



HELP of Ojai, Inc.

Oct/Nov/Dec 2023

Neighbors HELPing Neighbors

Community Bulletin

A Word From Megan Telfer, Co-Executive Director

Dear Friends,

It's Fall Y'all! Here at HELP we are preparing for all of our holiday programs – they will be here before you know it! We've highlighted some of the season's special events and programming below:

HELP of Ojai Annual Membership Meeting

We are very excited to announce that the Annual Meeting will be hosted *in-person*, at West Campus. We invite the community to our Senior Nutrition Program Congregate lunch on Wednesday, November 8th at 11:45am to hear about what we accomplished during the 2022-2023 fiscal year. Congregate lunch is served at West Campus, 370 Baldwin Road. We hope you'll join us!

Thanksgiving Dinner

HELP will also be hosting our Annual Thanksgiving Dinner on Thursday, November 16th at 5:30pm at West Campus, 370 Baldwin Road. This is the first dinner hosted since 2019, and staff are happy to bring back the tradition of fellowship during the holiday season. We hope the community will join us in honoring this HELP tradition. The dinner will be accompanied with a small raffle and the turkey dinner will be \$10.00/plate.

Holiday Tree

Each year HELP of Ojai lights the tree at the Y adjacent to Vons. The tradition holds that the lights are honoring and/or remembering someone special to the donor. If you would like to participate and help us light the tree this year, you can mail a check or make payment via the website. Please list the name of the honoree and we will publish their name in the December 29th Ojai Valley News.

Holiday Food Drive

With the holidays around the corner, we anticipate an increase in our pantry food box distribution. If you would like to donate to our pantry, non-perishable foods can be dropped off at 108 S. Montgomery St. In addition to nonperishable canned goods, we love to give families cooking staples like cooking oil, sugar, baking items and laundry detergent. Please call the CAP office at 805-640-3320 if you have any questions

All of these events (and more!) can be found on our website, via the calendar page. Please check it out if you haven't already: www.helpofojai.org. We hope to see you at one of our fall events!

Best,

Megan Telfer
Co-Executive Director

Oct/Nov/Dec 2023 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 January, February and March 2024.

Unless specified, there is a \$5.00 suggested donation per a class. To register for any of the following classes, please call (805)646-5122.

The appointment necessary activities at Montgomery Street for October/November/December:

AARP Smart Driving Course will be held on Monday, November 6th & Tuesday, November 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.

HICAP - 2024 Medicare Changes Presentation will take place on Wednesday, October 18th from 1:00pm-2:00pm. The Ventura County Area Agency on Aging will be reviewing Medicare changes for 2024. Please call (805)646-5122 to reserve a spot.

HICAP - 2024 Medicare Open Enrollment will take place on Thursday, November 9th from 10:00am-1:00pm. The Ventura County Area Agency on Aging will be hosting One-Stops to assist local residents with navigating 2024 Medicare Open Enrollment. Call Ventura County Area Agency on Aging at (805)477-7300 to reserve 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 art-making. All skill levels are welcome, no previous experience required. All materials will be provided. Classes will be held on three consecutive Mondays: October 16th, 23rd, and 30th from 1:00pm-3:00pm. Please call (805)646-5122 to reserve a spot. Space is limited to 10 people.

Red Cross Earthquake Preparedness Presentation will be held on Monday, October 23rd from 1:00pm-2:00pm. The program is designed to help people understand, prepare for, and respond appropriately to earthquakes. Build confidence by learning simple steps you can take now, to help prepare and protect your family. Please call (805)646-5122 to reserve a spot.

Skin Cancer Check with Dr. Thacher will be held Tuesday, October 3rd from 8:30am-9:45am. Please call (805)646-5122 to book an appointment.

Yoga at HELP of Ojai is a 7-week series being held on Wednesdays and Thursdays from 1:30pm-2:45pm from November 1st until December 21st. There will be no yoga the week of Thanksgiving (Nov. 22/23). The class is taught by certified Yoga instructors. Registration for this session will be on Friday, October 27th from 9:00am-10:00am. You must be present to register. The cost is \$53.00 for the 7-week series and is available to Ojai Valley residents who are 55 years or older. Please call (805)646-5122 for more information.

The drop-in classes and activities held at Montgomery Street for October/November/December:

Breast Cancer Support Group meets on the fourth Wednesday of the month from 6:00pm-7:15pm. This facilitated peer group is an opportunity to feel connected with others sharing a similar experience. Gain information, advocacy skills, insights, and tools to navigate the outer and inner journey with greater ease, calm, and connection. Open to all anywhere on the continuum from newly diagnosed, in or having completed treatment, and/or living with breast cancer. Call Susan Kapadia at (805)646-6433 for more information.

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

Cancer Support Group meets on the second Wednesday of the month from 6:00pm-7:15pm. This cancer support group provides a safe space to connect with others coping with any type and stage of cancer and is led by a medical social worker who provides emotional and practical support. Call Susan Kapadia at (805)646-6433 for more information.

Oct/Nov/Dec 2023 Activities continued...

Chair Yoga will be held on Wednesdays from 11:00am-12:00pm. Join Tucker Adams, a certified yoga instructor, for a yoga practice designed to move and stretch the body.

Creative Writing Group meets on the 1st and 3rd Friday from 10:00am-12:00pm. The remaining Fridays will be held via Zoom.

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 Jongg 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 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. No classes in December.

Qi Gong will be held in October on Tuesdays from 9:00am-9:45am. Classes are taught by Jan Reason, a certified instructor in the tradition of "Chi-Lel" Qi Gong. No experience is required. No class October 17th, and 31st.

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! To learn more, please call (805)646-5122.

◆ PROGRAM UPDATES ◆

Community Assistance Program (CAP)

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

The Community Assistance Program is heading into our busiest season of the year! We will begin signing families up for our Thanksgiving and Adopt-A-Family programs on October 3rd.

In November, we will partner with Ojai Presbyterian Church, The Well Church, and Boy Scout Troop 504 to distribute Thanksgiving food boxes to more than 150 households. Many food drives happen throughout the holiday season, which helps stock our food pantry— thank you! We will continue signing up families for our Adopt-A-Family program as well as signing up vulnerable seniors for our Adopt-A-Senior program.

In December we will distribute our Adopt-A-Family gifts to the families and deliver the Adopt-A-Senior gifts.

If you are interested in donating a Thanksgiving food box to a family in need this holiday season, here is a list of the most needed items:

- | | | | |
|------------------|------------------|----------------------|--------------------------|
| -Turkey stuffing | -Biscuit mix | -French fried onions | - Cream of mushroom soup |
| -Cranberry sauce | -Mashed potatoes | -Gravy mix | -Candied Yams |
| -Evaporated milk | -Canned pumpkin | -Pie crust | |

If you are interested in Adopting a Family or a Senior this holiday season, please email or call Whitney Nunes at whitneyn@helpofojai.org or 805-640-3320. If you are interested in helping with our Thanksgiving program or would like to donate food, please reach out to Alicia Rodriguez at aliciar@helpofojai.org or 805-640-3320.

◇ PROGRAM UPDATES ◇

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

As we welcome the cooler weather, we also are mindful that it is also cold and flu season. If you are not feeling well, we kindly ask that you do not ride the vans to protect the health of other riders. If you need a ride to a doctor's appointment to get a booster shot or vaccination, we will be happy to put you on the schedule.

This fall we welcome two new volunteer drivers, Marisa and David. Both are a great addition to our transportation program. We are currently looking for more drivers; please consider volunteering to help serve your community. Our volunteer drivers transported over 600 riders to their necessary appointments in the month of August. HELP could not provide this service without our volunteers!

In August we were able to transport riders from CMH's Continuing Care Center so they could enjoy the Ventura County Fair. Thank you, Greg and Tim for volunteering to drive for this event!

HELP of Ojai's Transportation will be assisting other non-profits with their transportation needs this fall. In November, we will be partnering with The Montessori School of Ojai on their 50th Anniversary Celebration and the Ojai Holiday Home Tour and Marketplace.

Please take note of the days that HELP of Ojai's transportation will be CLOSED:

Friday, Nov. 10th – Veteran's Day

Thursday, Nov. 23rd & Friday, Nov. 24th – Thanksgiving

Monday, Dec. 25th – Christmas Day

Monday, Jan. 1st – New Year's Day

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

Our 2nd HELPings Donation Center at our West Campus facility is open Thursday through Saturday from 9:00am-2:00pm. No appointment necessary! We reserve the right to refuse items that are unsellable or in poor condition.

Our remaining First Saturday Sales of the 2023 will be held on October 7, November 4 & December 2, from 8:00am-12:00pm. There is no sale in January. The donation center will be closed Thursday, November 23rd, and Friday, November 24th. In addition to our sale, we will be hosting a pancake breakfast on October 7th! Please join us!

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

Happy Fall! As the weather and outdoor scenery changes, so does our wardrobe and home décor. We have beautiful home pieces to add texture and sparkle to your living space, as well as incredible sweaters and coats to add warmth and coziness to these chilly evenings.

Come join us at the store Saturday, October 28th to celebrate our beloved shop-dog Ladybug's 9th birthday! We will have doggy treat bags for all our favorite furry friends, as well as local pet friendly recommendations.

The holidays are right around the corner! Create your own unique and fun Halloween costume with a great selection of clothing, hats, jewelry, and shoes for all ages. Do you have all the right kitchenware and gadgets to prepare food for family and friends this Thanksgiving? Baking dishes? Pyrex? Measuring cups? Sharp knives? Coffee maker? Always check the thrift store first before buying anything new! The thrift store will be overflowing with decorations and ornaments and gift giving ideas starting after Thanksgiving.

The store is open Tuesday-Saturday 10-5 and Sunday 11-3. We will be closed, November 23rd, and Friday, November 24th.

HELP of Ojai Monthly Activities Calendar for October 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>10:00—1:00 Bridge Club</p>	<p>3</p> <p>8:30—9:45 Skin Cancer Check 9:00—9:45 Qi Gong 10:00—11:30 Tai Chi</p>	<p>4</p> <p>9:30—12:00 Legal Aid Appointments 11:00—12:00 Chair Yoga 1:00—3:30 Mah Jongg 1:30—2:45 Yoga</p>	<p>5</p> <p>10:00—11:30 Tai Chi 1:30—2:45 Yoga</p>	<p>6</p> <p>10:00—12:00 Writer's Group 10:00—11:00 Physio Ed 1:00—2:00 Intermediate Guitar</p>
<p>9</p> <p>10:00—1:00 Bridge Club</p>	<p>10</p> <p>9:00—9:45 Qi Gong 10:00—11:30 Tai Chi 5:30—6:30 Grief Support Group</p>	<p>11</p> <p>11:00—12:00 Chair Yoga 1:00—3:30 Mah Jongg 1:30—2:45 Yoga 6:00pm—7:15pm Cancer Support Group</p>	<p>12</p> <p>10:00—11:30 Tai Chi 1:30—2:45 Yoga 2:00—3:00 Singing Group</p>	<p>13</p> <p>10:00—12:00 Writer's Group via Zoom 10:00—11:00 Physio Ed 1:00—2:00 Intermediate Guitar</p>
<p>16</p> <p>10:00—1:00 Bridge Club 1:00—3:00 Painting with Nox</p>	<p>17</p> <p>10:00—11:30 Tai Chi</p>	<p>18</p> <p>11:00—12:00 Chair Yoga 1:00—2:00 HiCAP Changes Presentation 1:30—2:45 Yoga</p>	<p>19</p> <p>10:00—11:30 Tai Chi 1:00—2:00 BINGO! 1:30—2:45 Yoga</p>	<p>20</p> <p>10:00—12:00 Writer's Group 10:00—11:00 Physio Ed 1:00—2:00 Intermediate Guitar</p>
<p>23</p> <p>10:00—1:00 Bridge Club 1:00—2:00 Red Cross Earthquake Presentation 1:00—3:00 Painting with Nox</p>	<p>24</p> <p>9:00—9:45 Qi Gong 10:00—11:30 Tai Chi 5:30—6:30 Grief Support Group</p>	<p>25</p> <p>11:00—12:00 Chair Yoga 1:00—3:30 Mah Jongg 6:00pm—7:15pm Breast Cancer Support Group</p>	<p>26</p> <p>10:00—11:30 Tai Chi 2:00—3:00 Singing Group</p>	<p>27</p> <p>9:00—10:00 Yogastration 10:00—12:00 Writer's Group via Zoom 10:00—11:00 Physio Ed 1:00—2:00 Intermediate Guitar</p>
<p>30</p> <p>10:00—1:00 Bridge Club 1:00—3:00 Painting with Nox</p>	<p>31</p>			

HELP of Ojai Monthly Activities Calendar for November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		9:30—12:00 Legal Aid Appointments 11:00—12:00 Chair Yoga 1:00—3:30 Mah Jongg 1:30—2:45 Yoga	1:30—2:45 Yoga	10:00—12:00 Writer's Group 10:00—11:00 Physio Ed 1:00—2:00 Intermediate Guitar
6	7	8	9	10
9:00—1:00 AARP SMART DRIVING	9:00—1:00 AARP SMART DRIVING	11:00—12:00 Chair Yoga 1:00—3:30 Mah Jongg 1:30—2:45 Yoga 6:00pm—7:15pm Cancer Support Group	10:00—1:00 Medicare Open Enrollment 1:30—2:45 Yoga 2:00—3:00 Singing Group	10:00—12:00 Writer's Group via Zoom 10:00—11:00 Physio Ed 1:00—2:00 Intermediate Guitar
13	14	15	16	17
10:00—1:00 Bridge Club	5:30—6:30 Grief Support Group	11:00—12:00 Chair Yoga 1:00—3:30 Mah Jongg 1:30—2:45 Yoga	1:30—2:45 Yoga	10:00—12:00 Writer's Group via Zoom 10:00—11:00 Physio Ed 1:00—2:00 Intermediate Guitar
20	21	22	23	24
10:00—1:00 Bridge Club		No Chair Yoga No Yoga 1:00—3:30 Mah Jongg 6:00pm—7:15pm Breast Cancer Support Group	CLOSED THANKSGIVING	OFFICE CLOSED
27	28	29	30	
10:00—1:00 Bridge Club	5:30—6:30 Grief Support Group	11:00—12:00 Chair Yoga 1:00—3:30 Mah Jongg 1:30—2:45 Yoga	1:30—2:45 Yoga	

HELP of Ojai Monthly Activities Calendar for December 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10:00—12:00 Writer's Group 1:00—2:00 Intermediate Guitar
4 10:00—1:00 Bridge Club	5	6 9:30—12:30 Legal Aid 11:00—12:00 Chair Yoga 1:30—2:45 Yoga 6:00pm—7:15pm Cancer Support Group	7 1:30—2:45 Yoga 2:00—3:00 Singing Group	8 10:00—12:00 Writer's Group via Zoom 1:00—2:00 Intermediate Guitar
11	12 5:30—6:30 Grief Support Group	13 11:00—12:00 Chair Yoga 1:30—2:45 Yoga	14 1:30—2:45 Yoga	15 10:00—12:00 Writer's Group via Zoom 1:00—2:00 Intermediate Guitar
18	19	20 11:00—12:00 Chair Yoga 1:00—3:30 Mah Jongg 1:30—2:45 Yoga 6:00pm—7:15pm Breast Cancer Support Group	21 1:30—2:45 Yoga 2:00—3:00 Singing Group	22 10:00—12:00 Writer's Group via Zoom 1:00—2:00 Intermediate Guitar
25 CLOSED CHRISTMAS	26 5:30—6:30 Grief Support Group	27 1:00—3:30 Mah Jongg	28	29

Donor Recognition

Our deepest appreciation goes out to those who made contributions in the months of June, July and August 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.

Ross and Patty Atkinson	Sean McDermott	Lorraine West
Ursula Baertschi	Peggy Melton	Huora Williams
Les and Mary Baker	Phyllis Metz	Karl Windinwood
Gary Barnhart	Robin Nahin	Mona Zaidi
Steve Bennett and Leslie Ogden	Sylvia Narula	Dudley and Mareen Zoll
Debe Bloom	Bruce and Linda Nofrey	Cauze Charitable Fund
Jim and Fran Christiansen	Bill and Linda Nugent	Lions Club of Ojai Valley
Joseph and Linda Clark	Sarah Otterstrom and Rick Rutherford	Noble Myerhoff Family Charitable Fund
Sharon Cline	Tania and Tobias Parker	Ojai Presbyterian Church
Neil Cole	John and Fran Pavelko	Ojai United Methodist Church
Corbetta Collette	Tonya and John Peralta	Ojai Women's Fund
Christina Colombo	Antonio Pizano	The Scout Fund
Mike and Jody Cromer	Robert Porter	McCormick Family Charitable Fund
Jack and Norma Curtis	Dennis and Janice Prairie	
Deirdre Daly	Norman and Susan Reccius	
Laurel Dekker	Hayley Robertson	
Randy DeSmidt	Breal Rowe	
Pat and Julie Dexter	Louise Sandhaus	
Diana Feinberg	Peter and Bonnie Scharff	
Kathryn Fellows	Larry Scott	
Margaret Fortune	Jim and Connie Seebirt	
James and Kathleen Franklin	Sara Slater	
Roberta Gehr	Charley and Sandra Sledd	
Andrew Gilman	Carol Smith and Larry Yuva	
Chris and Cathy Gonzales	Gerald Stanek	
Charles Grove	Joe and Frances Stevens	
Randy Haney	Duane and Azar Storhaug	
Dale Hanson	Margo Svikhart	
Barbara Hoffman	Philip and Vallie Telfer	
Marc and Jan Key	Caroline Templeton	
Marilyn Kinyon	Sharon Thames	
Robert Latker	J P Townsend	
Eugene Le May	The Richard and Marvil Dickason Trust	
Jan Lewis	Phill and Judy Walker	
Katherine Mack	Ed and Marguerite Webster	

Donor Recognition

Our deepest appreciation goes out to those who made contributions in the months of June, July and August 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.

In Memory

In memory of John and Shirley Kara

John Kara Jr. and family

In memory of Richard Paige, Carl Huntsinger, Fred Keeler II, Robert Chesley, Robert Miller

Fred Keeler

In memory of Catherine Scholle Maulhart

Law offices of Lowthorp, Richards, McMillan,
Miller & Templeman

In memory of Jack Saenz

Ruth Milner

In memory of Pierre Schuberth

Christian Ronquillo

In memory of Jim Loebel

Barbara Rosston

In memory of Ken and Ester Downing

Carol Skaggs

In memory of John Broesamle

Susie Ault and Bill Brothers

In memory of Paul and Wanda Brakebill

Bob and Valerie Tholl

In memory of John Broesamle

Charley and Sandra Sledd

In Honor

In honor of Mark and Kathy Bodycombe

Karl and Gabi Becker

In honor of Dorothy Loebel

Maggie Kaufman

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.

Honor a loved one: HELP of Ojai Holiday Tree

Each year HELP of Ojai lights the tree at the Y adjacent to Vons. The tradition holds that the lights honor and/or remember someone special to the donor. If you would like to participate and help us light the tree this year, please mail a donation (address below) or make a donation through our website. Please include the name of the honoree in the notes section of your check or payment, along with the words "Tree Appeal", and we will publish their name in the December 29th Ojai Valley News.

HELP of Ojai
PO Box 621
Ojai, CA 93024
www.helpofojai.org