



HELP of Ojai, Inc. January/February 2022

Neighbors HELPing Neighbors

Community Bulletin

A Word From Megan Telfer, Co Executive Director

January 1, 2022

Happy New Year from HELP of Ojai!

It has been a busy time at HELP of Ojai with the celebrations of retirement for two HELP of Ojai Staff Members , the Holiday Season Programs, and getting settled into the Montgomery Street location.

Congratulations to Terri Wolfe and Barbara O'Grady on their retirements in December 2021! A big thank you to both Terri and Barbara for their service to the Ojai Valley Community in their respective roles. With Terri's retirement, we will also miss having Cricket in the office to help greet our volunteers and program participants. We wish them all well in their retirement.

The Community Assistance Program has completed another year of the Thanksgiving Food Baskets, Adopt-A-Family, and Adopt-A-Senior programs. In partnership with the Ojai Presbyterian Church, Ojai Boy Scout Group 504, Ojai Rotary, Ojai Rotary West, and Ojai Valley Christian Fellowship at the Well, we were able to assemble and distribute Thanksgiving Food Baskets that reached over 700 low-income Ojai Valley Residents. In our Adopt-A-Family and Adopt-A-Senior Holiday Programs, 108 families and 50 seniors in the Ojai Valley were adopted by community members. We could not do these projects without the support of the individuals and groups that adopt the families, hold food drives for the Community Assistance Programs in the months of November and December, and help distribute gifts. Thank you to everyone who contributed and helped make the holidays a special time for everyone in the Ojai Valley!

We are all enjoying the Montgomery Street location and getting settled in! Transportation, Activities, and the Community Assistance Program are in full swing at the new location. The Transportation Program is currently looking for volunteer drivers. If you are interested in volunteering as a driver, please contact Tina Rosas by phone (805-646-5122) or e-mail (tinar@helpofojai.org). A reminder that at all of our locations, HELP of Ojai requires all staff, volunteers, and program participants to be masked and vaccinated to help prevent the spread of Covid-19.

As we often start new things in the New Year, I am very excited to officially start my role as the Co Executive Director for HELP of Ojai this month. We will welcome Jayn Walter, Co Executive Director, back from maternity leave in March. We look forward to helping the Ojai Valley Community thrive in the coming year!

Warmly,

Megan Telfer

January/February 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 March and April 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 Montgomery Street for January/February are:

AARP Tax Aide starts Wednesday 2/7 and runs through 4/11. Seniors and low to moderate income persons with NO Rental Property and/or self-employment expenses greater than \$10K can make an appointment to have their 2021 income taxes completed and e-filed. Call 646-5122 to make an appointment.

Chair Yoga—Wednesday is a 6-week series that requires registration. Registration for the Wednesday Winter Session will be held at 10:30am on 1/12. Class will be held from 11:00am-12:00pm starting on 1/12 and ends on 2/16. Suggested donation of \$5.00 per a class.

Chair Yoga—Friday is a 6-week series that requires registration. Registration for the Friday Winter Session will be held at 10:30am on 1/14. Class will be held from 11:00am-12:00pm starting on 1/14 and end on 2/18. Suggested donation of \$5.00 per a class.

Health Insurance Counseling & Advocacy Program (HICAP) will hold appointments on Tuesdays from 9:00am-11:15am. This program provides free and objective information and counseling about Medicare. Please call 646-5122 to schedule 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 January 26th and ending March 2nd. 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, February 1st 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 VCAA Fall Prevention Program that requires registration. 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. The Winter Session will be held on Tuesdays and Thursdays from 1/11 & 1/13— 2/15 & 2/17 from 1:30pm-2:45pm with certified instructors. As a Covid Precaution, students will be responsible for providing their own yoga mats. 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.

Yoga at HELP of Ojai Registration for Spring Session 1 will be held on Friday, February 18th at 9:00am. Stay tuned for the Spring Session 1 dates.

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. To register for the class call 646-5122. Suggested \$5.00 donation per a class.

The drop-in classes and activities held at Montgomery Street available in January/February 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 January 10th & February 14th. 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 first Monday of every month. The next meetings will be held on January 3rd & February 7th from 2:00pm-3:30pm. Occasional guest speakers.

Activities held at other places for January/February are:

The Caregiver's Haven Support Group meets at The Gables on the second and fourth Monday of each month. Please join us on January 10th & 24th and February 14th & 28th 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.

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 March/April are:

AARP Tax Aide starts Wednesday 2/7 and runs through 4/11. Seniors and low to moderate income persons with NO Rental Property and/or self-employment expenses greater than \$10K can make an appointment to have their 2021 income taxes completed and e-filed. Call 646-5122 to make an appointment.

Chair Yoga will hold a 6-week series that meets once a week for Spring Session. Stay tuned on more dates and how to register for the class.

Creative Writing will continue to meet on Zoom.

Parkinson's Support Group will meet on Monday, March 7th and April, 4th from 2:00pm-3:30pm.

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

◆ PROGRAM UPDATES ◆

Senior Nutrition Program • Anna Woollis, Program Director

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

The Senior Nutrition Program and HELP of Ojai sends well wishes to Barbara O'Grady in her retirement! One of Barbara's most extraordinary accomplishments at HELP of Ojai was the cooking, coordinating, and distributing of home delivered meals during COVID-19. We will miss Barbara's warmth and kindness! We are excited to welcome Anna Woollis and Maria DePaola to our Senior Nutrition Program staff.

The Congregate Lunch Program continues to meet Monday-Friday at 12:00pm. All congregate participants must show proof of vaccination at their first visit and do an intake form. Currently, temperature checks and a verbal symptom screening are administered daily and a maximum number of 20 diners per a day.

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 Anna at 649-8018 for more information.

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

Happy New Year! Transportation has been as busy as ever. A big thank you to our volunteer drivers! Our current drivers have been putting in extra shifts due to being in desperate need of volunteers. Volunteering consists of a 4-hour shift commitment, either once a week or even once a month. 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. We are also requiring all our riders and drivers to have received the COVID vaccine. Thank you for your understanding.

Transportation hours of operation:

Monday – Thursday: 8:30-3:30

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

Through the generosity of several community groups and donors, the CAP office was able to coordinate the delivery of 215 Thanksgiving Food boxes to Ojai Valley Residents. We would not have been able to do this without the assistance of the following groups/organizations: Ojai Presbyterian Church, Ojai Valley Christian Fellowship at The Well, Ojai Boy Scout Group 504, Ojai Rotary West and Ojai Rotary. The food from these boxes reached more than 700 people!

Thank you to all donors and volunteers who helped make the 2021 Adopt-A-Family and Adopt-A-Senior program a success! Through the generous donations of our community, the Community Assistance Program was able to provide gifts to 208 children and 50 seniors this holiday season.

In partnership with the Ventura County Continuum of Care Alliance, the CAP office will be leading the 2022 Ojai Homeless Count on Wednesday, January 26th. The Homeless Point-In-Time Count helps to better understand who is homeless in Ventura County and gain access to state and federal funding. CAP staff and volunteers will canvass the community in pairs and collect survey data through interviewing homeless persons or reporting observations. If you are interested in volunteering, please register online at <https://forms.gle/cmByTeEBArQZJV7k6>. You can also call the CAP office to volunteer.

During the winter months, many people see an increase in their utility bills. There are multiple programs available to assist financially with these costs: HEAP, SHARE, EAF and GAF. Please call a case manager at the CAP office for more information (805) 640-3320.

West Campus • Jayn Walter • 370 W. Baldwin Rd., Ojai • (805) 649-9218

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) 649-9218.

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 will continue from now on, each month, from 8-12. **The next Sale is Saturday, February 5th. Face coverings are mandated at all times.**

Donor Recognition

Our deepest appreciation goes out to those who made contributions in the months of October and November, 2021. Your donations in support of HELP's programs are valued greatly and we sincerely thank you.

If you have any questions regarding donations, please call Megan Telfer at (805) 646-5122.

Jean Angle
 Ross and Patty Atkinson
 Jane Bear
 Steve Bennett and Leslie Ogden
 Mary Bergen
 RA Bernhoft
 Katherine Bliss
 Bonito Coffee Roaster LLC
 Keith and Ann Brock
 Jim and Fran Christiansen
 Mary Cogswell
 Neil Cole
 Mike Cromer
 Barbara Crowder
 Foundation Energy Management, LLC
 Mark and Dawn Golden
 Chris and Cathy Gonzales
 Michael Graves
 Randy Haney
 Barbara Hoffman
 Diane Holst
 Carole Iles
 The JBKB Family Trust C/O Boston Bookkeeper
 Liptak Family Fund
 Doris Mendel
 Sylvia Narula
 Scott and Polly Nelson
 Bruce and Linda Nofrey
 Magda Norral-Perkins
 Bill and Linda Nugent
 Ojai Presbyterian Church
 Ojai United Methodist Church
 Tonya and John Peralta
 Rotary Club of Ojai
 Rotary Club of Ojai West Foundation
 Fred Rothenberg
 Amy Schneider
 Jim and Connie Seebirt
 Michael Shapiro
 Dariel Sidney
 Charley and Sandra Sledd
 Dayl Standley
 Duane and Azar Storhaug
 Peter Strauss and Rachel Ticotin
 Benjamin and Caroline Templeton
 United Way California Capital Region
 United Way of Ventura County
 Trish Whalen
 Tim and Terri Wolfe
 The WRG Foundation
 Dudley and Maren Zoll

In Memory/Honor

In memory of Janet Wilkinson
 Allyn Wilkinson

In memory of Philip Burton
 Cindy Pitou Burton

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 Robert Chelsey
 Fred Keeler

In memory of Richard Paige
 Fred Keeler

In memory of John Iwata
 Dottie Loebel

In memory of John Iwata
 Terry Patterson

In memory of James True
 Judith Pugh

In memory of John Iwata
 Judith Pugh

In honor of Dorothy Loebel
 Ellen Loebel

In honor of Terri Wolfe
 John and Caroline Thacher

In honor of Bonnie Haave of Haave House
 Lisa Larramendy and Larry Rose

In honor of Tom and Mary Korn
 Maureen Volland

In honor of Ann Derby Joy Charitable Fund
 Ventura County Community Foundation

HELP of Ojai Monthly Activities Calendar for January 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
2:00—3:30 Parkinson's Support Group	9:00—11:15 HICAP Counseling			1:00—2:00 Intermediate Guitar
10	11	12	13	14
9:30—10:30 Walk with Ease 1:00—4:00 Neighborhood Sewing Group	9:00—11:15 HICAP Counseling 10:00—11:30 Tai Chi 1:30—2:45 HELP of Ojai Yoga	9:30—10:30 Walk with Ease 10:30 Chair Yoga Sign-up—Wednesday 11:00-12:00 Chair Yoga	10:00—11:30 Tai Chi 1:30—2:45 HELP of Ojai Yoga	9:30-10:30 Walk with Ease 10:30 Chair Yoga Sign-up—Friday 11:00—12:00 Chair Yoga 1:00—2:00 Intermediate Guitar
17	18	19	20	21
HELP of Ojai Closed 9:30—10:30 Walk with Ease	9:00—11:15 HICAP Counseling 10:00—11:30 Tai Chi 1:30—2:45 HELP of Ojai Yoga	9:30—10:30 Walk with Ease 11:00-12:00 Chair Yoga	10:00—11:30 Tai Chi 1:30—2:45 HELP of Ojai Yoga	9:30—10:30 Walk with Ease 11:00—12:00 Chair Yoga 1:00—2:00 Intermediate Guitar
24	25	26	27	28
9:30—10:30 Walk with Ease	9:00—11:15 HICAP Counseling 10:00—11:30 Tai Chi 1:30—2:45 HELP of Ojai Yoga	9:30—10:30 Walk with Ease 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	9:30—10:30 Walk with Ease 11:00—12:00 Chair Yoga 1:00—2:00 Intermediate Guitar
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9:30—10:30 Walk with Ease				

HELP of Ojai Monthly Activities Calendar for February 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7	1	2	3	4
9:30—10:30 Walk with Ease 2:00—3:30 Parkinson's Support Group	8:30—9:45 Skin Cancer Check w/ Dr. Thacher 9:00—11:15 HICAP Counseling 10:00—11:30 Tai Chi 1:30—2:45 HELP of Ojai Yoga	9:30—10:30 Walk with Ease 9:30—10:30 NeuroMovement® Chair Class for Vitality and Well-Being 11:00—12:00 Chair Yoga 12:30—4:00 Tax Aide	10:00—11:30 Tai Chi 1:30—2:45 HELP of Ojai Yoga	9:30—10:30 Walk with Ease 11:00—12:00 Chair Yoga 1:00—2:00 Intermediate Guitar
14	15	16	17	18
9:30—10:30 Walk with Ease 1:00—4:00 Neighborhood Sewing Group	10:00—11:30 Tai Chi 1:30—2:45 HELP of Ojai Yoga	9:30—10:30 Walk with Ease 9:30—10:30 NeuroMovement® Chair Class for Vitality and Well-Being 11:00—12:00 Chair Yoga 12:30—4:00 Tax Aide	10:00—11:30 Tai Chi 1:30—2:45 HELP of Ojai Yoga	9:00—10:00 Yoga Registration 9:30—10:30 Walk with Ease 11:00—12:00 Chair Yoga 1:00—2:00 Intermediate Guitar
21	22	23	24	25
HELP of Ojai Closed	10:00—11:30 Tai Chi	9:30—10:30 NeuroMovement® Chair Class for Vitality and Well-Being 12:30—4:00 Tax Aide	10:00—11:30 Tai Chi	1:00—2:00 Intermediate Guitar
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HELP of Ojai, Inc.

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.