Happy March,

As the clocks change this month we are all looking forward to the longer afternoons and evenings. As we enter the spring season we find people refocusing on activities that get one out into the community and experiencing this great area.

A great way to get out and experience the community is through volunteering at any of the wonderful service agencies in the valley. While we hope you come to HELP of Ojai to volunteer, there are so many worthy and helpful groups, we simply want to encourage you to get out and get involved.

At HELP of Ojai, we need your expertise as we serve hundreds of Ojai Valley residents every day. From helping prepare and deliver meals, to answering phones and fielding questions, to providing entertainment and activities to our Oak Tree House participants, spring is a great time to get out and serve the community.

A great area to volunteer is delivering lunches to our home-bound neighbors. Each day, four to five volunteers deliver from 10-20 meals each around the valley. It’s very fulfilling. It is often the only hot meal one receives and may be their only personal contact that day. If you are interested in volunteering, please call us at (805) 646-5122 and we will gladly put you to work in whatever way fits your schedule.

For two weeks in March and April we partner with the Ojai Performing Arts Theatre for the production of Harvey. This production stars our favorite Doc, Dr. Jim Halverson (he does NOT play a rabbit). Proceeds benefit HELP of Ojai. Go for a good time and a good cause. Please see back page for details.

Finally, for March, if you haven’t been to lunch at West Campus lately, you can get a sense of the program and the fun by join us in sampling the wonderful food of our new Program Director, Barbara O’Grady, by attending the St. Patrick’s Day dinner on Tuesday, March 17th, at 5:30 at West Campus. We hope to see you there for a traditional Irish corned beef dinner. A $10 donation is appreciated.

Best wishes for a glorious and warm spring.

Terri Wolfe
Executive Director
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. Unless specified, all classes are donation-based. Please notice the Activity Calendar is a two-month format. Please keep it through April when the next calendar will be published for May and June 2020.

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

**AARP Smart Driving Course** will be held on Monday & Tuesday, March 9th & 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.

**AARP TAX-AIDE: February-April 2020** starts on Thursday, February 6th. If you are a senior or have low to moderate income and do not have rental property or greater than $10k in self-employment expenses, you can meet with one of our trained tax volunteers to file your tax returns. PLEASE BRING TO YOUR APPOINTMENT: all information pertaining to your 2019 income (W-2’s and 1099 forms), I.D. and Social Security Card, YOUR 2018 TAX RETURN, and any estimated tax payment info. Call 646-5122 for an appointment.

**Elderhood: The Soul’s Fire** will begin on Thursday, March 19th from 2:00-4:00pm. In “The Soul’s Fire,” we will explore areas of our lives that may be asking us to reconnect to our inner fires. We will examine those places where we may be experiencing stagnation or dissipation of energy. Through music, symbols, and guided imagery, we will initiate fresh perspectives that connect us to our generative forces. We will mine the rich reserves of our collective wisdom bringing to our individual lives new inspiration and resource. Through our shared explorations we will stir the vital fires within that infuse our lives with creative and spiritual force. This is a 7-week course and is important you can commit to all seven weeks. You must register for this course prior to the start date. Please call 646-5122 to register, space is limited.

**Foot Care** Nail Trimming & Leg Massage available on Tuesdays. Cost is $15. Please call 646-5122 for an appointment.

**HICAP** (Health Insurance Counseling & Advocacy Program) appointments are available on Tuesday’s, 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.

**HICAP One-Stop** (Health Insurance Counseling & Advocacy Program) on Thursday, March 12th from 1:00-2:00pm. The topics covered in this session are Medicare Overview/Changes, General Enrollment Period, Benefit Enrollment Center (BEC), Durable Medical Equipment (DME), and VCAAA Spotlight: ElderHelp. Drop-ins welcome. Please call 646-5122 for more information.

**Matter of Balance through the Ventura County Area Agency on Aging (VCAAA)** will be held at Little House on Mondays from 9:15-11:15. It is an eight-week course that will take place 1/13, 1/27, 2/3, 2/10, 2/24, 3/2, 3/9, & 3/16. Please call 646-5122 to register. $5.00 suggested donation per class.

**OLLI** will start their next sessions on Friday, April 3rd, and continue through May 22nd. Please call 437-2748 or visit http://go.csuci.edu/olli-enroll to register or for more information on the classes.

**Skin Cancer Check** with Dr. Thacher will be held Tuesday, March 3rd, 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. The current session will end on Thursday, March 26th. A new session will start on Tuesday, April 7th. $5.00 suggested donation per a class.

**Yoga** session 4 dates are 3/3 & 3/4 to 4/7 & 4/8. The next Yoga-stration for session 5 will be on Friday, April 3rd at 9:00am at Little House. 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. The cost is $45.00 per a session.

The drop-in classes and activities held at Little House available in March/April are:

**Bridge Group** meets Monday and Thursday from 9:00am-12:00pm.

**Chair Yoga** meets Wednesdays from 11:00am-12:00pm. Designed for seniors with very limited mobility. Certified instruction.

**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, March 10th & April 14th from 1:30pm-3:30pm. Occasional guest speakers.

**Qi Gong** meets Tuesdays from 9:00am-9:45am. $5.00 suggested donation

**Spanish** at the intermediate level meets Mondays from 10:30am-12:00pm. The cost is $5.00 per class.

Help support HELP of Ojai by dropping off your So Cal Gas and Edison bills at Little House or in the drop boxes around town!
Activities held at West Campus, 370 W. Baldwin Rd., Ojai (805) 649-9218 for March/April are:

Adult Bereavement Support Group meets each Tuesday from 10:30am-12:00pm in the Support Center Conference Room.
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 March 9th & 23rd and April 13th & 27th from 10:00am-11:30am. Please call Deirdre at 640-5717 for more information.

Grey Law at West Campus on Wednesday, March 18th & April 15th from 9:00am-12:00pm. Please call 658-2266 for an appointment.

Future classes to look for in May are:

AARP Smart Driving Course will have a refresher course on Monday, May 11th. 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.

HICAP One-Stop Presentation will be held on Thursday, May 7th, from 1:00 to 2:00pm at Little House. The topics that will be discussed are Fraud/Senior Medicare Patrol (SMP), Preventative Services, Benefit Enrollment Center (BEC), and VCAA Spotlight: Fall Prevention. For more information or to register, please call 646-5122 for more information.

Matter of Balance through the Ventura County Area Agency on Aging (VCAA) will hold a summer session at Little House. Please call 646-5122 for more information.

Parkinson's Support Group will meet on Tuesday, May 12th and June, 9th from 1:30-3:30 at Little House.

Tai Chi through the Ventura County Area Agency on Aging (VCAA) will have a Spring/Summer 2020 that starts on Tuesday, April 7th and will end on June 25th. It is a 12-week session that meets on Tuesdays and Thursdays from 10:00-11:30am.

Yoga at Ojai Yoga Shala will hold session 5 on Tuesdays and Wednesdays from 4/21 & 4/22— 5/26 & 5/27 from 1:30-2:45pm with certified instructors. The next yoga-stration date will be held on Friday, April 3rd at 9:00am at Little House. Please be courteous and avoid registration if you are not able 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. The cost is $45.00 per six-week session.

Skin Cancer Check with Dr. Thacher will be held in May from 8:30am-9:45am. Please call 646-5122 for an appointment.

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

Transportation is busy as ever. Bravo to our amazing volunteer drivers!

Did you know that we transport our riders to doctor’s and physical therapy appointments, to our CAP office on Fox Street, the markets and our West Campus for congregate meals? We also transport our riders to the beauty salons, our Little House for activities, the laundromat, our Oak Tree House for some daily fun and our 2nd HELPings Thrift Store for some much needed essentials. If you would be interested in volunteering as a substitute driver for our many grateful riders please call Tina @ 805-646-5122 x105.

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

Oak Tree House is a state licensed Adult Day Support Center which provides social contacts with other seniors, cognitive stimulation, and light physical activities for mildly dependent adults who cannot be left alone for long periods of time. Activities and outings are planned to meet the needs and limitations of isolated seniors who have Dementia or Alzheimer’s. The program precludes premature placement of the senior into a nursing home, allowing continued active participation in the community, and providing respite to regular caregivers and family members. Participants must be physically independent requiring only minimal assistance with walking, eating, and restroom break reminders.

Volunteers for Oak Tree House help staff and participants by guiding activities such as exercise classes, chair yoga, performing live music, sing-alongs, pet therapy visits, discussion groups, storytelling, art projects, and helping tend to our garden area. The program runs from 9am-3pm Tuesday through Friday. Currently we have a variety of volunteers who participate either every other day, weekly, bi-weekly, or once a month. The seniors really appreciate the interaction they have with all our volunteers, and staff appreciates the support in providing stimulating activities to the participants. If you are interested in volunteering for Oak Tree House or know a senior who may benefit from our program, please contact Erin at (805) 646-0106.

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

The Community Assistance Program food pantry serves approximately 100 families every month. In 2016, CAP started the Ojai Food Project (OFP) to help our food pantry become more sustainable, offer more variety in our food boxes, and to be able to offer non-food essential items (e.g. shampoo, toilet paper, laundry detergent, dish soap).

OFP consists of hubs, each led by a “hub master.” Hubs are groups of friends, work colleagues, church congregations, or any other organization or group that is interested in supporting CAP’s food pantry. Each hub member is asked to purchase one extra item every time they go to the grocery store and collect the items in a designated bag. Hub masters collect the bags from members at a pre-determined time and then drop their donations off at West Campus on the second Saturday of every other month.

CAP is currently recruiting volunteers for the Ojai Food Project! We are seeking groups and organizations to start new hubs as well as individuals who would like to be connected to existing hubs. Our next drop-off date for OFP is Saturday, March 14th. Contact Bridget Lozier at bridgel@helpofojai.org for more information or to join!

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. The Donation Center is open for drop offs Wednesday through Saturday, from 9:00—3:00.

2nd HELPings 1st Saturday Sale, 370 Baldwin Road in Ojai. The next sale will be held Saturday, March 7th and will be open from 8:00—noon.
Our deepest appreciation to those who made contributions in the months of December 2019 and January 2020.

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 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
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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 at 649-9218 or email her at kerryb@helpofojai.org.

HARVEY
by Mary Chase

Directed by Craig Anderson
and Richard Camp

March 27-29 • April 3-5
Fri/Sat 7:30 • Sun 2:00
MATILIA AUDITORIUM

Tickets • www.ojailtheater.org
805-646-5433

Proceeds benefit Help of Ojai
Presented by the Ojai Performing Arts Theater