



Community Bulletin

Deadly Falls in Older Americans Are Rising. Here's How to Prevent Them.

The rate of deaths after falls is rising for people over 75. But falls are avoidable for most seniors. As the population ages, the number of older Americans who die following a fall is rising. A study published in the medical journal JAMA found that for people over 75, the rate of mortality from falls more than doubled from 2000 to 2016. Elizabeth Burns, a health scientist at the Centers for Disease Control and Prevention, who was an author of the study, said the reason for the increase was unclear. "The most likely reason is that people are living longer with conditions that in the past they might have died from," she said. In addition, she continued, older adults are on medications that increase their risk of falling. Women are slightly more likely to fall than men, but men are slightly more likely to die as a result of a fall. "The take-home message is that falls kill," said Dr. Lewis Lipsitz, a professor of medicine at Harvard Medical School and director of the Marcus Institute for Aging Research at Hebrew SeniorLife, a housing, research and health care organization in the Boston area. He was not involved in the study.

Although the trend is disturbing, falls needn't be an inevitable part of aging, and they are preventable. "The biggest risk factor for falls that can't be changed is your age," said Dr. Elizabeth Eckstrom, a geriatrician at Oregon Health & Science University. "Most of the other risks can be mitigated."

Here are some measures you can take to help prevent a fall...

Exercise!

Dr. Lipsitz emphasized the importance of incorporating exercise into a daily routine. He suggested at least 20 minutes a day, combining aerobic and anaerobic exercise. Weight lifting, particularly for strengthening the legs, is a good idea, he said. Tai chi, the Chinese martial art, appears to be an effective way to improve balance. It involves very slow, purposeful movements in coordination with breathing and muscle activity. A study published last year found that among adults over 70 who practiced tai chi twice a week for an hour, the incidence of falls was reduced by 58 percent. Dr. Eckstrom, one of the study's authors, said the participants in the study did tai chi twice a week for an hour over a six-month period. "When you fall, your body has not figured out how to stay posturally stable, and tai chi helps with that," Dr. Eckstrom said. "With a lot of the classic tai chi moves, you make a fairly large step out, or to the side. Or you lean forward, with your trunk. You're putting yourself in a position of almost falling." All of this, she added, trains the body to remain stable when put in an off-kilter position.

Mind Your Meds

Medications, especially those that help with sleep, can compromise balance. Dr. Eckstrom said benzodiazepines such as Valium and Xanax are especially bad. "Metabolism slows in older adults, so toxicity to benzos builds up, which can cause dizziness," she said. The same goes for non-benzodiazepines such as Ambien. Sedating antihistamines such as Benadryl and Advil PM are also bad for balance. "If everybody got off the sleeping pills, it would help a lot," Dr. Eckstrom said. As an alternative, she recommended melatonin to her patients, which she called a safe and effective sleep aid.

Continued on back page...

July/August Activities Update • Little House, 111 W. Santa Ana Street, Ojai • (805) 646-5122

HELP of Ojai offers activities to meet the interests 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. Unless specified, all classes are donation-based. Please notice the Activity Calendar is a two-month format. Please keep it through August when the next calendar will be published for September and October 2019.

The appointment-necessary or series-based activities beginning at Little House for July/August are:

AARP Smart Driving Course on Monday and Tuesday, July 8th and 9th, from 9:00am-1:00pm. Cost is \$15 for AARP Members/\$20 for non-AARP members. Make checks payable to AARP and give to your instructor. Register in advance at Little House 646-5122.

Breath and Movement will be on Wednesdays from 10:00-10:45. This class is geared towards people with Parkinson's, but all are welcome to join. Donation based class.

Fire and Burn Prevention for Seniors Workshop with the Grossman Burn Center and Foundation will be held on Wednesday, July 24 from 9:30am-10:30am at Little House. Call 646-5122 for more information.

Foot Care Nail Trimming & Leg Massage available 2nd and 3rd Tuesday of the month. Cost is \$15. Please call 646-5122 for an appointment.

Grey Law LIFE (Legal Assistance For the Elderly) Class will be held on Tuesday, July 16th from 10:00am-12:00pm. The class covers a variety of topics, including identifying legal needs; Grandchildren and legal relationships, Elders at Risk; Legal Documents for Elders; Resolving Housing Disputes; Communication, Hiring Legal Professionals; When to use the Court System and Community Resources.

HICAP (Health Insurance Counseling & Advocacy Program) appointments are available on Tuesdays, from 8:15am-9:45am and Thursdays, from 11:00am-2:00pm. This program provides free and objective information and counseling about Medicare. Please call 646-5122 for an appointment. No HICAP counseling on Thursday, July 4th.

HICAP Presentation covering Annual Notice of Change Letters, Medicare changes, and Managing Personal Information will be held on Thursday, August 15th, from 1:00-2:00. Please call 646-5122 to register for your spot.

Skin Cancer Check with Dr. Thacher will be held Tuesday, July 16th, 8:30am-9:45am. Please call 646-5122 for an appointment.

Tai Chi: Moving for Better Balance is a 12 week, evidence-based class offered by the VCAAA Fall Prevention Program on Tuesdays and Thursdays from 10:00-11:30. No class will be held on Thursday, July 4th. \$5.00 suggested donation per a class.

The drop-in classes and activities held at Little House available in July/August are:

Bridge Group meets Monday and Thursday from 9:00am-12:00pm. Both groups are looking to expand, if interested please call for more information or stop by Little House.

Creative Writing Group meets Thursdays from 10:00am-12:00pm. A self-guided group.

Guitar meets Fridays, 1:00pm-2:00pm, for intermediate. Learn guitar in a supportive environment. Cost is \$5.00 per class. Drop-ins welcome.

Mah Jongg Group meets Wednesdays from 1:00pm-3:30pm. A self-guided, social group.

Parkinson's Support Group meets Tuesday, July 9th & August 13th from 1:30pm-3:30pm. Occasional guest speakers.

Qi Gong on Tuesdays from 9:00am-9:45am with Jan Reason. Suggested Donation of \$5.00 per class.

Yoga Registration for Session One will take place on Friday, August 23rd, at 9:00AM until all spots are filled. Session One dates are 9/10 & 9/11 to 10/15 & 10/16. Please be courteous and avoid registering if you are not able or planning to attend ALL classes in the six-week series; space is extremely limited, and our goal is to give EVERYONE a chance to experience the benefits of this program. Registration is non-refundable and non-transferrable.

Activities held at West Campus, 370 W. Baldwin Rd., Ojai (805) 649-9218 for July/August are:

Adult Bereavement Support Group meets each Tuesday from 10:30am-12:00pm in the Support Center Conference Room.

Grey Law at West Campus on Wednesday, July 17th & August 21st from 9:00am-12:00pm. Please call 658-2266 for an appointment.

The Caregiver's Haven Support Group now meets at the Gables of Ojai on the second and fourth Monday of each month. Please join us on Monday, July 9th & 23rd and August 13th & 27th from 10:00am-11:30am. Please call Deirdre at 640-5717 for more information.

Future classes to look for are (continued on next page):

AARP Smart Driving Course is a Two-day course that will be held on Monday, September 9th and Tuesday, September 10th from 9:00am-1:00pm. Cost is \$15 for AARP Members/\$20 for non-AARP members. Make checks payable to AARP and give to your instructor. Register in advance at Little House 646-5122.

Future classes to look for are (continued):

Chair Yoga will resume on Wednesday, September 11th from 11:00-12:00 at Little House. Designed for seniors with very limited mobility. Certified instruction. \$5.00 suggested donation per a class.

Elderhood: Alchemy of Change is an invitation to explore together the terrain of passage. We will call forth our wisdom and inventive ideas creating a well of resources to draw upon as we navigate this transit. We will utilize perspectives that stretch us beyond our habitual modes of responding and seek to source our creative and alchemical responses to life that uphold and substation us in claiming the rich legacy of our elder years. The class is process oriented and the sessions build upon each other. Regular attendance is requested. Classes will be held on Thursdays from 2:00-4:00 from 10/10 to 11/21. Space is extremely limited, please call 646-5122 for more information or to sign up.

Intermediate Spanish will take a break in July and August and will return in September on Mondays from 10:30-12:00. \$5.00 per a class.

OSHER Lifelong Learning Institute will hold a fall session on Fridays from September 13th to November 1st from 10:00-12:00 at Little House. For more information or to sign up contact OSHER directly at 949-541-1403 or OLLI@uci.edu.

Skin Cancer Check with Dr. Thacher on Tuesday, September 10th, 8:30am-9:45am. Please call 646-5122 for an appointment.

Yoga Registration for the second fall session will be held on Friday, October 18th at Little House at 9:00AM until all spots are filled. Please be courteous and avoid registering if you are not able or planning to attend ALL classes in the six-week series; space is extremely limited, and our goal is to give EVERYONE a chance to experience the benefits of this program. Registration is non-refundable and non-transferrable.

Yoga will hold Two sessions this fall on Tuesdays and Wednesdays at Ojai Yoga Shala with certified instructors. Session One dates are 9/10 & 9/11 to 10/15 & 10/16.

◆ PROGRAM UPDATES ◆

West Campus • Kerry Ballantine Bensen • 370 W. Baldwin Rd., Ojai • (805) 649-9218

HELP's West Campus is open to the public Monday through Friday, from 8—4 and Saturday, from 9—3. The campus is closed to the public on Sundays. If you are interested in volunteering some of your time at West Campus, or have any general questions, please feel free to call Kerry Ballantine Bensen at 649-9218.

Senior Nutrition Program • Barbara O'Grady, Program Director

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

HELP's Senior Nutrition Program serves lunch Monday through Friday at noon. Suggested donation is \$3.00 per meal. Home Delivered Meals are also available through our Senior Nutrition Program. To qualify, recipients must be 60 years of age or older and homebound by reason of function and/or disability and/or isolation.

Barbara will be handing out Senior "Vouchers", provided by the Ventura County Area Agency on Aging at the Ojai Farmer's Market July 7th.

HELP's Senior Nutrition Program is in need of volunteers. We are looking for individual to help prepare meals in our West Campus kitchen for our homebound clients and noon congregate diners. We also need drivers to delivery noon meals to our homebound clients. Shifts are general 2-3 hours, one time per week, or more if you'd like. If you are interested, please contact Barbara at 649-2018.

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

2nd HELPings Donation Center • Tobias Minniear • 370 W. Baldwin Road, Ojai • (805) 649-8750

2nd HELPings Thrift Store, 841 E. Ojai Avenue, Ojai, CA 93023. The phone number is (805) 646-5812. The store is open Monday – Friday, 9:00—4:00, and Saturday, 10:00—4:00.

2nd HELPings Donation Center, 370 Baldwin Road, Ojai, CA 93023. For information please call (805) 649-8750.

Donation Center is open for drop-offs Wednesday – Saturday, 9:00—3:00.

2nd HELPings 1st Saturday Sale, 370 Baldwin Road, Ojai, CA 93023. There is no sale in July. The next sale will be held Saturday, August 3rd, 2019.

Transportation • Tina Rosas, Transportation Director • (805) 646-7787

As the summertime and heat waves roll in we are so appreciative of our volunteer drivers and their never-ending commitment to our riders and HELP of Ojai as a whole. We have increased our ridership by so many each week – whether it’s to the doctor, grocery shopping, Tai Chi at Little House or the favorite – congregate meals at West Campus. Please don’t hesitate to call if you’d like to set up a ride or volunteer to drive (we are always looking for drivers).

Thank you!

Oak Tree House Adult Day Support Center • Erin Miller, Program Coordinator • (805) 646-0161

Adult Day Care is an often misunderstood concept. In our society, many believe the continuum of care for frail elders and those suffering from dementia and related illnesses is to move from independent living to fully supervised care; either in-home 24-hour care or 24-hour residential care. Adult day care, such as that provided at HELP of Ojai’s Oak Tree House program, is designed to maintain and/or improve an aging seniors’ potential for ongoing self-sufficiency rather than taking the leap to 24-hour in-home or residential care. For some seniors and families, it can be the second step in the continuum of care for aging seniors and those with dementia. Adult day care is designed to help adults stay active and involved in the world around them while remaining with their family. Those choosing adult day care over in-home or residential care for family members are seeking to find balance between keeping family members at home for as long as long as possible and maintaining other components of their personal and professional lives. In that balance, respite is as vitally important to the families and caregivers as it is to the senior. Oak Tree House’s daily programs are designed to meet the physical, social and intellectual stimulation imperative to keeping frail seniors and dementia sufferers vital and active in their daily lives. For the participants, Oak Tree House is not just a program, it is a place to visit friends and provides a sense of warmth and belonging. For the families of the participants, there is security in knowing their loved ones are being provided with the quality of care they need. If you have a friend or family member who might benefit from our services, please call Erin Miller at (805) 646-0161.

**Community Assistance Program • Kesha Davis, Program Director
(805) 640-3320 • 108 Fox St., Ojai 93023 • Fax: (805) 640-3322**

Expanding CalFresh to SSI/SSP Recipients

Beginning Summer 2019, individuals receiving or authorized to receive Supplemental Security Income (SSI)/ State Supplemental Payment (SSP) are eligible for CalFresh, provided all other eligibility criteria are met. To learn more and to see if you qualify for these food benefits, visit GetCalFresh.org or call (877) 847-3663. CAP Case Managers can help you apply online. Please call (805) 640-3320 to schedule an appointment.

Pantry Food Box

The CAP office recently conducted a survey in which clients were asked which items in their monthly food box were most useful. This data will be used to guide what items are included in the food boxes and honor the needs of our community. As always, we are incredibly grateful to those who donate to our food pantry and continue to support our program. The top ten items are as follows:

- | | |
|-----------------|------------------|
| 1. Tuna fish | 6. Cookies |
| 2. Canned soup | 7. Condiments |
| 3. Pasta sauce | 8. Spaghetti |
| 4. Canned fruit | 9. Peanut butter |
| 5. Crackers | 10. Cereal |

CAP Summer Hours

Beginning July 1st, CAP will offer extended hours Tuesday through Thursday and the office will close every other Friday. Please call our office or pick up a monthly schedule at 108 Fox Street.

Monday: 9am-12pm

Tuesday, Wednesday Thursday: 8:30-5:00pm, closed from 12-1 for lunch

Friday: 8:30-12:00pm / CLOSED July 5th and 19th; August 2nd, 16th and 30th

Our deepest appreciation to those who made contributions in the months of April and May, 2019.

Your donation in support of HELP's programs is valued greatly.

Contributions and Memorials will be published two months from date of receipt at HELP of Ojai.

If your name is misspelled or omitted, please call Kerry Ballantine Bensen at 649-9218.

☞ *You may send your Memorial or General Operating Fund contributions to: HELP of Ojai, Inc., P.O. Box 621, Ojai, CA 93024* ☞

Phil and Tucker Adams	Bill and Karen Evenden	Livingston Memorial Foundation	Mary Quail	Dick and Jane Weirick
Robert and Carole Adams	Franceen Fallett	Little House Bridge Group	James and Shirley Quinn	Janet Weis
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Jean Angle	Ed Farris	Little House Qi Gong Group	Helen Randopoulos	Diane White
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Harriet DiCapua	Don and Linda Law	Irene Petroff	Aging	
Geri Dimmick	Patricia Lawson	Ron and Lina Phillips	Barbara Villierme	
Adeline Dunbar	Dick and Meryilyn Lemons	Ron and Judi Polito	Colleen Vivian	
Judy Eldeb	Curt and Nancy Lewis	Elfriede Porter	Roger and Kathy Wachtell	
Elaine Ellis	Susan Lewis	Andrew and Pierette Prestridge	Phill and Judy Walker	
Frederick and Lynda Evans	Lions Club of Ojai Valley	LeGrande Pulley	Betsy Watson	

In Memory/Honor

In memory of Ian Atkinson
 Ross and Patty Atkinson
 Karen Carlson
 Derby & Derby, Inc.
 Beverly McKay
 Carol Meyer
 Dick and Teddy Schneider
 Wayne and Mary Reinert
 Lori Weitz

In memory of Carolyn Huntsinger
 Dottie Loebel

In memory of Ed and Jackie Marks
 Gail Kearney
 Shirley Marks

In memory of Jackie Marks
 Len and Pat Block
 Marge Hatton


In memory of Arlene Roper
 Dick Roper

In memory of Harold Tindle
 Louise Tindle

In honor of Sally True's birthday
 Dottie Loebel

In memory of Marvin Werber
 Marvin and Patty Hanson
 Bill and Cookie Miley
 Barbara Thornburg
 Belinda Thornburg

HELP of Ojai Monthly Activities Calendar for July 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:00—12:00 Bridge Group</p>	<p>2</p> <p>8:15— 9:45 HICAP Counseling (by appt.) 9:00— 9:45 Qi Gong 10:00—11:30 Tai Chi MBB 10:30—12:00 Adult Bereavement (WC)</p>	<p>3</p> <p>10:00—10:45 Breath and Movement Class for Parkinson's 1:00— 3:30 Mah Jongg Mavens</p>	<p>4</p> <p>Happy 4th of July! HELP of Ojai Closed</p> 	<p>5</p> <p>HELP of Ojai Closed</p>
<p>8</p> <p>9:00—12:00 Bridge Group 9:00— 1:00 AARP Smart Driving</p>	<p>9</p> <p>8:15— 9:45 HICAP Counseling (by appt.) 9:00— 9:45 Qi Gong 9:00— 1:00 AARP Smart Driving 9:00— 1:30 Foot Care (by appt.) 10:00—11:30 Tai Chi MBB 10:30—12:00 Adult Bereavement (WC) 1:30— 3:30 Parkinson's Support Group</p>	<p>10</p> <p>10:00—10:45 Breath and Movement Class for Parkinson's 1:00— 3:30 Mah Jongg Mavens</p>	<p>11</p> <p>9:00—12:00 Bridge Group 10:00—11:30 Tai Chi MBB 10:00—12:00 Creative Writing 11:00— 2:00 HICAP Counseling (by appt.)</p>	<p>12</p> <p>1:00— 2:00 Intermediate Guitar</p>
<p>15</p> <p>9:00—12:00 Bridge Group</p>	<p>16</p> <p>8:15— 9:45 HICAP Counseling (by appt.) 8:30— 9:45 Skin Cancer Check/Dr. Theater 9:00— 9:45 Qi Gong 9:00— 1:30 Foot Care (by appt.) 10:00—11:30 Tai Chi MBB 10:00—12:00 Grey Law Life Class 10:30—12:00 Adult Bereavement (WC)</p>	<p>17</p> <p>9:00—12:00 Grey Law (WC - by appt.) 10:00—10:45 Breath and Movement Class for Parkinson's 1:00— 3:30 Mah Jongg Mavens</p>	<p>18</p> <p>9:00—12:00 Bridge Group 10:00—11:30 Tai Chi MBB 10:00—12:00 Creative Writing 11:00— 2:00 HICAP Counseling (by appt.)</p>	<p>19</p> <p>1:00— 2:00 Intermediate Guitar</p>
<p>22</p> <p>9:00—12:00 Bridge Group</p>	<p>23</p> <p>8:15— 9:45 HICAP Counseling (by appt.) 9:00— 9:45 Qi Gong 10:00—11:30 Tai Chi MBB 10:30—12:00 Adult Bereavement (WC)</p>	<p>24</p> <p>9:30—10:30 Fire and Burn Prevention Class 10:00—10:45 Breath and Movement Class for Parkinson's 1:00— 3:30 Mah Jongg Mavens</p>	<p>25</p> <p>9:00—12:00 Bridge Group 10:00—11:30 Tai Chi MBB 10:00—12:00 Creative Writing</p>	<p>26</p> <p>1:00— 2:00 Intermediate Guitar</p>
<p>29</p> <p>9:00—12:00 Bridge Group</p>	<p>30</p> <p>8:15— 9:45 HICAP Counseling (by appt.) 9:00— 9:45 Qi Gong 10:00—11:30 Tai Chi MBB 10:30—12:00 Adult Bereavement (WC)</p>	<p>31</p> <p>10:00—10:45 Breath and Movement Class for Parkinson's 1:00— 3:30 Mah Jongg Mavens</p>		

HELP of Ojai Monthly Activities Calendar for August 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:00—12:00 Bridge Group 10:00—11:30 Tai Chi MBB 10:00—12:00 Creative Writing 11:00—2:00 HICAP Counseling (by appt.)	2 1:00—2:00 Intermediate Guitar
5 9:00—12:00 Bridge Group	6 8:15—9:45 HICAP Counseling (by appt.) 9:00—9:45 Qi Gong 10:00—11:30 Tai Chi MBB 10:30—12:00 Adult Bereavement (WC)	7 10:00—10:45 Breath and Movement Class for Parkinson's 1:00—3:30 Mah Jongg Masters	8 9:00—12:00 Bridge Group 10:00—11:30 Tai Chi MBB 10:00—12:00 Creative Writing 11:00—2:00 HICAP Counseling (by appt.)	9 1:00—2:00 Intermediate Guitar
12 9:00—12:00 Bridge Group	13 8:15—9:45 HICAP Counseling (by appt.) 9:00—9:45 Qi Gong 9:00—1:30 Foot Care (by appt.) 10:00—11:30 Tai Chi MBB 10:30—12:00 Adult Bereavement (WC) 1:30—3:30 Parkinson's Support Group	14 10:00—10:45 Breath and Movement Class for Parkinson's 1:00—3:30 Mah Jongg Masters	15 9:00—12:00 Bridge Group 10:00—11:30 Tai Chi MBB 10:00—12:00 Creative Writing 11:00—2:00 HICAP Counseling (by appt.) 1:00—2:00 HICAP Presentation	16 1:00—2:00 Intermediate Guitar
19 9:00—12:00 Bridge Group	20 8:15—9:45 HICAP Counseling (by appt.) 9:00—9:45 Qi Gong 9:00—1:30 Foot Care (by appt.) 10:00—11:30 Tai Chi MBB 10:30—12:00 Adult Bereavement (WC)	21 9:00—12:00 Grey Law (W.C. by appt.) 10:00—10:45 Breath and Movement Class for Parkinson's 1:00—3:30 Mah Jongg Masters	22 9:00—12:00 Bridge Group 10:00—11:30 Tai Chi MBB 10:00—12:00 Creative Writing 11:00—2:00 HICAP Counseling (by appt.)	23 9:00 Yoga Registration 1:00—2:00 Intermediate Guitar
26 9:00—12:00 Bridge Group	27 8:15—9:45 HICAP Counseling (by appt.) 9:00—9:45 Qi Gong 10:00—11:30 Tai Chi MBB 10:30—12:00 Adult Bereavement (WC)	28 10:00—10:45 Breath and Movement Class for Parkinson's 1:00—3:30 Mah Jongg Masters	29 9:00—12:00 Bridge Group 10:00—12:00 Creative Writing 11:00—2:00 HICAP Counseling (by appt.)	30 1:00—2:00 Intermediate Guitar

HELP of Ojai, Inc.
111 W. Santa Ana St.
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 Kerry Ballantine Bensen at 649-9218 or email her at kerryb@helpofojai.org.

Continued from front page...

Deadly Falls in Older Americans Are Rising. Here's How to Prevent Them.

Re-accessorize

Eyesight is a crucial component when it comes to falls. Avoid bifocal or progressive lenses when walking outside. "If you're wearing bifocals and stepping down off a curb, that changes your depth perception," said Ms. Burns, who recommends a single-focus lens for walking outside. Then there's footwear. Fashion, said Dr. Lipsitz, needs to take a back seat to function. "No high heels," he said. Dr. Eckstrom agreed. Anything the foot slides into is a terrible idea, she said: "Avoid cute slide-in sandals." All shoes should have a back, and a sole with good tread. Slippers, too, can be bad. "Slippers make you slip," said Dr. Eckstrom. Are you too proud to use a cane or walker? Get over it. "If your doctor has recommended a walker, use it," Dr. Eckstrom said. "It will allow you to be more independent for longer."

Eliminate tripping hazards

The accumulated clutter of a lifetime can be lethal. Get rid of small scatter rugs in your home and eliminate extension cords that stretch across a floor. Pets can also be a hazard. "It's so easy to trip over your pet," said Dr. Eckstrom. Take a closer look at the height of thresholds between rooms; it takes just a fraction of an inch to cause a trip. Keep a light on at night for visual access to the bathroom.

Early and often to the bathroom

Hydration is a good way to fight dizziness. Drink plenty of water throughout the day, said Dorothy Baker, a senior research scientist in geriatrics at the Yale School of Medicine. "Don't wait until you're desperate to go to the bathroom and need to rush," Dr. Baker said. There's a bonus to frequent bathroom trips, she added. "Doing that sit-to-stand is really good exercise and good for balance. Do a few extras while you're there."