



**HELP of Ojai, Inc.**

July/August 2021

*Neighbors HELPing Neighbors*

## Community Bulletin

### A Word From Terri Wolfe, Executive Director

Happy Summer,

It is hard to believe we are in July already. With COVID-19 each month seemed to simultaneously go on forever and fly by. June saw us finish up our 2021 fiscal year. Many COVID-related programs wrapped up and we begin a limited opening for Activities at Little House.

The one program that took the most time and staff resources was Great Plates Delivered. For fourteen months, this program helped the restaurants stay open and employing our local workforce while providing local seniors with great meals. HELP staff and volunteers delivered hundreds of meals three times a week from April 2020 to June 2021.

The following are our final numbers for this program:

Meals Delivered -- 167,200

Seniors Served -- 300 unduplicated

Dollars paid to the 14 participating restaurants -- \$3,432,034 total.

Now on to the "regular" business...with the summer season in full swing and the fall just around the corner, we are already preparing for our Annual Meeting in November. As we started a few years ago, we want to have more people involved in the election process for new Directors. In the past a member had to attend the Annual Meeting to cast a vote. We have made the process easier by encouraging folks to vote by mail or by dropping off a ballot at HELP's Little House location.

When voting for a Director, members are voting for the following position and terms:

From HELP's Bylaws:

*"The management of all the affairs, property and business of the Corporation shall be vested in a Board of Directors, consisting of not less than five (5) members nor more than fifteen (15) members who shall be elected for three (3) year terms. Elections shall be by a majority vote by ballots submitted each year prior to the date specified by the Board of Directors."*

We are announcing via this article that nominations are open for Directors for the term beginning January 1, 2022. If you would like to nominate someone (or yourself), send by mail or email (HELP of Ojai Board Nomination, P.O. Box 621, Ojai, CA 93024, or [terriw@helpofojai.org](mailto:terriw@helpofojai.org)) her/his name and contact information to be received no later than Sept. 9, 2021.

Members of the Board will meet with each nominee to discuss and describe the responsibilities. Candidate(s) will also be nominated by the Board. Those nominees interested in being included on the ballot will then be listed on a ballot that will be in the September/October edition of this bulletin. You may vote and mail/drop off the ballot by Oct. 31. The ballots will be tallied and the newly elected Board members will be notified in advance and then invited for the public announcement at the November Annual meeting. Please note that depending upon number of nominees, this may be a competitive process whereby fewer seats are available than nominees. The top vote-getters will be elected to the open Board seat(s).

We hope you will participate in this process. Our Board of Directors is a talented and dedicated group and is always welcoming to new ideas and expertise.

Have a great summer.

Terri

**July/August Activities Update • Little House, 111 W. Santa Ana 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. Unless specified, all classes are donation-based. Please notice the Activity Calendar is a two-month format. The next calendar will be published for September and October 2021.***

***The following COVID-19 precautions will continue for HELP of Ojai Activities. A maximum of 15 people per an activity and masks are required inside the building. Hand-sanitizer will be provided for use before and after class. Due to the limited number of space in the Chair Yoga, Tai Chi, and Yoga at HELP of Ojai classes, we ask that you choose one class to register for. You will be added to a waitlist for a second class and will be permitted to take the class if space is available. If you have any questions, please call 646-5122.***

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

**Chair Yoga** will be held as a 6-week series that requires registration. Registration for the Fall Session 1 will be on Thursday, August 12th from 9:00am-10:00am. Please see the future classes section for days and times of class. Be courteous and avoid registering 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. Chair Yoga has a suggested donation of \$5.00 per a class.

**Dealing with Dementia for Caregivers** will be held on Tuesday, August 27th from 12:30pm-4:30pm. This is a one-time, four-hour evidence-based course sponsored by the Rosalynn Carter Institute for Caregiving. The workshop provides guidance on how to use the Dementia with Dementia guidebook, which helps the caregiver to deal with a loved one's dementia behaviors and care for oneself. Once you have completed the workshop, you may keep the guidebook. Pre-registration IS required and seating is limited to 12 people. Please pre-register by calling 646-5122. There is no cost for this class.

**Skin Cancer Check** with Dr. Thacher will be held Tuesday, August 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. The current session will end on Thursday, August 19th. Registration for the Fall Session will be held at Little House on Friday, August 13th from 10:30am-11:30am. Please be courteous and avoid registering if you are not able to attend at least 10-weeks of the 12-week program. Space is extremely limited and our goal is to give EVERYONE a chance to experience the benefits of this program. See the Future Classes section for dates and times of the Fall Session. Tai Chi has a suggested donation of \$5.00 per a class.

**Yoga at HELP of Ojai** will hold registration on Friday, August 13th from 9:00am-10:00am at Little House for Fall Session 1. Please see the future classes section for days and times of class. 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.

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

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

**Neighborhood Sewing Group** meets the second Monday of every month. The next meetings will be held on July 12th & August 9th. The Neighborhood Sewing Group is associated with the American Sewing Guild, a national organization. There are many different levels of sewing experience and all are welcome. This group is interested in completing projects that benefit the community. In the past they have worked with the homeless shelter, Thomas Fire victims,

*Continued on next page....*

***Neighborhood Sewing Group*** continued from Page 2...

and the Continuing Care Center. The meetings are all about learning and creating together. Anyone who wants to join should bring a sewing machine and any supplies needed, including fabric. All question can be directed to Diane Steele (ds@dianesteel.com) or Denise Thomas (ojaidenise@roadrunner.com).

***Parkinson's Support Group*** meets the second Tuesday of every month. The next meetings will be held on Tuesday, July 13th & August 10th from 2:00pm-4:00pm. Occasional guest speakers.

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

***The Caregiver's Haven Support Group*** meets at Libbey Park on the second and fourth Monday of each month. Please join us on July 12th & 26th and August 9th & 23rd from 10:00am-11:00am. Call Deirdre at (805) 640-5717 for more information.

***Grey Law*** is currently doing over the phone meetings. Please call 658-2266 to speak with a Grey Law representative.

**Future Classes to look for in September/October are:**

***Chair Yoga*** will hold a 6-week series that meets once a week. There are two classes available. The first class is on Wednesdays from 11:00am-12:00pm and the second class is on Fridays from 11:00am-12:00pm. The Wednesday sessions will start on 9/14 and end on 10/20. The Friday sessions will start on 9/17 and end on 10/22. Due to availability, participants may only sign-up for Wednesday or Friday classes. Registration will be held for Fall Session 1 on Thursday, August 12th from 9:00am-10:00am at Little House. Mark your calendar for Fall Session 2 registration on Thursday, October 14th from 9:00am-10:00am.

***Parkinson's Support Group*** will meet on Tuesday, September 14th and October, 12th from 2:00pm-4:00pm at Little House.

***Tai Chi through the Ventura County Area Agency on Aging (VCAAA)*** will hold a Fall session that starts on Tuesday, September 7th and will end on Thursday, December 2nd. It is a 12-week session that meets on Tuesday and Thursdays from 10:00am-11:30am. There will be no classes the week of Thanksgiving. **Registration is required for this course.** Registration will be held on Friday, August 13th from 10:30am-11:30am at Little House.

***Skin Cancer Check*** with Dr. Thacher will be held on Tuesday, October 5th from 8:30am-9:45am. Please call 646-5122 for an appointment.

***Yoga at HELP of Ojai*** will hold Fall Session 1 on Tuesdays and Thursdays from 9/14 & 9/16— 10/19 & 10/21 from 1:30pm-2:45pm with certified instructors. As a COVID Precaution, students will be responsible for providing their own yoga mats. Registration will be held for Fall Session 1 on Friday, August 13th from 9:00am-10:00am 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. Mark your calendar for Fall Session 2 registration on Friday, October 15th from 9:00am-10:00am

### **10 Ways to Stay Cool in Hot Weather**

- Drink plenty of cool water throughout the day
- Eat cool snacks like popsicles or slightly frozen grapes
- Eat light, cold meals like chicken or pasta salad
- Keep the house as cool as possible, closing shades during hottest time of the day
- Sit with feet in a pan of cool (but not too cold) water
- Place a cool washcloth on the back of the neck
- Wear layers of lightweight clothing made of cotton in order to remove layers throughout the day
- Visit a public cooling center
- Take a cool shower or bath. Keep the water just below body temperature
- Cover up with a flexible ice blanket (always use a towel between skin and ice blanket)

◆ PROGRAM UPDATES ◆

**Senior Nutrition Program • Barbara O’Grady, Program Director**

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

We are excited to announce that our Congregate Lunch Program will re-open, with new protocols in place, on July 5th. The primary change, for the immediate future, is that we will be limiting the number of diners allowed each day in order to continue with social-distancing protocols.

During the month of July, we will limit the number of diners to 20, increasing that number to 24 in the month of August. We will re-evaluate the program at the end of August in order to determine future what future capacity and protocols will be. Currently, temperature checks and verbal symptom screenings will be administered when clients arrive on site to dine with us. We will provide up to six extra meals per day to send out as “to gos” if more people show up for Congregate meals than allowed. Currently, clients should make reservations for Congregate meals by calling Little House’s Reception desk at (805) 646-5122 and speaking with Joe. Joe will be able to give you information of what the current protocols and capacity are.

We will carefully monitor what the trend is over the next couple of months. We will continue to adjust our program to abide by the current COVID-19 precautions and continually evaluate the protocols. Face coverings will be required at all times, with the exception of when a client is actually eating or drinking, until further notice.

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 Barbara at 649-8018 for more information.

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

Transportation has been picking up, thanks to our hard working volunteer drivers.

Ride reservations are necessary and should be made at least one day in advance, before 2:00 pm. We will be also taking ride reservations up to two weeks in advance and we will do our best to accommodate all ride requests. ***All doctor’s appointments and grocery store trips are priority, and we will make every effort to transport you to other activities on the day you reserve.***

If you will be coming to dine at our Senior Nutrition Congregate lunch site on a regular basis, and rely upon HELP’s Transportation services, please call Tina at your earliest convenience to discuss this with her and set up a regular schedule.

***Per the California Department of Health, all persons riding public transportation shall continue to wear a mask or face covering. Our hours of operation: Monday – Thursday: 8:30-3:30, Friday: 8:30-12:30. Please call if you would like more information.***

We have had a few drivers, for one reason or another, not be able to continue to volunteer for HELP of Ojai in this capacity. We definitely require more drivers to help fill the need as our community moves forward. If you or you know someone who would be willing to volunteer with HELP of Ojai’s Transportation Program please call Tina for more information. **Tina 805-646-5122 x105**

**Community Assistance Program**

**(805) 640-3320 • 108 Fox St., Ojai 93023 • Fax: (805) 640-3322**

CAP continues to serve as a hub for low-income services. We see an average of 65 people a week, who access a variety of services including food boxes, grocery bags of food, household and hygiene items, lunches for our unsheltered clients, utility assistance and rental assistance.

The CAP office is open for food distribution Monday, Wednesday, and Friday mornings from 9:00AM-12:00PM. If you would like to have food box delivered, please call us at (805) 640-3320.

## Donor Recognition

Our deepest appreciation goes out to those who made contributions in the months of April and May, 2021. Your donations in support of HELP's programs, and especially during this unprecedented time, are valued greatly and we sincerely thank you.

If you have any questions regarding donations, or feel that there are errors in the below recognitions, please call Kerry Ballantine at (805) 649-9218.

Robert and Carole Adams	Theodore and Lore Exner	Don and Linda Law	Bill and Phyllis Paredes	Patricia Teran	In memory of Fred Keeler II
Dolli Alexander	Franceen Fallett	Tim and Gloria Lawson	Barbara Parsons	Cora Teske	Fred Keeler
Edna Mae Amend	Doreen Farr	Eugene Le May	Laura Peck	Tony and Anne Thacher	
Don Anderson and Nita Whaley	Gary and Brenda Farr	B.J. Legan-Adams	Marty and Barbara Pops	Bill Thatcher	In memory of Eleanor Land
Sondra Atkinson	Tom and Ed Farris	Apostolos Lekkos, MD	Claire Paulson	LaVonne Theriault	Jeff and Kara Hooper
Anonymous	Marty Fast	Thomas and Deborah Lenon	John and Fran Pavelko	Virginia Thomas	
Terry Arousse	Chris Feddersen	Charlotte Leonard	Rosemary Payne	Alan Thomhill and Denise Steurer	In memory of Cookie Miley
Ross and Patty Atkinson	Mark and Shelley Felton	Peggy Lessinger	John and Tonya Peralta	Jennifer Tidwell-Kennedy	Bill Miley
Larrylyn Bangs	Barbara Field	Regina Levin	Carol Peterson and Curt Mossestad	David and Leanne Tilmont	Ron and Caroline Richard
Jerry and Dolores Barnes	Fred and Dana Fleet	Carol Lilly	Irene Petroff	Louise Tindle	In memory of Robert Miller
Chuck Barnett	Dominic and Judith Fragale	Lions Club of Ojai Valley	Thomas Petropulos	Sandy and Libby Treadwell	Fred Keeler
Jane Bear	Wayne and Jacqueline Francis	Livingston Memorial Foundation	Pledgling Foundation	Jim and Sally True	
Bonnie Beckman	David and Cindy Garber	David and Lisa Luckenbach	Robert Porter	Terry and Cricket Twichell	In honor of Charley and Sandy Sledd
Shed and June Behar	Kathleen Garcia	Marilyn Lyon	Emily Prather	United Way of Ventura County	Bob and Valerie Tholl
Dario and Linda Benedetti	Rowena Garner	Roger Macura	Elbert and Shirley Price	Allen Vail	
Steve Bennett and Leslie Ogden	Ann Gartrell	Julia Macy	Darrell Ralston	Arthur and Judith Vander	In memory of Richard Paige
Erik Beukenkamp and Briana Beebe	Roberta Gehr	Darlene Mansfield	Steven and Kim Rapholz	David Rasch	Fred Keeler
Connie Biggers	Barbara Gibson	Claud Mann	David Rasch	Norman and Susan Reccius	
Bob and Judy Billett	Andrew Gilman	John and Linda Markowski	Kay Renius	Kay Renius	In memory of Bob Unruhe
Sharon Bisaccia	Albert and Judith Gonelli	Cindy Marshall	Sidney Rice	Sidney Rice	Michael and Nancy Krumpschmidt
Katherine Bliss	Chris and Cathy Gonzales	Patricia Marshall	Jackie Ringhof	Jackie Ringhof	
Rose Boggs	Robert Graham	John and Ann Mason	Connie Rimpa	Connie Rimpa	
Bob and Stacey Boyd	Linda Griffin	Elaine McAdams	P. Gayle Roederer	P. Gayle Roederer	
Paul and Wanda Brakebill	Allan and Carol Gross	Mary Jane McCall	Steve and Elsa Romp	Steve and Elsa Romp	
Allen and Theresa Bridges	Marilyn Guenther	Gary and Terri McCaskill	Audrey Root	Audrey Root	
Mike Briley	Mary Guinn	Dwayne and Susan McCulloch	Dick Roper	Dick Roper	
David and Anne Brown	Luellyn Hall	Clark and Audrey McPherson	Miriam Rosen	Miriam Rosen	
Lois Jane Brown	Jim and Robyn Halverson	Oscar and Gloria Melendez	Katherine Rosenbloom	Katherine Rosenbloom	
Robert A. Brown	Randy Haney	David and Aimee Mendoza	Linda Rovai	Linda Rovai	
Dianne Bullard	Sylvia Hansen	Linda Merrill	John and Peggy Russell	John and Peggy Russell	
Thelma Burman	Dale Hanson	Phyllis Metz	Donnie Salsedo	Donnie Salsedo	
Sue Burr	Shelby Harbison	P. Lyn Middleton and Geoffrey Wardle	Alan and Carol Saltzman	Alan and Carol Saltzman	
Charles and Eleanor Burrignt	Jan Harmonson	Bill Miley	Shirley Saxby	Shirley Saxby	
Allen and Marilyn Camp	Karen Harrison	Marilyn Miller	Rob Schmidt and Katrina Rice-Schmidt	Rob Schmidt and Katrina Rice-Schmidt	
Steve and Annette Campbell	Larry and Pat Hartmann	Don and Rena Mills	Dick and Teddy Schneider	Dick and Teddy Schneider	
Gayel Childress	William and Mary Hatch	Ruth Milner	Jennie Scott	Jennie Scott	
Jim and Fran Christiansen	Marge Hatton	Spence and Mildred Mitchell	Larry Scott	Larry Scott	
City of Ojai	Ann Haworth	Stephen Mitchell	Jim and Connie Seebirt	Jim and Connie Seebirt	
Diane Clegg	Herbert Hemming	Drew Moody	Ernie and Sally Seidenkranz	Ernie and Sally Seidenkranz	
Sharon Cline	Jeff and Marla Hennessee	Natalia Moore	Lu Setnicka	Lu Setnicka	
Don and Sheila Cluff	Barbara Herbert	Michael and Anne Morris	Randall Severino	Randall Severino	
Mary Cogswell	Gail Hercher	Carrie Najera	Tracy Severt	Tracy Severt	
Carol Cohen	Greg and Penny Herring	Sylvia Narula	Louise Shaffer	Louise Shaffer	
Jim and Dottie Combs	Butch and Kathy Hill	John and Jessica Nava	Larry and Peggy Shellnut	Larry and Peggy Shellnut	
Evelyn Courtney	Barbara Hoffman	Phil and Mary Nelson	Ruthanne Shinkle	Ruthanne Shinkle	
Michelle Cowens	Sue Horgan	Scott and Polly Nelson	Carlen Sikorsky	Carlen Sikorsky	
Susan Cowlishaw	Betty Iwerks	Network For Good	Dr. Larry and Chris Simpson	Dr. Larry and Chris Simpson	
Howard and Dottie Criger	Kirk and Belinda Jackson	Dr. and Mrs. Andrew Nielsen	Geri Singer	Geri Singer	
Mike Cromer	Vivian Jakob	Rod and Karen Nix	Lee Ann Skylstad	Lee Ann Skylstad	
Mary Cummings	Karin James	Bruce and Linda Nofrey	Kerry Slattery	Kerry Slattery	
Sharon Cunningham	Jaspa	Chuck and Nancy Nordstrom	Charley and Sandy Sledd	Charley and Sandy Sledd	
Shaun Davis	Cletta Johnson	William and Judith Norris	Carol Smith and Larry Yuva	Carol Smith and Larry Yuva	
Thomas and Nancy Davison	Jim and Susanne Jones	Steven North and Becky Beckett	Gail Smith	Gail Smith	
Lynne Day	Susan Josephson	Bill and Linda Nugent	Charlie and Barbara Snyder	Charlie and Barbara Snyder	
Wade Dazey	Lori Karns	Nicholas Oatway	Dan Sommer	Dan Sommer	
Monique Dedinas	Maggie Kaufman	Judy Oberlander	Beverly Spurgeon	Beverly Spurgeon	
Lanyard and Mary Dial	Marsha Kaye	Ojai Presbyterian Church	Greg and Denise Stafford	Greg and Denise Stafford	
Bernadette DiPietro	Lori Key	Linda Olive	Gerald Stanek	Gerald Stanek	
Richard Ehrman	Jean Kilmurray	Marjorie Ota	Joseph Stevens	Joseph Stevens	
Judy Eldeb	Glenda King		Eric and Melissa Stoen	Eric and Melissa Stoen	
Carl and Barbara Enson	Diane Kinzek		Duane and Azar Storhaug	Duane and Azar Storhaug	
Glenna and Kassy Erickson	Irene Koch		Margo Svikhart	Margo Svikhart	
Bill and Karen Evenden	Steve and Roz Kraus		Dan Swanner	Dan Swanner	
	Jeff and Lyn Kustal		Daniel and Evelyn Telfer	Daniel and Evelyn Telfer	
	Roberta Latimer				

### In Memory/Honor

In memory of Susan Blackwell  
Lis Blackwell and Jeff Mann

In memory of Paul Blatz  
Bill Miley

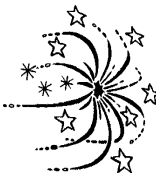
In memory of Robert Chesley  
Fred Keeler

In memory of Autumn Cho  
Allen and Marlene Spencer

In memory of Donald E. Colby  
Ray and Mary Sargent

In memory of Carl Huntsinger  
Fred Keeler

# HELP of Ojai Monthly Activities Calendar for July 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10:00—11:30 Tai Chi	2
5 HELP OF OJAI CLOSED IN OBSERVANCE OF 4TH OF JULY 	6 10:00—11:30 Tai Chi	7	8 10:00—11:30 Tai Chi	9 1:00—2:00 Intermediate Guitar
12	13 10:00—11:30 Tai Chi 2:00—4:00 Parkinson's Support Group	14	15 10:00—11:30 Tai Chi	16 1:00—2:00 Intermediate Guitar
19	20 10:00—11:30 Tai Chi	21	22 10:00—11:30 Tai Chi	23 1:00—2:00 Intermediate Guitar
26	27 10:00—11:30 Tai Chi 12:30—4:30 Dealing with Dementia for Caregivers	28	29	30

# HELP of Ojai Monthly Activities Calendar for August 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 8:30—9:45 Skin Cancer Check w/ Dr. Tracher 10:00—11:30 Tai Chi	4	5 10:00—11:30 Tai Chi	6 1:00—2:00 Intermediate Guitar
9 1:00—4:00 Neighborhood Sewing Group	10 10:00—11:30 Tai Chi 2:00—4:00 Parkinson's Support Group	11	12 9:00—10:00 Chair Yoga Registration 10:00—11:30 Tai Chi	13 9:00—10:00 Yoga @ HELP of Ojai Registration 10:30—11:30 Tai Chi Registration 1:00—2:00 Intermediate Guitar
16	17 10:00—11:30 Tai Chi	18	19 10:00—11:30 Tai Chi	20 1:00—2:00 Intermediate Guitar
23	24 10:00—11:30 Tai Chi	25	26 10:00—11:30 Tai Chi	27 1:00—2:00 Intermediate Guitar
30	31 10:00—11:30 Tai Chi			

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](mailto:kerryb@helpofojai.org).

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

HELP's West Campus remains closed to the general public until further notice. Our 2nd HELPing's Donation Center is now receiving donations, by appointment only, Thursday—Saturday. Please call (805) 646-5122 to schedule an appointment. Please DO NOT leave donations outside of the gate. Please call Kerry Ballantine at (805) 649-9218 with any questions regarding West Campus or our Donation Center.

### **Community Assistance Program**

**(805) 640-3320 • 108 Fox St., Ojai 93023 • Fax: (805) 640-3322**

CAP continues to serve as a hub for low-income services. We see an average of 65 people a week, who access a variety of services including food boxes, grocery bags of food, household and hygiene items, lunches for our unsheltered clients, utility assistance and rental assistance.

The CAP office is open for food distribution Monday, Wednesday, and Friday mornings from 9:00AM-12:00PM. If you would like to have food box delivered, please call us at (805) 640-3320.

**2nd HELPing's Thrift Store • Naomi Collins Babcock • 841 E. Ojai Ave., Ojai • (805) 646-5812**

**2nd HELPing's Donation Center • 370 W. Baldwin Road, Ojai • (805) 649-8750**

**2nd HELPing's Thrift Store is OPEN.** Store hours are Wednesday—Saturday, from 10:00-5:00. Face masks, or proper facial coverings, are required to enter store. We are allowing 25 customers in the store at one time, so there may be a short waiting period before you may enter. Social distancing is expected and is closely monitored. Hand sanitizer is placed at the door and throughout the store. We encourage you to sanitize your hands often while shopping.

Any person who is non-compliant to the above mentioned safety precautions will be asked to immediately comply or will be asked to leave the premises. HELP staff and volunteers reserve the right to refuse entrance or service to anyone who refuses to comply with the store's safety measures.

**Our 2<sup>nd</sup> HELPing's Donation Center at our West Campus facility is now open to receive donations, by appointment only, Thursday—Saturday, from 9:00-2:00. We reserve the right to refuse items that are unsellable or in poor condition. Please call (805) 646-5122 to schedule an appointment.**

**Our First Saturday Sales have been halted indefinitely.** At this time we do not have an established date of when they might resume. Please stay tuned.