



**HELP of Ojai, Inc.**

July/August 2023

*Neighbors HELPing Neighbors*

## Community Bulletin

*A Word From Jayn Walter, Co-Executive Director*

Greetings friends of HELP,

After what seemed like months of overcast weather, we have fully transitioned to summer. So, happy summer and happy 4th of July! We hope you get to enjoy the holiday with people you love. Based on the number of chairs lining Ojai Ave, we imagine we'll see a lot of you at the parade on Tuesday. We'll be in it, driving our newest transportation van, and hope you'll wave hello! The Ojai parade is a fun tradition for so many, including our staff members and their families, and it is a perfect showcase of the thoughtful and creative people and organizations that make our community so special. We're grateful to be a strand in such a close-knit collective.

Speaking of wonderful people, congratulations to newly inducted Ojai Living Treasure, Glenda King. Many of you may remember Glenda from the several years she managed the HELP of Ojai transportation program. In spite of her retirement, she has continued to volunteer with HELP of Ojai, and currently runs the front desk every Friday. She truly is a gift to the greater Ojai community and we are extremely lucky to share a mission with her!! Glenda is one of a few Living Treasures affiliated with HELP of Ojai: Deirdre Daly (LT 2022) and Severo Lara (LT 2021), both of whom serve on our Board of Directors.

For those looking to escape the heat this summer, there are many ways you can get out of the house (and into commercial air conditioning) at HELP of Ojai. Our congregated lunch is a sure way to socialize AND eat a yummy meal. We also have a wide range of senior activities this summer; check out our calendar for dates and times. And 2nd HELPing's thrift store is a great place to cool off and browse through some great, secondhand treasures. We also welcome you to volunteer with any of these programs! Your presence would be so welcomed. Please visit our newly revamped website for more information on volunteering with HELP at [www.helpofojai.org](http://www.helpofojai.org).

There are a few other updates I'd like to share before you dive into the rest of the bulletin. First, our 2nd HELPing's West Campus Donation center will be closed for a few weeks as we conduct a reorganization of the receiving and sales yard. We apologize for the inconvenience. If everything goes according to plan, we will reopen in mid-July, but please check the website or call our main office (805-646-5122) before you head over. The second update pertains to the Community Bulletin. In an effort to preserve resources and reduce waste, the printed format will move to a quarterly publication, mailed in July, October, January and April. If you would like more frequent updates and information from HELP of Ojai, please subscribe to the digital bulletin via the website (or email Maria at [mariad@helpofojai.org](mailto:mariad@helpofojai.org)). We know many of you value the activities calendar in the Community Bulletin, and just a reminder that it is ALSO available online! If you have any questions about the activities calendar, please call Maria at 805-646-5122.

As always, thank you for your ongoing support of HELP of Ojai. Have a great summer y'all!

Best,  
Jayn Walter

## **July / August 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. Please notice the Activity Calendar is a two-month format. The next calendar will be published for September and October 2023.*

*Unless specified, there is a \$5.00 suggested donation per a class. To register for any of the following classes, please call (805)646-5122*

### **The appointment necessary activities at Montgomery Street for July / August:**

**Be Ready Red Cross Emergency Preparedness Training** will be held on Wednesday, August 16th from 10:00am-11:00am. The program is designed to help people understand, prepare for, and respond appropriately to disasters. Build confidence by learning simple steps you can take now, to help prepare and protect your family.

**Health Insurance Counseling & Advocacy Program (HICAP)** will hold appointments on the second Wednesday of each month. Appointments are at 10:00am, 11:30am, and 1:00pm. This program provides free and objective information and counseling about Medicare.

**Legal Aid** is held on the first Wednesday of every month from 9:30am-12:00pm. Appointments are available every 30 minutes. Call (805)640-3320 to schedule an appointment.

**Skin Cancer Check** with Dr. Thacher will be held Tuesday, August 1st from 8:30am-9:45am.

**Tai Chi: Moving for Better Balance** is a 12-week evidence-based class offered by the VCAAA Fall Prevention Program. Classes will be held on Tuesdays and Thursdays from 10:00am-11:30am from August 8th through October 26th. Participants must be registered to participate. You must be present to register. The series is available to Ojai Valley residents who are 60 years or older and are able to participate through the duration of the series. Registration for this series will be July 27th from 10:00am-11:00am.

**Wildfire Preparedness Workshop** will take place on Monday, July 31st from 10:00am—11:00am. Learn about fire preparedness and recovery so that you can take necessary action. Presented by the Ventura County Wildfire Collaborative.

### **The drop-in classes and activities held at Montgomery Street in July / August are:**

**Breast Cancer Support Group** meets on the fourth Wednesday of the month from 6:00pm-7:15pm. This facilitated peer group is an opportunity to feel connected with others sharing a similar experience. Gain information, advocacy skills, insights, and tools to navigate the outer and inner journey with greater ease, calm, and connection. Open to all anywhere on the continuum from newly diagnosed, in or having completed treatment, and/or living with breast cancer. Call Susan Kapadia at (805)646-6433 for more information.

**Bridge Club** meets on Mondays from 10:00am-1:00pm. New members welcome!

**Cancer Support Group** meets on the second Wednesday of the month from 6:00pm-7:15pm. This cancer support group provides a safe space to connect with others coping with any type and stage of cancer and is led by a medical social worker who provides emotional and practical support. Call Susan Kapadia at (805)646-6433 for more information.

**Creative Writing Group** will meet on Friday, July 7th and Friday, August 4th from 10:00am-12:00pm. The remaining Fridays will be held via Zoom.

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

**Mah Jongg Group** meets Wednesdays from 1:00pm-3:30pm. A self-guided, social group.

**Physio-Ed** is held on Wednesdays from 11:00am-12:00pm and on Fridays from 10:00am-11:00am. This chair workout class, designed by local physical therapist Dr. Kathy Doubleday, is aimed at bettering participants health by lowering instances of chronic conditions caused by aging such as osteoporosis, balance issues, and hypertension.

**Qi Gong** will be held on Tuesdays from 9:15am-10:00am. Classes are taught by Jan Reason, a certified instructor in the tradition of "Chi-Lel" Qi Gong. No experience is required. No class July 25th and August 29th.

**Senior Sing Along Group** is a casual singing group that meets on the second and fourth Thursdays of the month, from 2:00pm-3:00pm. Join us at **The Gables** as we sing along to music from the 1920s-1970s.

## **Community Assistance Program (CAP)**

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

The CAP office is excited about the many changes in store for our program this summer. We are preparing to move locations and will soon be located in the back of Our Montgomery St. building, in closer proximity to the food pantry.

Utility assistance is still available for gas, electricity, and water. If you are in need of utility assistance, please call (805) 640-3320 and speak to Abby to set up an appointment.

Please be aware that our community food pantry hours have changed. We are distributing fresh food Monday's and Wednesdays from 9am-12pm, and the last Saturday of every month from 10am-12pm. The office will remain open on Friday's for walk ins from 9am-12pm. If you are a part of our lunch program or require a food box, you can pick these up from the CAP office.

Ojai Unified School District will be providing free summer meals at all summer school sites while summer school is in session. These meals are available to any child under the age of 18, they do not need to be an OUSD student. The sites include Mira Monte, Matilija Middle School, and Nordhoff High School.

We would also like to highlight two generous new donors to the community food pantry. Poco Farm is donating fresh, handpicked produce (a major community need!) and Air Pizza has begun donating delicious pizzas and salads. We are so grateful for these donations.

If you or your business are interested in donating food for distribution at our community food pantry, or you are interested in volunteering please contact Alicia ([aliciar@helpofojai.org](mailto:aliciar@helpofojai.org)).

## **Senior Nutrition Program • 370 W. Baldwin Rd., Ojai • (805) 649-8018**

Congregate meals are now served Monday through Friday, from 11:45am-12:45pm.

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 Vicki at (805) 649-8018 for more information

## **Transportation • 108 S. Montgomery St., Ojai • (805) 646-7787**

Last month we celebrated HELP of Ojai volunteers with a special BBQ dinner at our West Campus property. Those who were able to come had a wonderful time catching up with old friends and meeting other volunteers.

Our transportation program would not be able to run without all of our many volunteer drivers. Our drivers currently drive a 4-hour shift, one day a week. They are able to make a connection with a rider, even if it's just a quick ride to the grocery store or to yoga class. These interactions are so special, not only for the rider, but our drivers as well. Please consider volunteering in our transportation program.

Transportation will be closed on Tues., July 4th. Normal hours: Mon-Friday 8:30-3:30.



**West Campus & 2nd HELPings Donation Center • 370 W. Baldwin Rd., Ojai**

Our next Saturday sale is August 5th. Doors open at 8am; please be courteous to other shoppers when driving through the property. We typically are closed to donations the week before the Saturday sale; please call the main office at 805-646-5122 to confirm.

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

2nd HELPings Thrift Store will be closed Tuesday, July 4th. Normal hours are Tuesday – Saturday 10am-5pm and Sunday, 11am-3pm.

2nd HELPings is on Instagram @2ndhelpings\_thrift! Give us a follow and get first looks at unique and collectible items for sale.

Due to space and other limitations, we cannot accept donations at the store. Please visit the donation store during their hours of operation.



Photos from our volunteer recognition event in June. Thank you volunteers for everything you do for our organization!



**Save a tree!**

**Sign up for the electronic version of the Community Bulletin!**

If you'd like to receive the CB by email, please contact Maria DePaola at [mariad@helpofojai.org](mailto:mariad@helpofojai.org)

# HELP of Ojai Monthly Activities Calendar for July 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:00—1:00 Bridge Club	4 <b>CLOSED</b> 4TH OF JULY	5 9:30—12:00 Legal Aid Appointments 11:00—12:00 Physio Ed 1:00—3:30 Mah Jongg	6 10:00—11:30 Tai Chi	7 10:00—12:00 Writer's Group 10:00—11:00 Physio Ed 1:00—2:00 Intermediate Guitar
10 10:00—1:00 Bridge Club	11 9:15—10:00 Qi Gong 10:00—11:30 Tai Chi	12 10:00—1:00 HICAP Counseling Appointments 11:00—12:00 Physio Ed 1:00—3:30 Mah Jongg 6:00pm—7:15pm Cancer Support Group	13 2:00—3:00 Singing Group	14 10:00—12:00 Writer's Group via Zoom 10:00—11:00 Physio Ed 1:00—2:00 Intermediate Guitar
17 10:00—1:00 Bridge Club	18 9:15—10:00 Qi Gong	19 11:00—12:00 Physio Ed 1:00—3:30 Mah Jongg	20 10:00—11:30 Tai Chi Registration 2:00—3:00 Singing Group	21 10:00—12:00 Writer's Group via Zoom 10:00—11:00 Physio Ed 1:00—2:00 Intermediate Guitar
24 10:00—1:00 Bridge Club	25 No Qi Gong	26 11:00—12:00 Physio Ed 1:00—3:30 Mah Jongg 6:00pm—7:15pm Breast Cancer Support Group	27 10:00—11:30 Tai Chi Registration 2:00—3:00 Singing Group	28 10:00—12:00 Writer's Group via Zoom 10:00—11:00 Physio Ed 1:00—2:00 Intermediate Guitar
31 10:00—1:00 Bridge Club 10:00—11:00 Fire Prevention Presentation				

# HELP of Ojai Monthly Activities Calendar for August 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 8:30—9:45 Skin Cancer Check 9:15—10:00 Qi Gong	2 9:30—12:00 Legal Aid Appointments 11:00—12:00 Physio Ed 1:00—3:30 Mah Jongg	3	4 10:00—12:00 Writer's Group 10:00—11:00 Physio Ed 1:00—2:00 Intermediate Guitar
	7	8	9	10
10:00—1:00 Bridge Club	9:15—10:00 Qi Gong 10:00—11:30 Tai Chi	10:00—1:00 HICAP Counseling Appointments 11:00—12:00 Physio Ed 1:00—3:30 Mah Jongg 6:00pm—7:15pm Cancer Support Group	10:00—11:30 Tai Chi 2:00—3:00 Singing Group	10:00—12:00 Writer's Group via Zoom 10:00—11:00 Physio Ed 1:00—2:00 Intermediate Guitar
	14	15	16	17
10:00—1:00 Bridge Club	9:15—10:00 Qi Gong 10:00—11:30 Tai Chi	10:00—11:00 Disaster Preparedness Class 11:00—12:00 Physio Ed 1:00—3:30 Mah Jongg	10:00—11:30 Tai Chi	10:00—12:00 Writer's Group via Zoom 10:00—11:00 Physio Ed 1:00—2:00 Intermediate Guitar
	21	22	23	24
10:00—1:00 Bridge Club	9:15—10:00 Qi Gong 10:00—11:30 Tai Chi	11:00—12:00 Physio Ed 1:00—3:30 Mah Jongg 6:00pm—7:15pm Breast Cancer Support Group	10:00—11:30 Tai Chi 2:00—3:00 Singing Group	10:00—12:00 Writer's Group via Zoom 10:00—11:00 Physio Ed 1:00—2:00 Intermediate Guitar
	28	29	30	31
10:00—1:00 Bridge Club	No Qi Gong 10:00—11:30 Tai Chi	11:00—12:00 Physio Ed 1:00—3:30 Mah Jongg	10:00—11:30 Tai Chi	



## *Donor Recognition*

Our deepest appreciation goes out to those who made contributions in the months of April and May 2023. 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.

Robert and Carole Adams	Duane and Margaret Williamson	John Horwick
Sondra Anderson	Donna Elam	John and Jo Ann Howard
Jean Angle	Lucille Elrod	Betty Iwerks
Patricia Bailey	Frederick and Lynda Evans	Jennifer Jordan Day and Joel Fox
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Penny Davis	Pat Hartmann	Jo Ann Monak
Wade Dazey	Herbert Hemming	Michael and Anne Morris
Roger and Susan Dickens	Doug and Barbara Hoff	
Rick and Martha Dowden	Rikki Horne	

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Vickie Muth	James and Maryetta Sanders	Ulrich Brugger
Sylvia Narula	Louise Sandhaus	John and Helene Vachet
Phil and Mary Nelson	Clella Schneider	Arthur and Judith Vander
Keith and Victoria Nightingale	Howard and Bette Schneider	Betsy Vanleit
Bruce and Linda Nofrey	Larry Scott	Ventura County Community Founda- tion
Chuck and Nancy Nordstrom	Jim and Connie Seebirt	Adelfa Wagner
Noreen and Bill Stewart	Jenny Seeds	Helen and Roger Walker
William and Judith Norris	Ernie Seidenkranz	Walter and Gwen Powers
Bill and Linda Nugent	Shelley Waln and Jan Gossett	Ed and Marguerite Webster
Mike and Kathy Ogden	Virginia Siegfried	Debra Wilson
Ojai Presbyterian Church	Geri Singer	Karen Wilson
Ojai United Methodist Church	Lee Ann Skylstad	Ollie Wilson
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John Rowan	Bill Thatcher	
William Rusin	The Blackbaud Giving Fund	
Donnie Salsedo	Alan Thornhill and Denise Steurer	



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### In Honor

In honor of Anson Williams and Sharon MaHarry

Stacy Batrich-Smith

In honor of Anson Williams and Sharon MaHarry

Dario and Linda Benedetti

In honor of Ginger Blymer

Maryce and Xochi Blymer

In honor of Anson and Sharon Williams

Donelle Dadigan

In honor of Anson Williams and Sharon MaHarry

Elizabeth Ried and

Jeffrey Starkweather

In honor of Karen and Bill Evenden

Margo and Allen Haas

In honor of Anson Williams and Sharon MaHarry

Roslyn Kind

In honor of Anson Williams and Sharon MaHarry

Jim Meskimen

In honor of Anson Williams and Sharon MaHarry

Randy and Renee Roth

In honor of Anson Williams and Sharon MaHarry

Art Rutter

In honor of Anson Williams and Sharon MaHarry

Jeffrey Schredder

In honor of Mai Feld

Philip and Vallie Telfer

In honor of Anson Williams and Sharon MaHarry

Mimi Leder & Gary Werntz

In honor of Anson Williams and Sharon MaHarry

Anne Wilder

### In Memory

In memory of Pete and Davey Pederson

Marvin and Patty Hanson

In memory of Eleanor Land

Jeff and Kara Hooper

In memory of Whit Ulrich

Maggie Kaufman

In memory of Larry Shellnut

Catherine Meek

In memory of Whit Ulrich

Keith and Jane Seymour

In memory of Maruja Real

Laura Vranas

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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