



HELP of Ojai, Inc.

Jan/Feb/Mar 2024

Neighbors HELPing Neighbors

Community Bulletin

A Word From Jayn Walter, Co-Executive Director

Greetings friends of HELP,

The 2023 Holiday season was so busy at HELP of Ojai, that it's almost unbelievable we have entered a new year. In November we saw the return of our annual Thanksgiving dinner (where attendance FAR exceeded our expectations) and another successful Thanksgiving food box distribution. In December we facilitated the 25th year of our holiday gift program, Adopt-a-Family, and once again our community showed up to ensure families and seniors have a wonderful holiday. These special programs run alongside all regular programming, which means all staff are quite ready for a little break at the end of the year! Thank you to everyone who donated time or resources during the holiday season; we are able to do this year after year because of you.

There are a few other accomplishments in 2023 we want to acknowledge and celebrate. First, we were awarded \$15,000 by the Ojai Women's Fund (OWF) for our Housing Assistance Fund, which allows us to offer unhoused and housing insecure community members shelter in hotel rooms during inclement weather. This is our second year to receive the grant, and we are beyond grateful for OWF's support. This program ensures unhoused older adults and families with minor children are able to access safe places to sleep during severe weather. Additionally, we received funding through the Ventura County Homeless, Housing Assistance and Prevention Program (HHAP) to assist Ojai Valley community members facing an eviction and loss of nighttime shelter through rental assistance. For more information about either of these programs, please call the CAP office at 805-640-3320.

Finally, 2024 is a very special year for HELP of Ojai, as it marks our 50th anniversary as a registered 501(c)(3)! While our work started in the late 1960's, it wasn't until 1974 that we were officially incorporated as a nonprofit. Words cannot describe how proud we are to reach five decades of serving the Ojai Valley!! We will spend time this year celebrating the impact HELP of Ojai has made in the Ojai Valley, so please stay tuned for more information. In the meantime, if you have photos from HELP events, personal stories of how HELP has impacted your life, or words you'd like to share with us, please email me at jaynw@helpofojai.org.

Here's to 2024,

Jayn Walter, Co-Executive Director

January / February / March 2024 Activities Update • 108 S. Montgomery Street, Ojai • (805) 646-5122

HELP of Ojai offers activities to meet the interest and schedules of active seniors. Whether it is an activity for the brain; an activity for the body; or an activity that brings people together, we hope you find something to meet your wants and needs. Included below is a short description of the typical monthly activities. The days and times of the classes/activities are listed on the accompanying calendar. Please notice the Activity Calendar is a quarterly format. The next calendar will be published for April, May, and June 2024.

Unless specified, there is a \$5.00 suggested donation per a class. You can also find the schedule at HelpofOjai.org/calendar.

The appointment necessary activities at Montgomery Street for January / February / March:

AARP Smart Driving Course will be held on Tuesday and Wednesday, February 6th and 7th from 9:00am-1:00pm. Cost is \$20 for AARP Members/\$25 for non-AARP members. Make checks payable to AARP and give to your instructor. Register in advance at Montgomery Street by calling 805-646-5122.

AARP Tax-Aide: February-April 2024 will be held on Thursdays from February 8th to April 11th from 12:30pm-4:00pm. If you are a senior or have low to moderate income and do not have rental property or greater than \$10,000 in self-employment expenses, you can meet with one of our trained tax volunteers to file your tax returns. You will need to bring all information pertaining to your 2023 income (W-2's and 1099 forms), I.D., Social Security card, a copy of last year's income tax filing, and amounts/dates of estimated tax payments. Call 805-646-5122 for an appointment.

Dance-Movement Therapy is a mind/body approach to mental health that uniquely addresses the physical, cognitive, social and emotional needs of the participants by providing a safe and supportive environment for all to dance and express their feelings through movement. The group is designed for women who can stand comfortably and be able to do basic movement sequences such as walking, stretching side to side, and holding arms above the head. Seated participants with upper body mobility are welcome as well. No experience necessary. Sessions will be offered weekly on Fridays from 2:00pm-3:30pm, January 12th through March 15th. You must pre-register for the class and be able to attend most sessions of the class. To register please call Maria at 805-646-5122.

Fabric Design with Catherine Coffey will be held on Tuesday, February 13th and Tuesday, March 12th from 1:00pm-2:00pm. Learn multiple techniques for designing on fabric: draw, paint, print, stamp, stencil. We will experiment on small samples to design patterns that can be added to clothing, decorative items like pillows, drapes, and linens. Please call 805-646-5122 to reserve a spot.

Fraud and Scam Prevention for Seniors will be held on Wednesday, February 28th from 10:00am-11:00am. Older adults lose billions of dollars each year to scams and fraud. Get tips to protect yourself and your money and learn how to spot common scams. Presentation by Mechanics Bank of Oak View. Please call 805-646-5122 to reserve a spot.

Health Insurance Counseling & Advocacy Program (HICAP) will hold appointments on the second Wednesday of each month. Appointment slots will be at 10:00am, 11:30am, and 1:00pm. This program provides free and objective information and counseling about Medicare. Please call 805-646-5122 to schedule an appointment.

Legal Aid is held on the first Wednesday of every month from 9:30am-12:00pm. Appointments are available every 30 minutes. Call 805-640-3320 to schedule an appointment.

Let's paint! with Christopher Noxon. Learn the basics of acrylic painting, using reference and inspiration images and developing a fun individual routine of artmaking. All skill levels are welcome, no previous experience required. This class is a series and will be held on four consecutive Mondays: January 22nd and 29th and February 5th and 12th from 1:00pm-3:00pm. It is best to attend all four sessions. \$15.00 materials fee due on the first day of class. Suggested \$5.00 donation for each class. Please call Maria at 805-646-5122 to reserve a spot. Space is limited to 10 people.

Skin Cancer Check with Dr. Thacher will be held Tuesday, February 6th from 8:30am-9:45am. Please call 805-646-5122 to book an appointment.

SmartPhone Training will be available on Tuesday, January 16th from 10:00am-12:00pm for iPhones, and 1:00pm - 3:00pm for Android phones. If you are having difficulty hearing or seeing on your smartphone, or operating basic phone functions, attend this free training and make your phone work better for you. Space is limited, so please call 805-646-5122 to register.

Tai Chi: Moving for Better Balance is a 12-week evidence-based class offered by the VCAA Fall Prevention Program. Classes will be held on Tuesdays and Thursdays from 10:00am-11:30am January 9th through March 28th. Participants must be registered to participate. \$5.00 suggested donation per a class. Please call 805-646-5122 for more information.

Tech Tuesdays for seniors will be offered the last Tuesday of every month from 3:30pm-4:30pm. Looking for some practical pointers for using your computer, tablets, smartphones, apps, and social media? Bring your questions for some one-on-one time from local students and learn a few basics skills to become more tech-savvy! Please call 805-646-5122 to reserve a spot.

Yoga at HELP of Ojai is a 6-week series being held on Wednesdays and Thursdays from 1:30pm-2:45pm from January 10th until February 15th. The class is taught by certified Yoga instructors. Registration for this session will be on Friday, January 5th from 9:00am-10:00am. You must be present to register. The cost is \$50.00 for the 6-week series and is available to Ojai Valley residents who are 55 years or older. Please call 805-646-5122 for more information.

Jan/Feb/Mar Activities continued...

The drop-in classes and activities held at Montgomery Street for January / February / March:

Bridge Club meets on Mondays from 10:00am-1:00pm. New members welcome!

Chair Yoga meets on Wednesdays from 11:00am - 12:00pm beginning on January 10th. This class is taught by a certified yoga instructor.

Creative Writing Group meets on the 1st and 3rd Friday from 10:00am-12:00pm. New members welcome!

Grief Support Group meets on the 2nd and 4th Tuesday from 5:30pm-6:30pm. Grief is the normal response to loss and affects all areas of our lives, but just because it's normal doesn't make it easy. This group offers bi-monthly support through the tender time of anticipating and/or following loss. This is a time to develop a better understanding of grief, practice healthy coping skills, and connect in a safe and supportive environment with others who are experiencing loss. Call Susan Kapadia at (805)646-6433 for more information.

Intermediate Guitar meets Fridays from 1:00pm-2:00pm. Learn guitar in a supportive and relaxed environment. \$5.00 per class.

Mah Jongq Group meets Wednesdays from 1:00pm-3:30pm. A self-guided, social group. New Members welcome!

Physio-Ed is held on Fridays from 10:00am-11:00am. This streamed chair workout class, designed by local physical therapist Dr. Kathy Doubleday, is aimed at bettering participants health by lowering instances of chronic conditions caused by aging such as osteoporosis, balance issues, and hypertension.

Qi Gong will be held on Tuesdays from 9:00am-9:45am, beginning January 23rd. Classes are taught by Jan Reason, a certified instructor in the tradition of "Chi-Lei" Qi Gong. No experience is required.

Senior Sing Along Group is a casual singing group that meets on the second and fourth Thursdays of the month, from 2:00pm-3:00pm. Join us at **The Gables** as we sing along to music from the 1920s-1970s. You are also welcome to come and just listen! Call (805)646-5122 for more info.

Future Classes to look for in April/May/June are:

Tai Chi: Moving for Better Balance is a 12-week evidence-based class offered by the VCAA Fall Prevention Program. Classes will be held on Tuesdays and Thursdays from 9:30am - 11:00am April 9th through June 27th. Participants must be registered to participate. Registration for this series will take place on Thursday, April 4th from 9:00am—10:00am. \$5.00 suggested donation per a class. Please call 805-646-5122 for more information.

Yoga at HELP of Ojai is a 6-week series being held on Wednesdays and Thursdays from 1:30pm-2:45pm from February 28th until April 4th. The class is taught by certified Yoga instructors. Registration for this session will be on Friday, February 23rd from 9:00am-10:00am. You must be present to register. The cost is \$50.00 for the 6-week series and is available to Ojai Valley residents who are 55 years or older. Please call 805-646-5122 for more information.

◆ PROGRAM UPDATES ◆

Community Assistance Program (CAP)

108 S. Montgomery St., Ojai 93023 • (805) 640-3320

2023 proved to be a difficult year for many people. What keeps us coming back to our work is the hope for something better and to make a difference in the lives of the people we serve. It is always inspiring to see our community come together to support each other in so many ways, be that donations of food, clothing, money or spending time volunteering. To everyone who contributed to keeping our program running this year, thank you for all you have done for our community. We could not do this without you!

This year, we helped 427 families access fresh food via our community food pantry, 213 households received monthly shelf-stable food boxes, and we gave out 2,594 lunches to unsheltered community members.

During our holiday programs, 205 families received Thanksgiving food boxes, 111 families participated in Adopt-A-Family (totaling 243 children receiving gifts), and 41 vulnerable seniors received gifts with our Adopt-A-Senior program.

If you are interested in ways to help the CAP office, we are always looking for more individuals to make lunches for our unsheltered clients. You can make and bring in sack lunches or sandwiches or purchase items from our Amazon Wish-list. We are also always looking for donations of plastic bags. If you have a collection of grocery store bags that you are looking to get rid of, please bring them to our office. We use them for our lunch program. All help and donations are extremely appreciated!

Lastly, we would like to recognize Mr. Craig Grimm, an unsheltered friend, who passed away in November. Mr. Grimm was a wonderful human being with a great spirit. He had the ability to put a smile on your face whenever you interacted with him. He was a kind soul with a big heart, and I hope his spirit can be reflected in the work we do. This year please go into 2024 with kindness and compassion for others. We are all human and deserve kindness and respect.

◇ PROGRAM UPDATES ◇

Transportation • 108 S. Montgomery St., Ojai • (805) 646-7787

Wow, during this last quarter our transportation program provided over **1,100 rides** to medical appointments, the grocery stores, congregate lunch and personal errands. Thank you to all our volunteer drivers who drove extra shifts during this eventful time. We appreciate and value you! A special shout out to Fred Rothenberg, who has officially retired from volunteering as a HELP of Ojai transportation driver after 20 years! We are sad to see him go, but we are so grateful for his heart and help to our community.

As of January 1, 2024 we will increase our rates by \$1.00 each way. We made this decision due to the increase in fuel and maintenance costs. If this presents you with a hardship, please just let us know at the time of your registration to see if you qualify for a grant.

Transportation hours: Monday-Friday: 8:30-3:30. Please call at least the day before by 2:00 to make your ride reservation; we can also take your reservations up to a month ahead. Medical appointments and grocery shopping are priority, but we try to accommodate all requests. Our transportation program is run by volunteer drivers and without them we wouldn't be able to provide the service that we do.

If you are not feeling well we ask that you do not ride the vans to ensure everyone's wellbeing.

Senior Nutrition Program • 370 W. Baldwin Rd., Ojai • (805) 649-8018

Congregate meals are now served Monday through Friday, from 11:45am-12:45pm.

Home Delivered Meals are available to recipients who are 60 years of age or older and homebound by reason of function and/or disability and/or isolation. Please contact us at (805) 649-8018.

West Campus & 2nd HELPings Donation Center

370 W. Baldwin Rd., Ojai • (805) 646-5122

January is the time of year when we hit the reset button and reevaluate what all we have in our lives. If you are looking to purge out your closet, clear out the tool shed, or unload the unnecessary/strange holiday gifts, bring them to us! We ask that items be clean and in working order, as we will refuse items that are not sellable. Please call the store if you are looking to donate furniture or if you have questions of what we do & do not accept: 805-646-5812. The donation center is open Thursday-Saturday 9a.m.-2p.m.

The first Saturday Sale of 2024 will be Saturday February 3rd, 8 a.m.-12 p.m.. Please be courteous to other shoppers when driving through the property. We are closed for donations the week of the Saturday sale; you can always the thrift store at 805-646-5812 to confirm. Additionally, the donation center closes during inclement weather.

2nd HELPings Thrift Store • 841 E. Ojai Ave., Ojai • (805) 646-5812

Happy 2024 from all the volunteers and staff at the thrift store, also locally known as "The busiest store in town"! Come check out all the fun and fantastic and fabulous new items we're putting out on the shelves every single day. Fun events coming up nationally in February that you might need to shop for: Groundhog Day (2/2), National Wear Red Day (2/2), Lunar New Year (2/10), Mardi Gras (2/13), Valentine's Day (2/14), and Presidents Day (2/19).

2nd HELPings Thrift Store is open Tuesday - Saturday 10 a.m.-5 p.m. and Sunday 11 a.m.-3 p.m. Due to space and other limitations, we cannot accept donations at the store. Please visit the donation center during their hours of operation.

HELP of Ojai Monthly Activities Calendar for January 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
CLOSED NEW YEAR'S DAY		9:30—12:00 Legal Aid Appointments 1:00—3:30 Mah Jongg		9:00—10:00 Yogastratation 10:00—12:00 Writer's Group 10:00—11:00 Physio Ed 1:00—2:00 Intermediate Guitar
8	9	10	11	12
10:00—1:00 Bridge Club	10:00—11:30 Tai Chi 5:30—6:30 Grief Support Group	10:00-1:00 HICAP Appts 11:00—12:00 Chair Yoga 1:00—3:30 Mah Jongg 1:30—2:45 Yoga	10:00—11:30 Tai Chi 1:30—2:45 Yoga 2:00—3:00 Singing Group	10:00—11:00 Physio Ed 1:00—2:00 Intermediate Guitar 2:00—3:30 Dance Movement Therapy
15	16	17	18	19
CLOSED MLK DAY	10:00—11:30 Tai Chi 10:00—12:00 Iphone Class 1:00—3:00 Android Phone Class	11:00—12:00 Chair Yoga 1:00—3:30 Mah Jongg 1:30—2:45 Yoga	10:00—11:30 Tai Chi 1:30—2:45 Yoga	10:00—12:00 Writer's Group 10:00—11:00 Physio Ed 1:00—2:00 Intermediate Guitar 2:00—3:30 Dance Movement Therapy
22	23	24	25	26
10:00—1:00 Bridge Club 1:00—3:00 Let's Paint	9:00—9:45 Qi Gong 10:00—11:30 Tai Chi 5:30—6:30 Grief Support Group	11:00—12:00 Chair Yoga 1:00—3:30 Mah Jongg 1:30—2:45 Yoga	10:00—11:30 Tai Chi 1:30—2:45 Yoga 2:00—3:00 Singing Group	10:00—11:00 Physio Ed 1:00—2:00 Intermediate Guitar 2:00—3:30 Dance Movement Therapy
29	30	31		
10:00—1:00 Bridge Club 1:00—3:00 Let's Paint	9:00—9:45 Qi Gong 10:00—11:30 Tai Chi 3:30—4:30 Tech Tuesday	11:00—12:00 Chair Yoga 1:00—3:30 Mah Jongg 1:30—2:45 Yoga		

HELP of Ojai Monthly Activities Calendar for February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			10:00—11:30 Tai Chi 1:30—2:45 Yoga	10:00—12:00 Writer's Group 10:00—11:00 Physio Ed 1:00—2:00 Intermediate Guitar 2:00—3:30 Dance Movement Therapy
5	6	7	8	9
10:00—1:00 Bridge Club 1:00—3:00 Let's Paint	8:30—9:45 Skin Cancer Check 9:00—9:45 Qi Gong 9:00—1:00 AARP SMART DRIVING 10:00—11:30 Tai Chi	9:00—1:00 AARP SMART DRIVING 9:30—12:00 Legal Aid Appointments 11:00—12:00 Chair Yoga 1:00—3:30 Mah Jongg 1:30—2:45 Yoga	10:00—11:30 Tai Chi 12:30—4:00 Tax Aid 1:30—2:45 Yoga 2:00—3:00 Singing Group	10:00—11:00 Physio Ed 1:00—2:00 Intermediate Guitar 2:00—3:30 Dance Movement Therapy
12	13	14	15	16
10:00—1:00 Bridge Club 1:00—3:00 Let's Paint	9:00—9:45 Qi Gong 10:00—11:30 Tai Chi 1:00—2:00 Fabric Art Class 5:30—6:30 Grief Support Group	10:00—1:00 HICAP Appts 11:00—12:00 Chair Yoga 1:00—3:30 Mah Jongg 1:30—2:45 Yoga	10:00—11:30 Tai Chi 12:30—4:00 Tax Aid 1:30—2:45 Yoga	10:00—12:00 Writer's Group 10:00—11:00 Physio Ed 1:00—2:00 Intermediate Guitar 2:00—3:30 Dance Movement Therapy
19	20	21	22	23
OFFICE CLOSED President's Day	9:00—9:45 Qi Gong 10:00—11:30 Tai Chi	1:00—3:30 Mah Jongg	10:00—11:30 Tai Chi 12:30—4:00 Tax Aid 2:00—3:00 Singing Group	9:00—10:00 Yogastration 10:00—11:00 Physio Ed 1:00—2:00 Intermediate Guitar 2:00—3:30 Dance Movement Therapy
26	27	28	29	
10:00—1:00 Bridge Club	9:00—9:45 Qi Gong 10:00—11:30 Tai Chi 3:30—4:30 Tech Tuesday 5:30—6:30 Grief Support Group	10:00—11:00 Fraud Prevention Class 11:00—12:00 Chair Yoga 1:00—3:30 Mah Jongg 1:30—2:45 Yoga	10:00—11:30 Tai Chi 12:30—4:00 Tax Aid 1:30—2:45 Yoga	

HELP of Ojai Monthly Activities Calendar for March 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10:00—11:00 Physio Ed 10:00—12:00 Writer's Group 1:00—2:00 Intermediate Guitar 2:00—3:30 Dance Movement Therapy
4 10:00—1:00 Bridge Club	5 9:00—9:45 Qi Gong 10:00—11:30 Tai Chi	6 9:30—12:30 Legal Aid 11:00—12:00 Chair Yoga 1:00—3:30 Mah Jongg 1:30—2:45 Yoga	7 10:00—11:30 Tai Chi 12:30—4:00 Tax Aid 1:30—2:45 Yoga	8 10:00—11:00 Physio Ed 1:00—2:00 Intermediate Guitar 2:00—3:30 Dance Movement Therapy
11 10:00—1:00 Bridge Club	12 9:00—9:45 Qi Gong 10:00—11:30 Tai Chi 1:00—2:00 Fabric Art Class 5:30—6:30 Grief Support Group	13 10:00—1:00 HICAP Appts 11:00—12:00 Chair Yoga 1:00—3:30 Mah Jongg 1:30—2:45 Yoga	14 10:00—11:30 Tai Chi 12:30—4:00 Tax Aid 1:30—2:45 Yoga 2:00—3:00 Singing Group	15 10:00—11:00 Physio Ed 10:00—12:00 Writer's Group 1:00—2:00 Intermediate Guitar 2:00—3:30 Dance Movement Therapy
18 10:00—1:00 Bridge Club	19 9:00—9:45 Qi Gong 10:00—11:30 Tai Chi	20 11:00—12:00 Chair Yoga 1:00—3:30 Mah Jongg 1:30—2:45 Yoga	21 10:00—11:30 Tai Chi 12:30—4:00 Tax Aid 1:30—2:45 Yoga	22 10:00—11:00 Physio Ed 1:00—2:00 Intermediate Guitar
25 10:00—1:00 Bridge Club	26 10:00—11:30 Tai Chi 3:30—4:30 Tech Tuesday 5:30—6:30 Grief Support Group	27 11:00—12:00 Chair Yoga 1:00—3:30 Mah Jongg 1:30—2:45 Yoga	28 10:00—11:30 Tai Chi 12:30—4:00 Tax Aid 1:30—2:45 Yoga 2:00—3:00 Singing Group	29 10:00—11:00 Physio Ed 1:00—2:00 Intermediate Guitar

Donor Recognition

Our deepest appreciation goes out to those who made contributions in the months of September, October, November 2023. Your donations in support of HELP's programs are valued greatly and we sincerely thank you.

If you have any questions regarding donations, please call Megan Telfer at (805) 646-5122.

Robert and Carole Adams	Maggie Kaufman	Robert Rosenthal
Richard and Susan Amend	Marilyn Kinyon	Rotary Club of Ojai West
American Legion Auxiliary Post 482	Jeff and Lyn Kustal	Randy and Renee Roth
Terry Arousse	Brandon Laborde	Bud and Christine Rowe
Barbara Barry	Jonathan and Linda Lambert	Louise Sandhaus
Briana Beebe	Catherine Lee	Jo Schaden
Steve Bennett and Leslie Ogden	Douglas Levee	Gary Schumacher
Connie Biggers	E Devitt and Larry Liptak	Jim Seebirt
Bonnie Bishop	Carrie McGurn	Ernie Seidenkranz
Linda Bogart	Madge McKee	Charley and Sandra Sledd
Bob Bonewitz and Ruth Lasell	Peggy Melton	Charlie Snyder
Barbara Bowman	Drew Moody	Duane and Azar Storhaug
Allen and Theresa Bridges	Sylvia Narula	Kathleen Straube
Mike Briley	Keith and Victoria Nightingale	Margo Svikhart
Jim and Fran Christiansen	Bruce and Linda Nofrey	Swanner Physical Therapy
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Mike and Jody Cromer	Steven North and Becky Beckett	John and Caroline Thacher
Barbara Crowder	Bill Nugent	Sharon Thames
Tony and Penny Cuccio	Ojai Presbyterian Church	Bill Thatcher
Leslie Daily	Ojai United Methodist Church	Lyn Thomas
The Francis & Pauline Duffy Trust	Ojai Valley Community Church	Michelle Thomas
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Chris Gonzales	Pinyon	
Andrew and Judith Gustafson	Norman and Danon Plott	
Julie Hahn	Marty and Barbara Pops	
Randy Haney	Robert Porter	
Jill and Gerben Hoeksma	Anna Porter Rhoda	
Barbara Hoffman	Darrell and Kara Ralston	
Jeff Holland	Gregory Resnick	
John and Jo Ann Howard	Lois Jean Robinson	

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If you have any questions regarding donations, please call Megan Telfer at (805) 646-5122.

In Memory

In memory of Mirko Basich

Silvia Basich

In memory of Bruce Hibberd

Virginia Hibberd

In memory of Clive Leeman

John and Ann Mason

In Honor

In honor of Keiran Leogrande

Lori Eddo

In honor of George Gray

Doug Gray

In honor of our parents, Bob & Denise Messer and

John & Norma Magill

Patrice Magill

In honor of Bill Miley

Dan Miley

In honor of Heidi Whitman

Katherine Wertheim

HELP of Ojai, Inc.

P.O. Box 621

Ojai, CA 93024

ADDRESS SERVICE REQUESTED



HELP of Ojai, Inc. — *Neighbors HELPing Neighbors*

If you would like to be removed from the Community Bulletin mailing list, or wish to receive your Bulletin via email, please call Maria at (805) 646-5122 or email her at mariad@helpofojai.org.