



HELP of Ojai, Inc. March/April 2022

Neighbors HELPing Neighbors

Community Bulletin

A Word From Megan Telfer, Co Executive Director

March 1, 2022

Dear HELP of Ojai Friends,

January and February were busy months and we are flying into March and April! Thank you to everyone in the community for your patience and understanding as we once again pivoted our programs to respond to the increase in Covid cases after the holidays. HELP's priority is keeping our community safe!

One of our wonderful transportation volunteer drivers, Fred Rothenberg, wrote about HELP of Ojai's transportation program on his blog. Here is a glimpse into a shift as a volunteer driver from Fred's blog post, [Taking the Bus](#):

"I retrieve my rider list from Tina and make my way to Bus 8, a nine-passenger sheet metal behemoth that's been sitting in the lot since yesterday afternoon. Hoisting myself into the sub-zero driver's seat produces a shiver. My glasses immediately fog up because of the Covid mask and I find myself blindly searching for the heater controls. Removing the mask results in the loss of one over-priced hearing aid that had twisted itself around the elastic straps that held the facemask in place. I decide to forego the pleasure of the hearing aids until summer.

*Settled in, I drive to my first pickup. *Ralph is recovering from a stroke and needs a little help boarding. He's exceptionally happy today, which he attributes to the half-jigger of bourbon that enhanced his morning coffee.*

**Dottie is my next client. With a tendency toward procrastination, she shuffles to the bus seemingly unaware that she is ten minutes overdue. Her delightful, "Good morning" makes me forget about her being late.*

**Lucy has been physically challenged for many years. Today's trip to the doctor requires a wheelchair. It takes me awhile to hoist the chair on the lift and fasten it to the floor of the bus. I drop her off at the doctor and when her visit ends, I reverse the process going home. I don't mind the effort, and I think about what it would be like if it were me in that chair.*

I bring the bus back to HELP, hand the manifest and keys to Tina along with the five dollars of donations that hardly cover the gas I used driving forty miles.

I've been at it four hours. In and out of the bus, hauling groceries and doing other things that make it possible for people to do what needs to be done.

I should be tired. But I feel refreshed."

Thank you to Fred and all of our volunteers! HELP of Ojai could not do it without each of you coming in and using your talents and skills to support those in our community.

Warm regards,
Megan Telfer

*All names have been changed to protect confidentiality

March/April 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 May and June 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.

The appointment-necessary or series-based activities beginning at Montgomery Street for 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 805-646-5122 to make an appointment.

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 805-646-5122 to schedule an appointment.

NeuroMovement® Chair Class for Vitality and Well-Being will begin on Monday, March 21st from 11:00am-12:00pm. It is a 6-week series of different movement lessons. The class NeuroMovement combines gentle movements with awareness to discover ease and joy in all movement and sharpen your thinking. Drop-ins welcome.

Skin Cancer Check with Dr. Thacher will be Tuesday, April 5th from 8:30am-9:45am. Call 805-646-5122 for an appointment.

The Soul's Fire will begin on Thursday, March 17th from 2:00pm-3:30pm. This is a 7-week course and is important you can commit to all 7 weeks. 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 vitals fires within that infuse our lives with creative and spiritual force. You must register for this course. Please call 646-5122 to register, space is limited.

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 summer session will be held on Friday, April 22nd at 9:00am.

Yoga at HELP of Ojai is a 6-week series that requires registration. The Spring Session will be held on Tuesdays and Thursdays from 3/22 & 4/26— 3/24 & 4/28 from 1:30pm-2:45pm with certified instructors. This session will be held at St. Andrew's Episcopal Church. As a Covid Precaution, students will be responsible for providing their own yoga mats.

Yoga-stration for HELP of Ojai Yoga for the Spring Session will be held on Friday, March 3rd at 9:00am at 108 S. Montgomery Street. 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.

The drop-in classes and activities held at Montgomery Street available in March/April are:

Chair Yoga meets on Wednesdays from 11:00am-12:00pm. Suggested donation of \$5.00 per a class.

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

Parkinson's Support Group meets the first Monday of every month. The next meetings will be held on March 7th & April 4th from 2:00pm-3:30pm. Occasional guest speakers.

Activities held at other places for March/April are:

The Caregiver's Haven Support Group meets at The Gables on the second and fourth Monday of each month. Masking is required and evidence of vaccination or current PCR test is required to be on The Gables Campus. 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 May/June are:

Chair Yoga meets on Wednesdays from 11:00am-12:00pm. Suggested donation of \$5.00 per a class.

Creative Writing will continue to meet on Zoom.

Parkinson's Support Group will meet on Monday, May 2nd and June, 6th from 2:00pm-3:30pm.

Skin Cancer Check with Dr. Thacher will be Tuesday, June 7th from 8:30am-9:45am. Call 805-646-5122 for an appointment.

Tai Chi: Moving for Better Balance will hold a 12-week summer session. Stay tuned for dates.

◇ PROGRAM UPDATES ◇

Senior Nutrition Program • Anna Woollis, Program Director

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

The Congregate Lunch Program will open on Monday, March 14th. All congregate participants must show proof of vaccination and complete an intake form at their first visit. Currently, temperature checks and masks are required.

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

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

We would like to recognize Fred Rothenberg as our volunteer driver of the month. Fred has been driving for HELP of Ojai for eighteen years! We look forward to the days that Fred drives because he is humble, kind and has a wonderful sense of humor. He is also a very talented writer and photographer. He has graciously donated his photos for our new location at 108 S. Montgomery St. If you have the pleasure to see Fred out and about, please thank him for his wonderful service to our community.

Thank you to Maddie, Bill and Larry, our newest transportation volunteers drivers! Call Tina at 805-646-5122x105 if you would like to know more about this great opportunity serving our community.



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

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

2nd HELPiNGs Donation Center • 370 W. Baldwin Road, Ojai

Our 2nd HELPiNGs Donation Center at our West Campus facility is open Wednesday through Saturday from 9:00am-2:00pm. No appointment necessary!

We reserve the right to refuse items that are unsellable or in poor condition. Please do not dump items.

Our First Saturday Sales are held on the first Saturday of each month, with the exception of January and July, from 8:00am-12:00pm. At the sales you may discover unknown treasures or that unique piece of furniture you've been looking for. **The next Sale is Saturday, March 5th.**

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

2nd HELPiNGs Thrift Store is OPEN. Store hours are Tuesday—Saturday, from 10:00am-5:00pm.

Donations are NOT accepted at the store. Please, NO dumping of any items behind the store.

Community Assistance Program (CAP)

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

Our CAP office and food pantry are open Monday, Wednesday, and Friday from 9:00am-12:00pm. To make an appointment to speak with a case manager or to find out about our services, please call 805-640-3320.

CAP Case manager Whitney Nunes continues to work hard and be a strong advocate for our clients looking for housing. Eight clients have received emergency Section 8 vouchers through the Area Housing Authority of Ventura County. It has been difficult to find local properties that accept Section 8 vouchers. If you, or someone you know, is interested in accepting a Section 8 voucher, call Whitney at 805-640-3320 for more information.

During the winter months, many people see an increase in their utility bills. Contact us to schedule an appt to apply for HEAP. If you were covid impacted and you are behind your water bill, please contact case manager Stacy at 805-640-3320 ext. 302.

Donor Recognition

Our deepest appreciation goes out to those who made contributions in the months of December 2021 and January 2022. 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.

Alice Matzkin
 Allison Reed
 Andy & Sharon Engel
 Anne Kaplan
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 Tisbest Philanthropy
 Tom & Nanette Benbrook
 Tony and Penny Cuccio
 Tonya and John Peralta
 Trish Whalen

Donor Recognition Continued

Our deepest appreciation goes out to those who made contributions in the months of December 2021 and January 2022. 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.

In Memory

In memory of Alan Rains
Dottie Leobl

In memory of Alan Rains
Harry and Ann Oppenheimer

In memory of Alan Rains
Sidney Cohn

In memory of Barbara G. Sunderland
Antoinette Pineau

In memory of Catherine McAuley Meek
Catherine Meek

In memory of Cookie Miley
Larry Scott

In memory of David Morgan
Judy and Ken Cochran

In memory of Irene Rithianos
Trent and Olga Jones

In memory of Lethe Lyman
Mark and Caroline Stubbs

In memory of Marilyn Denny
Marilyn Denny Trust

In memory of Robert and Helene Hamm
Kimberly Booth

In memory of Robert and Helene Hamm
Sharon Booth

In honor of Carey Pearlman and Tracy Albert
David and Sylvia Weisz Family Foundation

In Memory

In honor of Gene Bullard
Dianne Bullard

In honor of HELP of Ojai Staff, past and present
Kate Russell

In honor of India Getty-Pruss
Anna Getty

In honor of Mrs. James Loebel
Susan Grasso

In honor of Marilyn Wallace and Maurice Chase
James H. Horak

In honor of Michael Shapiro
Louise Sandhaus

In honor of Nancy Hanks Kroy and Patrick Kroy
Mary Hanks

In honor of Paula Scott and Karen Kaminsky
Cathy Estill

In honor of Sid Cohn
Margo Haas

In honor of Terri Wolfe
Marty and Barbara Pops

In honor of Tucker Adams
John Mirk and Marquita Flemming

HELP of Ojai Monthly Activities Calendar for March 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00—11:15 HICAP Counseling 10:00—11:30 Tai Chi 1:30—2:45 HELP of Ojai Yoga	2 9:30—10:30 NeuroMovement® Chair Class for Vitality and Well-Being 11:00—12:00 Chair Yoga 12:30—4:00 Tax Aide	3 10:00—11:30 Tai Chi 1:30—2:45 HELP of Ojai Yoga	4 9:00 YOGA-STRATION 1:00—2:00 Intermediate Guitar
7 2:00—3:30 Parkinson's Support Group	8 9:00—11:15 HICAP Counseling 10:00—11:30 Tai Chi 1:30—2:45 HELP of Ojai Yoga	9 11:00—12:00 Chair Yoga 12:30—4:00 Tax Aide	10 10:00—11:30 Tai Chi 1:30—2:45 HELP of Ojai Yoga	11 1:00—2:00 Intermediate Guitar
14	15 9:00—11:15 HICAP Counseling 10:00—11:30 Tai Chi	16 11:00—12:00 Chair Yoga 12:30—4:00 Tax Aide	17 10:00—11:30 Tai Chi 2:00—3:30 Soul's Fire	18 1:00—2:00 Intermediate Guitar
21 11:00—12:00 NeuroMovement® Chair Class for Vitality and Well-Being	22 9:00—11:15 HICAP Counseling 10:00—11:30 Tai Chi 1:30—2:45 HELP of Ojai Yoga	23 11:00—12:00 Chair Yoga 12:30—4:00 Tax Aide	24 10:00—11:30 Tai Chi 1:30—2:45 HELP of Ojai Yoga 2:00—3:30 Soul's Fire	25 1:00—2:00 Intermediate Guitar
28 11:00—12:00 NeuroMovement® Chair Class for Vitality and Well-Being	29 9:00—11:15 HICAP Counseling 10:00—11:30 Tai Chi 1:30—2:45 HELP of Ojai Yoga	30 11:00—12:00 Chair Yoga 12:30—4:00 Tax Aide	31 10:00—11:30 Tai Chi 1:30—2:45 HELP of Ojai Yoga 2:00—3:30 Soul's Fire	

HELP of Ojai Monthly Activities Calendar for April 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 1:00—2:00 Intermediate Guitar
4 11:00—12:00 NeuroMovement® Chair Class for Vitality and Well-Being 2:00—3:30 Parkinson's Support Group	5 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	6 11:00—12:00 Chair Yoga 12:30—4:00 Tax Aide	7 10:00—11:30 Tai Chi 1:30—2:45 HELP of Ojai Yoga 2:00—3:30 Soul's Fire	8 1:00—2:00 Intermediate Guitar
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18 11:00—12:00 NeuroMovement® Chair Class for Vitality and Well-Being 2:00—3:30 Parkinson's Support Group	19 9:00—11:15 HICAP Counseling 10:00—11:30 Tai Chi 1:30—2:45 HELP of Ojai Yoga	20 11:00—12:00 Chair Yoga	21 10:00—11:30 Tai Chi 1:30—2:45 HELP of Ojai Yoga 2:00—3:30 Soul's Fire	22 9:00 TAI CHI REGISTRATION 1:00—2:00 Intermediate Guitar
25 11:00—12:00 NeuroMovement® Chair Class for Vitality and Well-Being 2:00—3:30 Parkinson's Support Group	26 9:00—11:15 HICAP Counseling 10:00—11:30 Tai Chi 1:30—2:45 HELP of Ojai Yoga	27 11:00—12:00 Chair Yoga	28 10:00—11:30 Tai Chi 1:30—2:45 HELP of Ojai Yoga 2:00—3:30 Soul's Fire	29 1:00—2:00 Intermediate Guitar

HELP of Ojai, Inc.

P.O. Box 621

Ojai, CA 93024

ADDRESS SERVICE REQUESTED



HELP of Ojai, Inc. — *Neighbors HELPing Neighbors*

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