



The *Lamb's* Tales

A community that honors, respects and cares for older adults.

November Issue 2020
Peninsula Shepherd Center
1475 Catalina Blvd
San Diego, CA 92107
619 223-1640
www.sdpssc.org

Message from the Executive Director. Hello Friends of the Peninsula Shepherd Center!

Happy Fall! We miss seeing all of you, but are staying very much in contact through our weekly calls, home visits and online programs. I personally want to thank all of you for the cards, flowers and prayers during my recovery from double knee replacements. I feel great and ready to make 2021 terrific for PSC! We are excited to announce new grants for our **PSC Connection Through Technology Program**! We are now able to connect even more members to family and friends through computer tablets. If you or someone you know is interested contact me at 619-990-9758 or the office at 619-223-1640. It is also time for PSC's Annual Fall Fundraising Campaign! Your generous contributions help us support PSC's ongoing operational needs and programs. A critical part of our popular Out and About Senior Transportation Program is to support our members needing special assistance. **WE HAVE A SPECIAL REQUEST THIS YEAR!** We want to buy a new van and would greatly appreciate your help achieve this goal. We encourage you to visit our Website at <http://www.sdpssc.org> to see all that PSC can offer you and your loved ones. Stay safe and have a happy, healthy Thanksgiving! **Lisa**

Out and About Senior Transportation Program

We are disappointed to not be able to support our members by providing our long standing transportation services. Social distancing measures have made group transportation very difficult to provide safely. PSC's Board continues to hear you and stands ready to resume services as soon as we can protect the health and safety of our members and staff. Stay tuned as the Out and About Transportation Program remains fluid at this time.



Resources and Tools for family Caregivers

Tuesday, November 13th 2-3:30pm

Are you helping a loved one with socialization, finances, transportation, meals or other activities? Family caregivers can find out about health and community resources, placements options, support groups and more. This free online class covers emotional issues about caring for loved ones. To register for this Zoom virtual class call **1-877-82-SHARP (4277)**



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@sdpssc.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@sdpssc.org to stay connected.

FALL PREVENTION AWARENESS

One in four older adults 65+ fall each year. To reduce your risk of falling:

Stay active to improve your strength, flexibility, and balance. Walking, dancing, Tai Chi, and exercise classes are all good ways to improve your health.

Talk with your doctor about health issues such as osteoporosis, your Vitamin D level, medications, difficulty with hearing or vision, or if you feel faint, off-balance, or dizzy.

Have your vision checked at least one time each year by a professional.

Make your home safer: remove things you could trip or slip on, maintain good lighting and nightlights, and install strong grab bars and handrails.

For more tips, visit: www.SanDiegoFallPrevention.org.

Healing Through the Holidays

Tuesday, November 17th 10-11:00am

Sharp HospiceCare recognizes the unique challenges the holidays present for those grieving with the loss of family and/or friends. Join us for this 1-hour seminar to learn coping strategies and new traditions to honor and remember your loved ones. To register for the Zoom virtual class call **1-877-82-Sharp (4277)**



HELP! San Diego Lifeguards to the Rescue!

Wednesday November 13, 2019 at 6:30 P.M. at Marla Haas Community Room.

Author Michael T. Martino chronicles the history of lifeguards along the San Diego coast. His first volume covers the pre-lifeguard years, where citizens provided the rescues, through to the creation of the city's lifeguard service. From the ashes of tragic incidents has grown a dedicated professional service that sees its greatest gift in saving another person's life. **Point Loma/Hervey Library. 3701 Voltaire St. San Diego**



SEND IN YOUR ITEMS

We welcome your contributions to this monthly calendar. Just send items by the 1st of each month preceding the issue date to ludich@sdpssc.org or lisa@sdpssc.org



PENINSULA
SHEPHERD
CENTER

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1475 Catalina Blvd.
San Diego, CA 92107
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www.sdpssc.org

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To:



"WE ARE STILL HERE FOR YOU"

What's Happening in America's Finest City?

The Feeling Fit Club is a functional Fitness Program designed for older adults of all abilities. The goal of the **Feeling Fit Club** are to offer a safe, comfortable environment for older adults to engage in physical activity as well as to help older people develop and maintain their level of physical fitness. These programs also encourage social interaction, fun, and help to build self-esteem. In addition, this program helps to educate participants about the benefits of exercise, health, and fitness components. **The Feeling Fit Club** is offered Via different delivery methods throughout San Diego: On-Site classes, on TV, three times daily, on three stations. Online at CountyNewsCenter.com, and on DVD for home use. For more info about class schedules and to purchase a DVD call, **858-495-5500**.



SUPPORT LOCAL RESTAURANTS BY ENROLLING IN GREAT PLATES Stay home! Eat well! The Great Plates programs help to keep older adults and adults of all ages with disabilities or health conditions safe during the COVID-19 pandemic. Enjoy tasty, home delivered meals and support local restaurants by joining **Great Plates Delivered: Home Meals for Seniors**. **This program** serves older adults 65+ and those 60-64 with certain health conditions and provides three meals a day. To learn more, visit www.aging.sandiegocounty.gov and click on the "Great Plates Programs" button at the top of the page. Or, call **(800) 339-4661** and select option "7." If you do not qualify for the Great Plates programs, please call 2-1-1 to discuss additional food resources that may be available to you.



LIVE WELL
SAN DIEGO

SDG&E OFFERS BILL DISCOUNT PROGRAMS TO HELP CUSTOMERS SDG&E wants you to know that they are here to support you and your family in these challenging times. If you're affected by COVID-19 and worried about paying your energy bill, SDG&E can extend payments to fit your needs. There are also customer assistance programs, like CARE and FERA, that can save you 30% or more on your monthly bill. If you have a qualifying medical condition, you could also earn a bill discount with the Medical Baseline program. The Low-Income Home **Energy Assistance Program (LIHEAP)** is federal-funded and helps low-income households with their energy bills. Find out more about these programs at sdge.com/assistance.



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