance of receiving fancy moisturizer. Everyone will receive a 1-month supply of OneSkin face and body products at the end of the study period as a gift for participating.

Please contact Lisa at (619) 223-1640 if you are interested in learning more about this exciting opportunity!

Energy Bill Assistance is Available

Visit sdge.com/assistance to find out if you qualify for SDG&E programs and services including debt forgiveness, monthly discounts and payment arrangements. Recently, SDG&E announced the expansion of its Neighbor-to-Neighbor utility payment assistance program, which is making \$1 million available in shareholder dollars to offset overdue bills for customers who are at least three months or more behind on payment and do not qualify for the federal Low-Income Home Energy Assistance Program (LIHEAP).

