



PENINSULA
SHEPHERD
CENTER

The Lamb's Tales

March Issue 2021
Peninsula Shepherd Center
1475 Catalina Blvd
San Diego, CA 92107
619 223-1640
www.sdpssc.org

A community that honors, respects and cares for older adults

Hello Friends of the Peninsula Shepherd Center!

Happy Saint Patrick's Day! We at PSC are looking forward to moving into the Spring months and closer to re-opening and all being together.



We hope you are enjoying our newsletter. We have a special addition this month to **honor all of the generous people and organizations that donated to PSC in 2020**. We are truly thankful for the organizations that provided our grants, those folks that contributed to our Fall Campaign and individuals that donated to us throughout the year. You have allowed PSC to fund the expansion of our programs and membership, move closer to purchasing a new wheelchair access van and keep the organization running.

We continue in March with our popular PSC Chat presentations! This month we take a fun look back at the 50's and enjoy the next in John Pearson's series on National Parks: North to Alaska – the National Parks of Alaska. ***These are not to be missed and open to all***. If you would like to attend, please send me your email and I will add you to the invitation. My email address is lisa@sdpssc.org.

We know you are all anxious for us to begin our Out and About Senior Transportation Program. Rob has been maintaining the vans, we are working on Contact Tracing procedures and Larysa and I are in communication with all of our van and volunteer drivers to ensure we are ready to re-open when it is safe for members, guests and staff. Stay tuned...

PSC Connections Through Technology is growing weekly. We are welcoming all of our members to join us and learn all that can be experienced online. If you or a friend are looking for a way to connect online, use email, attend classes, presentations and participate in Live Chats, please contact us to hear more about the program. Let us help through placing computer tablets in your home and provide installation and training. If you have not yet looked into this amazing program, please contact Larysa at the office (619)223-1640 or Lisa (619)990-9758 for more information.

Finally, I hope you caught the recent article on PSC in the Beacon. Spread the word! PSC is the place to be!

Thank you all again for your generous support in 2020. Stay well and we hope to see you all very soon!

Lisa Nokes/Executive Director/Office (619)223-1640/Direct (619)990-9758

Happy Birthday to Our Wonderful Members!



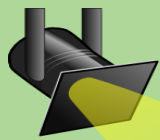
Janet Bernhardt
Janice Weber
Irene McManns
Kay Spydell
Shirley Pellegrin

3/3
3/8
3/10
3/20
3/25

Jutta Rada
Michael Sullivan
Edith Andrew-Akita
Fusa Shimizu

3/27
3/29
3/29
3/30





SPOTLIGHT ON THE PENINSULA SHEPHERD CENTER

FEBRUARY ISSUE 2021
1475 CATALINA BLVD
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Thank you to our 2020 Foundations, Grantors, and Organization Donors.

All Souls' Episcopal Church
CSA—Community Service Organization/San Diego Unified School District
Hervey Family Foundation
Jensen's Fine Foods
Ocean Beach Town Council
Ocean Beach Women's Club
Point Loma Assembly
Point Loma Community Presbyterian Church
San Diego Association of Governments
San Diego Senior Community Foundation
San Diego Gas and Electric
Sanford Rose Associates
St. Peter's by the Sea Lutheran Church
The Episcopal Diocese of San Diego
The Hartley Company
The Thursday Club

Thank You

EVENTS AT PSC

Enjoy the 1950's with PSC



Thursday, March 18th at
11:00am

Sit back, relax and take a stroll down memory lane with us to the 1950s. Join PSC via Zoom and reminisce about all things 1950's. Email lrudich@sdpsc.org or lisa@sdpsc.org to receive your Zoom link prior to the event. Or call PSC at 619 223-1640 for more information and to RSVP.

AmazonSmile Program

Now you can support Peninsula Shepherd Center by shopping on Amazon.com. When you specify PSC as your charity of choice, Amazon will donate 0.5% of your purchase to PSC. You can also shop at smile.amazon.com on the Amazon Mobile App on your smartphone or tablet (go to settings/amazon/smile in the app to turn it on). It's very easy to set up! Go to <https://smile.amazon.com> to shop online and Amazon will donate 0.5% of whatever you buy to PSC!! www.smile.amazon.com

Communicating with Technology w/San Diego Continuing Education

Every Wednesday March 1st—26th iPhone & iPad Class 12-2pm
CWT is a course designed to narrow the digital divide. This class is designed for seniors and will introduce you to the many elements of technology as it applies to communicating with others. In addition, we are adding another series of classes this term. These will feature the four main types of devices used to communicate. They will be 4-5 weeks long and will include Android, iPad/iPhone, Windows 10 and the Mac operating system. Contact: Mary Burns for additional information. (mburns@sdccd.edu) Or by calling 619 388-4956

North to Alaska: The National Parks of Alaska



Thursday, March 25th at
11:00am

PSC board member John Pearson will continue his series of very personal video presentations on All the National Parks in the USA and its Territories. In this series he will discuss Alaska and all its great national parks! To join this Zoom please email lrudich@sdpsc.org or lisa@sdpsc.org to receive your Zoom link prior to the event. Or call PSC at 619 223-1640 for more info and to RSVP.

Bingo at PSC!

Tuesdays at 11:00am

Like to play Bingo? Join us every Tuesday for a fun virtual experience with ZINGO! Call 619 223-1640 or email lisa@sdpsc.org to register.



PSC Weekly Chats

Thursdays at 11:00am

Bring your topics, favorite story or join us just to say Hi. PSC Weekly Chat group is every Thursday at 11:00am. Email lisa@sdpsc.org to join.

SEND IN YOUR ITEMS

We welcome your contributions to this monthly newsletter. Just send items by the 1st of each month preceding the issue date to lrudich@sdpsc.org. Or by calling the PSC office at 619 223-1640



IN THE COMMUNITY.....

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Need Tax Assistance?

Don't pay to have your taxes prepared. If you earned less than \$66,000 in 2020, call 2-1-1 to schedule a no-cost tax assistance appointment at a Volunteer Income Tax Assistance (VITA) site. Due to COVID-19, additional safety protocols will be in place at in-person sites. Select sites will also offer drop-off and drive up services. There is no income limit to file online. Visit <https://www.myfreetaxes.org/> online for free online self-filing. Folks can also access information on completing their taxes through AARP: www.aarpfoundation.org/taxaide or by calling 1-888-AARP NOW (1-888-227-7669).

Caregiving for the Caregiver Class

Virtually on Friday, March 12th 2-3pm

Caregiving can be rewarding and stressful at the same time. Join a Sharp Grossmont Hospital integrative therapies coordinator for this free one-hour experiential workshop for caregivers. The class will help to identify ways to manage your stress and provide essential tools for self-care and relaxation utilizing a holistic approach Offered by Sharp Grossmont Hospital. **To register call 1-800-827-4277**

Walk to Wellness Program

Virtually, Every Tuesday from March 2nd—May 11th

Who: Older adults, 55 years and better!

What: Self-led walking program with weekly virtual meetings to track goals, share tips and earn prizes.

Why: To encourage older adults to stay active and virtually meet new friends.

When: Weekly virtual classes will be held on **Tuesdays, 1:00-2:00pm, March 2nd—May 11th.**

How: Register online [@sdreconnect.com](https://sdreconnect.com) (ActiveNet code: 85226) Contact Anette at anet-tea@san-diego.gov / (619) 525-8247 or

Alissa accordova@san-diego.gov (619)424-0466 for registration assistance.



Are You Behind On Your SDG&E Bill?

If you have outstanding bills, and you are a CARE or FERA customer, you may be eligible for debt forgiveness through SDG&E's Arrearage Management Payment (AMP) Plan. This plan offers qualified, current SDG&E customers financial assistance to help reduce past due account balances.

AMP is a 12-month payment plan that forgives 1/12 of a participant's debt after each on-time payment of the current month's bill. After 12 on-time payments of each current month's bill, the participant's debt will be fully forgiven up to a maximum of \$8,000. Enrolled participants are protected from disconnection while participating. Find out if you qualify at sdge.com/AMP or call an SDG&E AMP Service Specialist at 1-888-204-3576.

Find out if you qualify for other SDG&E Assistance programs at sdge.com/assistance.

Although business customers are not eligible for AMP, we may be able to offer flexible payment arrangements. Call our Business Care Center at 1-800-336-7343 for payment arrangements, energy-saving tips and pricing plan options, or visit sdge.com/business.





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To:



COVID-19 Vaccine Frequently Asked Questions

We now have a vaccine to address this unprecedented public health crisis. Understandably, many have questions. Please find answers below.



Q: Is the COVID-19 vaccine safe?

A: Yes. The vaccines underwent clinical trials with thousands of participants representing a range of diverse groups and has been deemed safe by the Centers for Disease Control and Prevention (CDC) and the U.S. Federal Drug Administration.

Q: If I have already had COVID-19 and recovered, do I still need a vaccine?

A: Yes, you do. There is not evidence that recovering from a COVID-19 infection builds lasting immunity in the body. Some people have been infected with COVID-19 more than once/multiple times. It is recommended you wait 90 days from recovery to receive the vaccine.

Q: Are there side effects?

A: Common side effects are soreness in your arm, fatigue, body aches and fever. These are signs the vaccine is working.

Q: How much do COVID-19 vaccinations cost?

A: Free vaccinations are available from the County of San Diego (County) for all individuals currently eligible and interested in being vaccinated for COVID-19. Individuals in currently opened Phases and Tiers should first contact their medical provider to receive the vaccine directly at no-cost. For individuals unable to receive the vaccine from their provider, or if they do not have a healthcare provider, they may be vaccinated at a County-coordinated COVID-19 vaccination site at no-cost.

Q: How do I find out if I am eligible?

A: Updates on who is eligible to receive the COVID-19 vaccine will be posted on the COVID-19 Vaccine page on <https://coronavirus-sd.com/vaccine>. Additionally, depending on which group you fall into, you may be notified by your healthcare provider.

For More Information Visit: www.coronavirus-sd.com/vaccine

BE COVIDSAFE ✓