



HELP of Ojai, Inc. September/October 2021

Neighbors HELPing Neighbors

Community Bulletin

A Word From Terri Wolfe, Executive Director

Hello HELP of Ojai Friend,

You may have already heard, and I wanted to share some very exciting news here. HELP is reaching the end of escrow on a new property. We have purchased the Ojai Cafe Emporium building at 108 S. Montgomery Street. In this location we will all be together, working to better serve the Ojai Valley.

HELP's Transportation and Senior Activities programs and Administration will transition to Montgomery Street and be joined by the Community Assistance Program. The Senior Nutrition program may expand to Montgomery Street.

While this was a very important decision for the Board and Staff at HELP, we believe it is the right decision to ensure our effectiveness for the next generation of services.

HELP of Ojai has been at the 111 West Santa Ana Street location for decades. HELP has owned the Fox Street location of CAP for approximately 20 years. Both locations have emerged as not viable, long-term options for our programs. Fox Street is too small for the current programming and the property is not expandable. In addition, it needs approximately one hundred thousand dollars of maintenance and repairs. The Little House location is no longer viable as the City of Ojai attempted to reduce the lease term to five years and attach City-determined termination provisions to a new lease, neither of which are commensurate with HELP of Ojai's long-term presence in the City. This lease change led us to have to find an alternative location on our own terms and within appropriate timing.

With these factors, we set a goal to find a suitable location that could fit both sets of programs in one place while best serving the Valley in a central location. The Montgomery Street location meets that goal.

Through the recent generosity of many donors, HELP is able to purchase a property for the first time that will meet our current and future needs. Specifically, these donors remembered HELP in their bequests – Pauline and Frank Duffy, Nancy and Bill Hammond, Carolyn Huntsinger, Irene Koch, and Miriam Schwab. While others also contributed, these bequests allowed us to make this purchase, thereby, cementing these donors' important contribution to our present and future service to the community they all loved. We can only believe that they would be proud and agree with the uses of their bequests in such an enduring manner.

We will be moving the Community Assistance Program staff first. They will relocate by September 30th. The Little House staff will move by October 31st. We hope to have minimal program disruption but please know the unexpected will happen in an undertaking this large.

If you have any questions or would like to discuss this new phase for HELP, please call me at (805)646-5122.

Best Regards,

Terri Wolfe, Executive Director

Sept/Oct 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 November and December 2021.

Due to COVID-19, there is 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. Until further notice, all classes will continue to meet at the Little House Location. If you have any questions, please call 646-5122.

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

Chair Yoga is a 6-week series that requires registration. For Fall Session 1, the Wednesday class and Friday class will be held from 11:00am-12:00pm. The Wednesday sessions will start on 9/15 and end on 10/20. The Friday sessions will start on 9/17 and end on 10/22. Registration for the Fall Session 2 will be on Thursday, October 14th from 9:00am-10:00am at Little House. See the future classes section for days and times of class for Fall Session 2. 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. Chair Yoga has a suggested donation of \$5.00 per a class.

NeuroMovement® Chair Class for Vitality and Well-Being is a series of 6 weekly classes. The class will be held on Wednesdays from 9:30-10:30 starting on October 13th and ending November 17th. NeuroMovement combines gentle movements with awareness to discover ease and joy in all movement and sharpen your thinking. Call 646-5122 to register. Registration required. Suggested \$5.00 donation per a class.

Skin Cancer Check with Dr. Thacher will be held Tuesday, October 5th, 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 VCAA Fall Prevention Program that requires registration. The fall session starts on Tuesday, August 31st and will end on Thursday, November 18th. The class meets Tuesdays and Thursdays from 10:00am-11:30am. Tai Chi has a suggested donation of \$5.00 per a class.

Yoga at HELP of Ojai is a 6-week series that requires registration. Fall Session 1 will be held 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. Fall Session 2 registration will be held on Friday, October 15th from 9:00am-10:00am at Little House. See the future classes section for days and times of class. 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.

Walk with Ease is a six-week Fall Prevention Program presented by the Ventura County Area Agency on Aging. It meets Tuesdays, Thursdays, and Saturdays at Little House from 11:00am-12:00pm. Walk with Ease starts on Saturday, September 11th and ends on Thursday, October 21st. For more information or to register for the class, call VCAA at 805-477-7300, option 6.

The drop-in classes and activities held at Little House available in September/October are as follows:

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 September 13th & October 11th. 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, 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 September 14th & October 12th from 2:00pm-3:30pm. Occasional guest speakers.

Activities held at other places for September/October are:

The Caregiver's Haven Support Group meets at Libby Park on the second and fourth Monday of each month. Please join us on September 13th & 27th and October 11th & 25rd from 10:00am-11:00am. Call Deirdre at 640-5717 for more information.

Future Classes to look for in November/December are:

Chair Yoga will hold a 6-week series that meets once a week for Fall Session 2. The Wednesday class and Friday Class will be held from 11:00am-12:00pm. The Wednesday sessions will start on 11/3 and end on 12/15. The Friday sessions will start on 11/5 and end on 12/17. Due to availability, participants may only sign-up for Wednesday or Friday classes. Registration will be held for Fall Session 2 on Thursday, October 14th from 9:00am-10:00am at Little House.

Creative Writing will start in November. The date and time will be announced in the November/December Community Bulletin.

Parkinson's Support Group will meet on Tuesday, November 9th and December, 14th from 2:00pm-3:30pm at Little House.

Skin Cancer Check with Dr. Thacher will be held on Tuesday, December 7th from 8:30am-9:45am. Call 646-5122 for an appointment.

Yoga at HELP of Ojai will hold Fall Session 2 on Tuesdays and Thursdays from 11/2 & 11/4— 12/14 & 12/16 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 2 on Friday, October 15th from 9:00am-10:00am at Little House.

◆ PROGRAM UPDATES ◆

Senior Nutrition Program • Barbara O’Grady, Program Director

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

We are happy to announce that our Congregate Lunch Program had a successful re-opening last month and attendance is increasing at a steady and manageable pace. For the time being, we will continue to limit the number of diners allowed each day in order to continue with social-distancing protocols.

Beginning August 1st, we will increase the number of diners allowed to eat in the dining hall to 24, up from the 20 we allowed in July. We will re-evaluate the program at the end of August in order to determine 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.

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

Our Transportation Program is in desperate need of volunteer drivers. We currently have 8 drivers to cover approximately 12-14 shifts. We have been fortunate that our drivers are willing to take on more than one shift during the week. We have signed up 25 new riders since May! Volunteering is rewarding for both the driver and the riders. It gives the volunteer driver a chance to visit with our riders who may live alone and only venture out once or twice a month. Our driving shifts usually are just a few hours per shift. **Please call Tina, at 805-646-5122 x 105** if you are able to set aside a few hours per week, or even once a month. **Thank you!**

Per the California Department of Health, all persons riding public transportation shall continue to wear a mask or face covering. We wear our masks to help everyone stay well.

Transportation hours of operation: Monday – Thursday: 8:30-3:30 and Friday: 8:30-12:30.

Ride reservations must be called in by 2:00 the day prior. Doctor’s appointments and grocery shopping is priority over any other appointments.

Community Assistance Program

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

We are excited to introduce our new Case Manager Stacy Barrios. Stacy joined the CAP office July 1st and is primarily working with our 65 and older clients. We are happy to have her and think she is a great addition to our office!

The Community Action of Ventura County will be at the CAP office the second and fourth Wednesday of the month to assist clients who are interested in applying for utility assistance. If you would like to meet with a representative, please call us at 805-640-3320 to schedule an appointment.

If you are interested in participating in the Thanksgiving food box program, signups will begin October 1st. Participants will receive a pre-packed box of Thanksgiving type foods, generously donated by the Ojai Presbyterian Church and various Ojai based service groups. Please call us at 805-640-3320 to sign up.

Donor Recognition

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

Anonymous
 Ross and Patty Atkinson
 Berkeley and Suzanne Baker
 George Ball and Amanda McBroom
 Nicola Bennett
 Steve Bennett and Leslie Ogden
 Katherine Bliss
 Len and Pat Block
 Sharon Booth
 Rene Briggs
 William Brothers
 Bettina Chandler
 Jim and Fran Christiansen
 City of Ojai
 Jocelyn Coggeshall
 Mary Cogswell
 Sid and Sheila Cohn
 Peter and Ann Costigan
 Creative Services
 Mike Cromer
 Penny Davis
 Linda Desch
 Randall De Smidt
 Roger and Susan Dickens
 Nancy Escher
 Roger and Patricia Essick
 Louanne Fay
 Michael Fay
 Wendy Ford
 William and Juanita Forester
 Steve and Karen Frank
 Lee and Betty Gibson
 Chris and Cathy Gonzales
 Michael Gresser
 Gerald Hak
 Randy Haney
 Marge Hatton
 HeliStream, Inc.
 Hope Share Care Foundation, Inc.
 Tim Kenney and Jane O'Dell
 Marilyn Kinyon
 Carol Kornhaber
 Los Padres Forestwatch
 David and Lisa Luckenbach
 Claud Mann
 Sara Masterson
 Steve Matzkin and Melissa Wolfe
 Peggy Melton
 Jo Ann Moore
 Everest Mueller
 Sylvia Narula
 Scott and Polly Nelson
 Bruce and Linda Nofrey
 Bill and Linda Nugent

Oak View Women's Club
 Ojai Photography Club
 Ojai Presbyterian Church
 Linda Olive
 Sarah Otterstrom
 Shirley Palmer
 Claire Paulson
 Laura Peck
 Judi Polito
 Julie Rischar
 Maria Sahli
 Louise Sandhaus
 Schwab Estate
 Larry Scott
 Jim and Connie Seebirt
 Ernie Seidenkranz
 Charley and Sandy Sledd
 Jo Smith
 Andrew Snett
 Charlie and Barbara Snyder
 Gerald Stanek
 Joseph Stevens
 Duane and Azar Storhaug
 David Thompson
 James and Setsuko Triggs
 United Way of Ventura County
 John and Helene Vachet
 Ventura County Area Agency on Aging
 Brian Warner
 Huora Williams
 David and Kit Willis
 Pamela Windsor
 Sandra Yadav
 Peter Yozell
 Dudley and Mareen Zoll

In Memory/Honor

In memory of Jim Loebel on his birthday
 Barbara Rosston

In memory of Sam Samaniego
 Bonnie Bishop

In honor of Donald Timms Sr. and his love of family and his neighborhood
 Susan Curran White

In memory of Jim True
 Dottie Loebel

In honor of David Willis's Birthday
 Alice Barnwell

HELP of Ojai Monthly Activities Calendar for September 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
			10:00—11:30 Tai Chi	1:00—2:00 Intermediate Guitar
		8	9	10
	10:00—11:30 Tai Chi		10:00—11:30 Tai Chi 11:00—12:00 Walk With Ease (Deck) 1:30—2:45 HELP of Ojai Yoga	1:00—2:00 Intermediate Guitar
HELP OF OJAI CLOSED IN OBSERVANCE OF LABOR DAY				
13	14	15	16	17
1:00—4:00 Neighborhood Sewing Group	10:00—11:30 Tai Chi 11:00—12:00 Walk With Ease (Deck) 1:30—2:45 HELP of Ojai Yoga 2:00—3:30 Parkinson's Support Group	11:00-12:00 Chair Yoga	10:00—11:30 Tai Chi 11:00—12:00 Walk With Ease (Deck) 1:30—2:45 HELP of Ojai Yoga	11:00-12:00 Chair Yoga 1:00—2:00 Intermediate Guitar
20	21	22	23	24
	10:00—11:30 Tai Chi 11:00—12:00 Walk With Ease (Deck) 1:30—2:45 HELP of Ojai Yoga	11:00-12:00 Chair Yoga	10:00—11:30 Tai Chi 11:00—12:00 Walk With Ease (Deck) 1:30—2:45 HELP of Ojai Yoga	11:00-12:00 Chair Yoga 1:00—2:00 Intermediate Guitar
27	28	29	30	
	10:00—11:30 Tai Chi 11:00—12:00 Walk With Ease (Deck) 1:30—2:45 HELP of Ojai Yoga	11:00-12:00 Chair Yoga	10:00—11:30 Tai Chi 11:00—12:00 Walk With Ease (Deck) 1:30—2:45 HELP of Ojai Yoga	

HELP of Ojai Monthly Activities Calendar for October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				11:00-12:00 Chair Yoga 1:00-2:00 Intermediate Guitar
4	5	6	7	8
8:30- 9:45 Skin Cancer Check w/ Dr. Thacher 10:00- 11:30 Tai Chi 11:00-12:00 Walk With Ease (Deck) 1:30-2:45 HELP of Ojai Yoga	11:00-12:00 Chair Yoga	10:00-11:30 Tai Chi 11:00-12:00 Walk With Ease (Deck) 1:30-2:45 HELP of Ojai Yoga	11:00-12:00 Chair Yoga 1:00-11:30 Tai Chi 11:00-12:00 Walk With Ease (Deck) 1:30-2:45 HELP of Ojai Yoga	11:00-12:00 Chair Yoga 1:00-2:00 Intermediate Guitar
11	12	13	14	15
1:00-4:00 Neighborhood Sewing Group	10:00- 11:30 Tai Chi 11:00-12:00 Walk With Ease (Deck) 1:30-2:45 HELP of Ojai Yoga 2:00- 3:30 Parkinson's Support Group	9:30-10:30 NeuroMovement® Chair Class for Vitality and Well-Being 11:00-12:00 Chair Yoga	9:00-10:00 Chair Yoga Registration 10:00-11:30 Tai Chi 11:00-12:00 Walk With Ease (Deck) 1:30-2:45 HELP of Ojai Yoga	9:00-10:00 Yoga Registration 11:00-12:00 Chair Yoga 1:00-2:00 Intermediate Guitar
18	19	20	21	22
	10:00- 11:30 Tai Chi 11:00-12:00 Walk With Ease (Deck) 1:30-2:45 HELP of Ojai Yoga	9:30-10:30 NeuroMovement® Chair Class for Vitality and Well-Being 11:00-12:00 Chair Yoga	10:00-11:30 Tai Chi 11:00-12:00 Walk With Ease (Deck) 1:30-2:45 HELP of Ojai Yoga	11:00-12:00 Chair Yoga 1:00-2:00 Intermediate Guitar
25	26	27	28	29
	10:00- 11:30 Tai Chi	9:30-10:30 NeuroMovement® Chair Class for Vitality and Well-Being 11:00-12:00 Chair Yoga	10:00-11:30 Tai Chi	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 at (805) 649-9218 or email her at 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 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.

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

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

2nd HELPing 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 2nd HELPing 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 Sale resumed last month. It was a great success and so nice to see everybody who showed up to search for the unknown treasure or furniture piece they'd been looking for. First Saturday Sales will continue from now on, each month, from 8-12. **The next Sale is Saturday, September 4th. Face coverings are mandated at all times.**