



PENINSULA
SHEPHERD
CENTER

The Lamb's Tales

November 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

The Holidays are upon us and PSC is excited to offer plenty of great events to celebrate the season!

Highlights of the coming month:

- PSC's **Annual Fall Campaign** is underway and this year has special significance for PSC's **Out & About Peninsula Senior Transportation Program**. Unfortunately, PSC was not granted program funding from SANDAG for the 2023-2024 cycle which is critical to helping sustain our transportation service. **We need your support now more than ever**. While we are hopeful to once again receive this critical funding in the future, PSC's Board and staff are hard at work exploring other grant sources to replace these funds.
- We are kicking off **Thanksgiving** early this year with our next **Lunch Bunch Thursday, November 16th!** Enjoy a **traditional Thanksgiving meal with all the fixings** and our special guests, **The Heritage Dancers!** Do NOT miss this and bring your friends. Reservations are required and more details inside....
- Concerned about all of the complex changes in **Medicare Open Enrollment?** Partnering with **Cura Home Health**, PSC is introducing a new series "**Ask the Expert**"! Our first in the series **Coffee with Grace** features Grace Meyers, a seasoned Medicare Healthcare Professional who will answer all your questions...details inside!
- Miss the trips to **Viejas Casino?** Well, wait no more! PSC will begin offering trips beginning in November. Details inside....
- Need Christmas cards? Well, PSC has a TON of them! Stop by and check out our greeting card library in the PSC Lounge compliments of your Friends at PSC!
- Last but not least, **please welcome new PSC Staff Driver Jim Hall!** Given the increased activities and excursions offered by PSC, we need a driver to cover additional van shifts and special events. Jim is a GREAT addition to our staff and we hope you get to meet him soon! **Welcome Aboard, Jim!**

Thanks to you, PSC is reaching more seniors in our community and we are able to offer diverse programs to help them be active and live independently in their own homes. We are inspired every single day by our members and donors and our commitment to Aging in Place is stronger than ever. **Happy Thanksgiving to you and your families! 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, November 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

Tuesday, November 28th, 9:00am, PSC Lounge

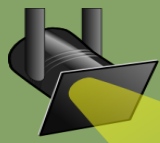
Come socialize with friends, enjoy refreshments and help fold PSC's newsletters in the Senior Lounge on **Tuesday, November 28th at 9am.**

PSC Knitters, Crocheters and Needlers

Monday, November 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

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

Ask the Expert!

Monday, November 6th, 11am—1pm, Gooden Hall
1475 Catalina Blvd San Diego, CA 92107

Join us for the first in PSC and Cura Home Health's series of discussions with local experts on issues that are important to you! On November 6th, we will have **Coffee with Grace**, a seasoned Medicare Healthcare Professional who can guide you through all of the complex changes for Medicare Open Enrollment. Also, let us know other topics of interest and we will find a guest speaker for future sessions. Join us for refreshments and discussion in the PSC Lunge and **please call Kathy for reservations at (619)223-1640.**

Thanksgiving Lunch Bunch

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

Enjoy a traditional **Thanksgiving dinner** while being entertained by San Diego's very own, Heritage Dancers! Lunch will be served with turkey, stuffing, pumpkin pie and all the fixings! Bring a friend!! **Lunch is \$7. RSVP by Tuesday, November 14th to Kathy at (619) 223-1640.**



Celebration of Life: Leona (Lee) Sharp

Saturday, November 18th, 2:00-4:00pm, Gooden Hall
1475 Catalina Blvd San Diego, CA 92107

Join PSC and Lee's family and friends to celebrate her extraordinary life. Lee was a PSC Board member for 15 years, an avid user of the transportation program, a spirited Bingo player and attended all luncheons and special events. We will miss her dearly and hope that you can join us to toast a life well lived. **Call Kathy in the PSC office at (619)223-1640 if you have any questions.**

Viejas Casino Trip—Tuesday, November 21st

As we go to press, we are still confirming details for our first trip to **Viejas Casino!** PSC will be using our vans for a great day at Viejas. Offering all types of gaming, Viejas has a fabulous outlet mall just in time for Christmas shopping. PSC hopes to offer this trip regularly, so please get your reservations in early as space is limited. The cost of the trip is \$20, snacks and beverages will be provided on the vans and you will be responsible for your own lunch. Once we firm up the details, we will contact you. **RSVP to Kathy at (619)223-1640 by Friday, November 17th.**



PSC Gently Used Mobility and Home Care Items

Over the past months, members have donated their gently used items to PSC. We have wheelchairs, several types of walkers, shower chairs, commode chairs, canes and more. These items are here for your use or for that of your family and friends. Please take advantage of this opportunity! Our storeroom is full and we continue to strive to make Aging in Place safe and comfortable. **Please call Kathy for more information at (619)223-1640.**



EVENTS AT PSC

Pizza & Bingo

Wednesday, November 8th at 11:00am

Come hang out with friends and play Bingo!

Cost is \$5. Please RSVP to (619) 223-1640 by Tuesday, November 7th.



PSC Birthdays

Wednesday, November 29th at 11:00am

Join us to celebrate our members' birthdays in November! Join us for Bingo at 11:00!



Computer Classes w/ David McColl

Monday, November 6th & 20th, 9:00–10:30am

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

- **Nov 6th:** "Password Manager and Two-Factor Authentication"
- **Nov 20th:** "AMA—Ask Me Anything"

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

VOLUNTEERS NEEDED!

Looking for a way to give back? Try giving a ride to a senior for a non-emergency medical appointment or necessary errand! **PSC needs Volunteer Drivers!** You pick the rides that work for you by logging into our web-based scheduling system and choose to drive locally or anywhere in San Diego up to 25 miles. **Call (619) 223-1640** to make the first step to become a volunteer in this much-needed community service **or visit our website at www.sdpsc.org. THANK YOU!!!**



IN THE COMMUNITY...

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

Sacred Heart Senior Luncheon

Friday, November 3rd, Mass at 11:30 am, Lunch served at 12:15 pm
Sacred Heart Church, 4776 Saratoga Ave, San Diego, CA 92107

Give thanks with a \$5 donation for a Thanksgiving 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 Present:

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:

- **Nov 1:** *Wonderful Women Classical Composers* with Chris Burns & Many-Strings
- **Nov 15:** *Karl Marx's 5 Stages of History* with Bruce McGraw

Author Talk: Bitter Sweet: A Wartime Journal & Heirloom Recipes from Occupied France with Kitty Morse

Monday, November 13th, 6:30pm, Marla Hass Community Room

Kitty Morse's cookbook features recipes from her Alsatian ancestors, and is based upon original family documents and photographs chronicling living in Alsace during the Nazi occupation in World War II.

MUSIC IN SAN DIEGO

Bach at Noon: Byrd is the Wyrd

Friday, November 17th, 12pm, All Souls' Episcopal Church
1475 Catalina Blvd, San Diego, CA 92107



A tribute to William Byrd (c.1540-1623), marking the quadricentennial of his death. Though among the most celebrated and influential composers of his day, in one way Byrd was an outsider to the mainstream: he was a Catholic in the wake of the rupture of the Church of England from Rome. **BYRD IS THE WYRD** features some of Byrd's most important contributions to both the Anglican and Catholic liturgical music repertoires, including the Mass for Four Voices, and the Magnificat from the Great Service. **This event is FREE.**

Forever Fit with Elke Ertle

Every Wednesday, 9:00-9:50am

Senior Adults! Join us for this in-person, gentle, exercise class. Water is provided, but feel free to bring your own water bottle and a towel. Questions? Contact Elaine Burrell, Point Loma Community Presbyterian Church, (619) 223-1633 Ext. 210.

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

Honoring Our Veterans Program & Luncheon (\$7)

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

Join us to honor all military veterans featuring the Navy Band Southwest Woodwind Quintet, PLHS N-JROTC Color Guard, and an American-style lunch. **RSVP by November 10th.**

Surviving the Holidays Workshop & Dinner (\$5)

Wednesday, November 8th, 5:30-7:30pm Family Life Center

Join us at this workshop to receive encouragement, support, and learn practical ways to navigate the season. Workshop includes a 30 minute video, discussion time, and a pasta meal. **RSVP Required.**

Medicare Open Enrollment— Information & Answers

Wednesday, November 29th, 12:00-1:00pm, Family Life Center

Joann Siudara, Medicare specialist for SHARP Healthcare, will provide information on the options and changes, as well as addressing concerns about Medicare fraud. **RSVP Required .**

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:

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To:

Prepare Now for an Emergency Later

Emergencies come in many forms such as wildfires, storms, earthquakes or floods. There's no better time to prepare for an emergency than right now. Below are some tips and resources to help you plan and stay safe should an emergency happen. Visit [sdge.com/emergency](https://www.sdge.com/emergency) for emergency checklists and evacuation plan ideas.

1. **Develop an emergency plan.** Identify a place to meet with family, safe routes and shelters, as well as what actions you will take. Discuss and practice the plan with your family, including your children and pets.
2. **Prepare an emergency kit for at least three days.** Keep essentials on hand like water (one gallon per person per day), a first aid kit, flashlight, canned goods, medicine, clothes and cash. Stock your kit with items you and your family need, including those with a disability, seniors and your pets. Store supplies in easy-to-carry containers such as backpacks or plastic crates. For ideas, download helpful checklists at [sdge.com/checklists](https://www.sdge.com/checklists).
3. **Help your neighbors.** Being a good neighbor takes more than sharing the occasional cup of sugar or hosting a potluck. It's important to help our neighbors during emergencies, especially those who are vulnerable, elderly or disabled.
4. **Update your SDG&E contact information.** SDG&E will make every effort to communicate with you during emergencies. Go to [sdge.com/MyAccount](https://www.sdge.com/MyAccount) to sign in. From the My Account homepage, click on "Account," then select "My Profile." Here, you can make sure your contact information is up to date.
5. **Sign-up for power outage notifications.** Get notified when there is an outage in your area. Sign into [sdge.com/MyAccount](https://www.sdge.com/MyAccount). From the My Account homepage, click on "Account," then select "Notification Settings."



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