



HELP of Ojai, Inc. November/December 2021

Neighbors HELPing Neighbors

Community Bulletin

A Word From Terri Wolfe, Executive Director

November 1, 2021

Happy Fall/Winter from HELP of Ojai

It's a time of change here at HELP. I am including our [Press Release](#) as the Community Bulletin cover page while simultaneously letting you know this is my last article on behalf of HELP. It's been fun and rewarding to come up with things to say for 12 plus years. Here's the last one from me:

HELP of Ojai is pleased to announce the appointment of new Co-Executive Directors effective January 1, 2022. Jayn Walter, currently Program Director, Community Assistance Program, and Megan Telfer, currently Program Director, Senior Activities, will join together to lead HELP of Ojai following the retirement of current Executive Director, Terri Wolfe.

Walter and Telfer were recommended to the Board of Directors in December of 2020 by Wolfe as she announced her retirement for the end of 2021. In the nine months since, Walter, Telfer and Wolfe have worked to transition the agency from Wolfe's leadership to the joint guidance of Walter and Telfer.

Both new Directors come to the job with several years of experience at HELP of Ojai. Besides the "day-to-day" work they are each responsible for, Walter led HELP's Thomas Fire efforts and Telfer recently led the COVID-19 work. Both come to the job with master's degrees in related fields and the energy and enthusiasm to take HELP of Ojai into its new chapter of serving the Ojai Valley from a new location at 108 S. Montgomery Street.

The HELP of Ojai Board has followed their training and development with Wolfe over the past year and are confident in their ability to guide HELP of Ojai in new and impactful ways. Wolfe will stay affiliated for a few months to ensure they have the support they need to be successful.

"It's been an incredible opportunity and an honor to work at HELP of Ojai and to serve the entire valley community. To be able to preserve the spirit of service that started in the mid-70s, and to help shape the future of HELP have been the highest point of my career", Terri Wolfe.

Terri Wolfe was hired in February of 2009 when HELP of Ojai was teetering on insolvency. Through her background in business and organizational development, she was able to stabilize the agency fiscally and programmatically and guide it to becoming a respected, and invaluable community-based resource for thousands of local residents. When asked about what she is most proud of from her time at HELP, Wolfe says there are four major accomplishments, 1) bringing the agency back to fiscal and program health after a time when "we couldn't even make payroll", 2) HELP's extensive Thomas Fire work, 3) the COVID19 work that spanned nineteen months, and 4) attracting and retaining an amazing staff who are dedicated to HELP of Ojai and the Valley community. Wolfe's last active day at HELP is December 17th. Terri Wolfe and spouse, Tim, will be splitting time between their homes in Oak View and Lake Tahoe, NV.

With that I sign out and hand the reins to Jayn and Megan. It's been a pleasure!

Warmly,

Terri Wolfe (and Cricket)

November/December 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. Unless specified, all classes are donation-based. Please notice the Activity Calendar is a two-month format. The next calendar will be published for January and February 2022.

Due to COVID-19, there is a maximum of 15 people per an activity, masks are required inside the building, and proof of vaccination is required. 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 November/December are:

Chair Yoga is a 6-week series that requires registration. 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. There is no class the week of Thanksgiving. Registration for the first series of 2022 will take place for the Wednesday class on 12/15 and for the Friday class on 12/17, immediately following class. Suggested donation of \$5.00 per a class.

Health Insurance Counseling & Advocacy Program (HICAP) will begin appointments on Tuesday, November 9th from 9:00am-11:15am. This program provides free and objective information and counseling about Medicare. Please call 805-477-7310 or 805-477-7300 ext 5 or email HICAP@ventura.org to register for an appointment.

NeuroMovement® Chair Class for Vitality and Well-Being is a series of 6 different weekly movement lessons. 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. Drop-ins are welcome. Suggested \$5.00 donation per a class.

Skin Cancer Check with Dr. Thacher will be held on Tuesday, December 7th from 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 that requires registration. Registration for the next session will take place on Friday, December 17th at 10:30am. The next session will start on Tuesday, January 11th. The class will meet 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 2 will be held 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 for the next 6-week series will take place on Friday, 12/17 at 9:00am. 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 that requires registration. The registration for Walk with Ease is Friday, December 17th at 1:30pm. It meets Mondays, Wednesdays, and Fridays from 9:30am-10:30am. Walk with Ease starts on Monday, January 10th and ends Friday, February 25th. For more information call 646-5122.

The drop-in classes and activities held at Little House available in November/December are:

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

Neighborhood Sewing Group meets the second Monday of every month. The next meetings will be held on November 8th & December 13th. 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. 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 November 9th & December 14th from 2:00pm-3:30pm. Occasional guest speakers. The group is currently meeting on Zoom. To get the Zoom link, call 646-5122

Activities held at other places for November/December are:

The Caregiver's Haven Support Group meets at The Gables on the second and fourth Monday of each month. Please join us on November 8th & 22nd and December 13th & 27th from 10:00am-11:00am. Masking is required and evidence of vaccination or current PCR test is required to be on The Gables Campus. Call Deirdre at 640-5717 for more information.

The drop-in classes and activities held at Little House available in November/December are (continued):

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

Introduction to Family History is a class offered at The Church of Jesus Christ of Latter-Day Saints on Thursdays at 11:00am starting November 4th and ending on December 16th. To sign-up or to learn more information, contact Shauna Longstaff at smlongstaff@yahoo.com. Classes include Introduction to Family Search (11/4), Searching Home and Family for Histories and Existing Records (11/11), Methodology (11/18), What Do Different Types of Records Tell You and How to Find them (12/2), Journaling and Interviewing Family Members (12/9) and Create a Color-Coded Organizational System (12/16).

Future Classes to look for in January/February are:

Chair Yoga will hold a 6-week series that meets once a week for the first 2022 Session. Stay tuned for more details.

NeuroMovement® Chair Class for Vitality and Well-Being is a series of 6 different weekly movement lessons. You can sign up for the whole series by calling 646-5122. If there is room in the class, drop-ins are welcome. The class will be held on Wednesdays from 9:30-10:30 starting on January 26th and ending March 2nd. NeuroMovement combines gentle movements with awareness to discover ease and joy in all movement and sharpen your thinking. Suggested \$5.00 donation per a class.

Parkinson's Support Group will meet on Tuesday, January 11th and February, 18th from 2:00pm-3:30pm. At this time, the group will continue on Zoom.

Skin Cancer Check with Dr. Thacher will be held on Tuesday, February 1st from 8:30am-9:45am. Call 646-5122 for an appointment.

Walk with Ease is a six-week Fall Prevention Program presented by the Ventura County Area Agency on Aging that requires registration. It meets Mondays, Wednesdays, and Fridays from 9:30am-10:30am. Walk with Ease starts on Monday, January 10th and ends Friday, February 25th. For more information call 646-5122.

Yoga at HELP of Ojai will hold a 6-week series that meets once a week for the first 2022 Session with certified instructors. Stay tuned for more details. As a Covid Precaution, students will be responsible for providing their own yoga mats. Registration will be held for the first 2022 Session on Friday, December 17th from 9:00am-10:00am.

◆ PROGRAM UPDATES ◆

Senior Nutrition Program • Barbara O'Grady, Program Director

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

The Congregate Lunch Program continues to go smoothly as we follow Covid-19 protocols. The maximum number of diners allowed each day is 24. Following with HELP of Ojai policy, all congregate participants must show proof of vaccination at their first visit and do an intake form. Face coverings are required at all times, with the exception of when a person is actually eating or drinking. Currently, temperature checks and a verbal symptom screening are administered every day.

We will continue to adjust our program to abide by the current COVID-19 precautions and continually evaluate the protocols.

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 going well! We want to thank the following businesses for working together to provide safe and clean transportation for our riders: Rock Long's, Ojai Imports, Fred's Tire Man, Mobility Works in Van Nuys, Erick the Detail Guy, Hodge Podge Garage and Adamson's Towing.

We are still in need of volunteer drivers. Please call Tina 805-646-5122 x105 if you would like to know more about this great opportunity serving our community.

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. Our updated guidelines are posted on our website.

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 previous day. Doctor's appointments and grocery shopping have priority over any other appointments.

Community Assistance Program

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

It's the most wonderful time of the year! For the last 20 years the Community Assistance Program has sponsored the Adopt-A-Family Project. Last year, over 100 families received help from this wonderful project. We have never had to turn a family in need away, thanks to the support of individuals, businesses, civic organizations and church groups.

"Adopting-a-Family" means donating a gift for each child in the family, (suggested \$20.00 minimum to \$40.00 maximum), and providing a grocery store gift card for a holiday dinner. Four years ago, we launched our **"Adopt-A-Senior"** project with immense success and are excited to offer it again! This project runs in addition to our family program, so there is still an option to adopt or sponsor a family, or to provide a special holiday food gift card or little package for our senior clients. Again, this year we will be prequalifying each family/client to ensure your gifts go to the neediest families in the Valley, as well as to those we are working with CAP case managers on a regular basis to help stabilize their financial and living situations. If you would like to participate as an "adopter" or would like to volunteer to help distribute gifts, please contact Whitney Nunes by e-mail at whitneyn@helpofojai.org.

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 would love to give families cooking staples like cooking oil and salt and pepper. Please call our office at 805-640-3320 if you have any questions.

We also have an Amazon Wishlist if you would like to order items online and have them shipped directly to us!

West Campus • Jayn Walter • 370 W. Baldwin Rd., Ojai • (805) 646-5122

The West Campus is open to the public on a limited basis, primarily to those participating in our Senior Nutrition Program or dropping off donations at our Donation Center. Please see the Donation Center's hours below. We appreciate you not leaving donations outside of the gate. For general inquiries in regards to West Campus, please contact Jayn Walter at (805) 646-5122.

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

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

2nd HELPings Thrift Store is OPEN. Store hours are Tuesday—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. Donations are NOT accepted at the store. Please, NO dumping of any items behind the store.

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 HELPings Donation Center at our West Campus facility is now open to receive donations the following hours:

Wednesday & Thursday, from 9:00-2:00, by appointment only. Please call (805) 646-5122 to schedule an appointment.

Friday & Saturday, from 9:00-2:00, no appointment necessary.

We reserve the right to refuse items that are unsellable or in poor condition.

Our First Saturday Sales are held on the first Saturday of each month, with the exception of January and July. At the sales you may discover unknown treasures or that unique piece of furniture you've been looking for. First Saturday Sales are held from 8:00am-12:00pm. **The next Sale is Saturday, November 6th. Face coverings are mandated at all times.**

Donor Recognition

Our deepest appreciation goes out to those who made contributions in the months of August and September, 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 Megan Telfer at (805) 646-5122.

Anonymous
 Ross and Patty Atkinson
 Linda Bain
 Nicola Bennett
 Steve Bennett and Leslie Ogden
 Katherine Bliss
 Betty Brodowy
 City of Ojai
 Michelle Cowens
 Mike Cromer
 Peter and Linda D'Aprix
 Monique Dedinas
 Peter Dicapua
 Chris Feddersen
 Diana Feinberg
 Chris and Cathy Gonzales
 Randy Haney
 Barbara Hoffman
 The JBKB Family Trust c/o Boston Bookkeeper
 Dan and Jane Kelly
 Dr. Carol Kornhaber
 Drs. Mark and Asha Lee
 Claud Mann
 Steve and Deborah Maragopolous
 Sylvia Narula
 Scott and Polly Nelson
 Bruce and Linda Nofrey
 Bill and Linda Nugent
 Mike and Kathy Ogden
 Ojai Presbyterian Church
 Linda Olive
 Sarah Otterstrom
 Pacific Western Bank
 Doug and Angela Parker
 Marty and Barbara Pops
 Norman and Susan Reccius
 Christine Salisbury
 Louise Sandhaus
 Howard and Bette Schneider

Larry Scott
 Jim and Connie Seebirt
 Charley and Sandy Sledd
 Charlie and Barbara Snyder
 Greg and Denise Stafford
 Gerald Stanek
 Joseph Stevens
 Duane and Azar Storhaug
 Ventura County Area Agency on Aging
 Brian Warner
 YourCause
 Dudley and Mareen Zoll

In Memory/Honor

In memory of Robert Chesley
 Fred Keeler

In memory of Phil Harvey
 Don and Judith Nason

In memory of Phil Harvey
 Don and Judith Nason

In memory of Carl Huntsinger
 Fred Keeler

In memory of Fred Keeler II
 Fred Keeler

In memory of Robert Miller
 Fred Keeler

In memory of Richard Paige
 Fred Keeler

In memory of Jim True
 Sally True

Holiday Tree

Each year HELP of Ojai lights the tree at the "Y" adjacent to Vons during the month of December. The tradition holds that the lights honor or remember someone special to the donor. If you would like to participate in helping us light the tree this year, we have enclosed a donation envelope. Please include the name of the honoree, and we will publish their name in the Ojai Valley News in January.

HELP of Ojai Monthly Activities Calendar for November 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
	10:00—11:30 Tai Chi 1:30—2:45 HELP of Ojai Yog	9:30—10:30 NeuroMovement® Chair Class for Vitality and Well-Being 11:00-12:00 Chair Yoga	10:00—11:30 Tai Chi 1:30—2:45 HELP of Ojai Yoga	11:00-12:00 Chair Yoga 1:00—2:00 Intermediate Guitar
8	9	10	11	12
1:00—4:00 Neighborhood Sewing Group	10:00—11:30 Tai Chi 1:30—2:45 HELP of Ojai Yoga 2:00—3:30 Parkinson's Support Group (Zoom)	9:00—11:15 HICAP Counseling 9:30—10:30 NeuroMovement® Chair Class for Vitality and Well-Being 11:00-12:00 Chair Yoga	10:00—11:30 Tai Chi 1:30—2:45 HELP of Ojai Yoga	11:00-12:00 Chair Yoga 1:00—2:00 Intermediate Guitar
15	16	17	18	19
	10:00—11:30 Tai Chi 1:30—2:45 HELP of Ojai Yoga	9:00—11:15 HICAP Counseling 9:30—10:30 NeuroMovement® Chair Class for Vitality and Well-Being 11:00-12:00 Chair Yoga	10:00—11:30 Tai Chi 1:30—2:45 HELP of Ojai Yoga	11:00-12:00 Chair Yoga 1:00—2:00 Intermediate Guitar
22	23	24	25	26
			THANKSGIVING HELP of Ojai Closed	HELP of Ojai Closed
29	30			
	1:30—2:45 HELP of Ojai Yoga	9:00—11:15 HICAP Counseling 11:00-12:00 Chair Yoga		

HELP of Ojai Monthly Activities Calendar for December 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6	7	8	9	10
	8:30—9:45 Skin Cancer Check w/ Dr. Thacher 1:30—2:45 HELP of Ojai Yoga	11:00-12:00 Chair Yoga	1:30—2:45 HELP of Ojai Yoga	11:00—12:00 Chair Yoga 1:00—2:00 Intermediate Guitar
13	14	15	16	17
1:00—4:00 Neighborhood Sewing Group	1:30—2:45 HELP of Ojai Yoga 2:00—3:30 Parkinson's Support Group	11:00-12:00 Chair Yoga 12:00—1:00 Wednesday Chair Yoga Registration	1:30—2:45 HELP of Ojai Yoga	9:00—10:00 Yoga Registration 10:30—11:30 Tai Chi Registration 11:00—12:00 Chair Yoga 12:00—1:00 Friday Chair Yoga Registration 1:00—2:00 Intermediate Guitar 1:30—2:30 Walk with Ease Registration
20	21	22	23	24
				HELP of Ojai Closed
27	28	29	30	31
				HELP of Ojai Closed

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 Megan Telfer at (805) 646-5122 or email her at megant@helpofojai.org

SAVE THE DATE!

**The HELP of Ojai Annual Membership Meeting is
Thursday, November 10th, at 5:00 PM PST, via Zoom.**

We will review HELP's 2020-2021 fiscal year and announce the new board member.

HELP of Ojai's Annual Membership Meeting

Time: Wednesday, November 10th, 5:00 PM, Pacific Time (U.S. and Canada)

Join Zoom Meeting:

<https://us02web.zoom.us/j/84115319945?pwd=bmdRTGNkTWdNaWtJMhSYORFZWpBZz09>

Meeting ID: 841 1531 9945

Passcode: 441910

If it is more helpful, please call at 805-646-5122
and we can directly email you an invitation.