



PENINSULA  
SHEPHERD  
CENTER

# The Lamb's Tales

September 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

I hope you enjoyed your summer, relaxed and had time with family and friends! Your PSC Staff and Board have been busy planning events for you this Fall and are excited to kick off a new season supporting our **Aging in Place programs!**

### Highlights of the coming month:

- We heard you and this summer PSC hosted some evening events to expand our Excursion program. Members of PSC enjoyed the **Point Loma Summer Concert series** with preferred parking and close seating to the stage. We are hoping to continue offering these afternoon/evening opportunities to movies, plays, musical events or anything else. **WE WANT TO HEAR FROM YOU!** Please call **Kathy at (619)223-1640** or email **Lisa at [lisa@sdpsc.org](mailto:lisa@sdpsc.org)** and let us know!
- Speaking of new programs, we are hard at work planning some interesting sessions this Fall. Stay tuned for **"My Parents are Aging...Now What?"**. We want to offer more programs, classes and presentations, so again...**tell us what you want! We are all ears!**
- We are excited to announce the launch of our new database **My Senior Center!** This valuable tool will help us gather data and information to show prospective donors what we do everyday at PSC....more details inside.
- Our next **Lunch Bunch is September 21<sup>st</sup>**. Due to the rising cost of food and supplies, we will **increasing our suggested donation to \$7**. We hope you understand and we look forward to hosting many great presentations and serving delicious food this fall! More details inside....
- I would like to give a shout out to our fabulous **Needlers Group**. These crafty ladies meet monthly and have been working with other organizations to provide handmade items to donate to those in need. Great conversation, delicious refreshments and a way to give back. Interested? Please call Kathy at (619) 223-1640.

Thank you all for what you do to support PSC's **Aging in Place programs** and we look forward to many laughs and good times together this Fall! 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](mailto:lisa@sdpsc.org) to join.

### PSC Computer Classes w/David McColl

**Monday, September 11<sup>th</sup> & 18<sup>th</sup>, 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

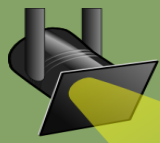
**Friday, September 29<sup>th</sup>, 9:00am, PSC Lounge**

Come socialize with friends, enjoy refreshments and help fold PSC's newsletters in the Senior Lounge on **Friday, September 29<sup>th</sup> at 9am.**

### PSC Knitters, Crocheters and Needlers

**Monday, September 25<sup>th</sup>, 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

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

## PSC Profiles: Chris Gridley—PSC Member

PSC is delighted to highlight Chris Gridley – PSC Member this month! Chris moved to San Diego from the High Desert in 2021, heard about PSC and was looking to make new friends. She has been a steady member ever since and participates in Lunch Bunch, Bingo, Chat & Fold, among our other special events. Growing up in Burbank, Chris is an only child and has three children. Unfortunately, one of her sons and her father passed away four years ago, but she has a son that lives in Reno and her daughter, fiancé and grandson live with Chris in San Diego. Chris describes herself as always being a “pencil pusher” and has worked as a bookkeeper and auditor. Chris went back to school and earned a bachelor’s in liberal arts from University of Nevada - Reno. She then transitioned out of the financial world and became an assistant librarian in an elementary school which was her best job ever! Chris is an avid musician and vocalist playing both the piano and organ. A long-time member of St. Peter’s by the Sea Lutheran Church, she served as Choir Director for many years and accompanied on the piano. She still sings in the choir, but no longer is their Director. An avid traveler, Chris has just returned from a trip to London and Amsterdam. Lovely trip, but lots of tourists! When asked what she loves best about PSC, Chris says it’s the people she’s met and especially Edie Cook, her best friend. Words of advice from Chris? “Bloom wherever you are planted”!

## PSC Excursion: Maritime Museum of San Diego

**Tuesday, September 26th, 10am-12pm, Maritime Museum of San Diego**  
This month we will be taking a trip to the Maritime Museum of San Diego, led by Rob Keller! Enjoy exploring all of the exhibits and join us for a 45 minute boat cruise around the harbor! Snacks and water will be provided. **This event is \$15. Space is limited for the boat cruise. Van available for PSC members and guests. For those taking their own cars, please meet in front of the Maritime Museum. Please RSVP to Kathy by Friday, September 22nd at (619) 223-1640.**

## Lunch Bunch is Back! Author Talk with Kathy Blavatt—Where Land and Water Meet

**Thursday, September 21st, 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 lasagna, Caesar salad, and dessert while listening to her talk about the culture, history, and geography of Ocean Beach. Bring a friend!! **Lunch is \$7. RSVP by Tuesday, September 19th to Kathy at (619) 223-1640.**

## My Senior Center

**Introducing My Senior Center!** PSC is excited to announce the launch of **My Senior Center!** Thanks to the generosity of the **San Diego Seniors Community Foundation**, PSC received a grant for the implementation and a three-year contract for a database specifically created to capture information on all of PSC’s activities and events, so we can demonstrate how our programs and services benefit good health and overall wellness in older adults. **Any and all reporting is confidential** and will be used in fundraising and attracting potential donors to help sustain our organization. We are happy to join many other organizations serving seniors that are already capturing this important information!

## EVENTS AT PSC

### Pizza & Bingo

**Wednesday, September 13th at 11:00am**

Come hang out with friends and play Bingo!

**Cost is \$5. Please RSVP to (619) 223-1640 by Tuesday, September 12th.**



### Movie Day at PSC

**Friday, September 8th at 10:30am**

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



### PSC Birthdays

**Wednesday, September 27th at 11:00am**

Join us to celebrate our members’ birthdays in September! Join us for Bingo at 11:00!



### Computer Classes w/ David McColl

**Monday, September 11th & 18th, 9:00–10:30am**

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

- **Sep 11th:** “Two-Factor Authentication How To”
- **Sep 18th:** “Organizing the Apps on Your Phone”

**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](http://www.sdpsc.org).**



# IN THE COMMUNITY...

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## Sacred Heart Senior Appreciation Hawaiian Luncheon

**NOTE: No luncheons in July through September. Next luncheon will be October 6<sup>th</sup>, 2023.**

## Friends of the Point Loma/Hervey Library

**How to Protect your Retirement Cash-Flow and your Estate Seminar  
Tuesday, September 19<sup>th</sup>, 12:00pm—1:30pm, Marla Haas Community Room**

Amanda Keith will be presenting a Home Equity Conversion/Reverse Mortgage industry update. She will be discussing misconceptions, dramatic recent changes, case studies, how they work, HUD-guidelines, how to qualify, and why academic and scholarly research is unanimously pointing towards retirees using a HECM line of credit early in retirement, as a federally-guaranteed line of credit/financial safety net, instead of the outdated "last resort" theory.

## Craftober Fest at Liberty Station

**September 22<sup>nd</sup>—October 1<sup>st</sup>, Liberty Public Market  
2820 Historic Decatur Rd San Diego, CA 92106**



Craftoberfest is back and better than ever! Liberty Public Market will be transformed into a haven for all things craft beer, delectable bites, and unforgettable memories. Indulge in a diverse selection of craft beers, from hoppy IPAs to rich stouts to classic German Lager, we've got a brew for every palate. Our vendors are cooking up something special just for Craftoberfest! Explore a wide range of mouthwatering dishes that perfectly complement the craft beer offerings. Unwind on the Main Patio every Sunday with live music that'll set the perfect ambiance for your Craftoberfest experience. Put your knowledge to the test and engage in friendly competition with our bingo and trivia nights. Win bragging rights and perhaps even some amazing prizes! Gear up for the ultimate beer-themed games that will challenge your skills and keep the laughter flowing. Join Mo Records and select record vendors for a vinyl sale you don't want to miss. Throughout the 10 days of Craftoberfest, there will be plenty of opportunities to take home some Liberty Public Market goodies! Whether you're a craft beer aficionado, a foodie at heart, or simply looking for a good time, there's something for everyone at Craftoberfest, and the best part? **It's FREE for everyone to attend!**

## 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

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

**Welcome Back Luncheon (\$7)  
Tuesday, September 12<sup>th</sup>, Family  
Life Center, Doors open 10am,  
Entertainment at 11am, Lunch at  
12pm**

This month, Peter Seltser will entertain us with popular music from the 60's & 70's. Enjoy Chinese Chicken Salad, snacks, coffee, and dessert. **RSVP by September 8<sup>th</sup>.**

**SHARP Lecture: Health  
Information You Can Trust  
Wednesday, September 20<sup>th</sup>, 12:00-  
1:00pm, Family Life Center**

Jayne Henn will present on where you can go to get trusted health information and how you can be a more confident researcher when it comes to your health.

**Tour of the Salk Institute (\$15)  
Wednesday, September 27<sup>th</sup>,  
Depart at 10am, return by 2pm**

We will participate in a private, docent-led tour of the Salk Institute in La Jolla, followed by a no-host lunch in the Salk Café. Space is limited, pre-payment required.

**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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**To:**

**Protect Yourself More Than the Sun This Summer**

Celebrate National Immunization Awareness Month this August and safeguard yourself beyond the sun this summer. Even though chronic lung disease increases your risk for infectious respiratory illness, these facts and resources can help ensure your protection.

- **Pneumococcal Pneumonia**—Adults aged 19-49 with chronic lung disease are at 19.1x greater risk for pneumococcal pneumonia versus healthy adults aged 18-49. Pneumococcal pneumonia can strike anytime — even in the summer months and pneumococcal pneumonia vaccines are available year-round to help prevent this potentially serious disease.
- **Vaccines Without a Cost**—Thanks to the Inflation Reduction Act, Medicare Part B and Part D now cover all CDC recommended vaccines without cost. And beginning in October 2023, Medicaid coverage will be required to include these vaccines too. This includes vaccines to help protect against infectious respiratory diseases like Pneumococcal pneumonia, COVID-19, Influenza, pertussis and RSV.

**Sign Up for Statewide Flex Alert Notifications and Hep 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.

When a Flex Alert is called, customers are asked to voluntarily postpone higher energy-consuming activities until the Flex Alert has ended. 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. To learn more about Flex Alerts and sign up for notifications, visit [FlexAlert.org](https://www.flexalert.org).



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