



HELP of Ojai, Inc.

March/April 2023

Neighbors HELPing Neighbors

Community Bulletin

A Word From Jayn Walter, Co-Executive Director

Dear Friends of HELP of Ojai,

2023 is off to a roaring start, beginning with the record setting amount of rain the Valley saw in early January. What a bittersweet balance it is, to welcome the much-needed rain, but also recognize the devastation many community members saw during the weeks surrounding the storm.

Our staff worked diligently during this time. The Community Assistance Program Case Managers placed unsheltered community members in hotel rooms to keep them safe. Thanks to the Ojai Women's Fund support of our 2023 Inclement Weather and Emergency Shelter Program, we were able to act swiftly and ensure the most vulnerable community members had a warm and dry place to sleep.

For those that follow us on Instagram and Facebook, you likely saw that we helped residents of Matilija Canyon who were flown out of their homes by helicopter. We worked alongside the Ventura County Human Services Agency Mass Care and Shelter team for several days, transporting evacuees to hotels and offering food and 2nd HELPing's thrift store vouchers. HELP also donated dog and cat food, peanut butter and emergency kits to the team who took pack mules loaded with supplies to Matilija Canyon. All this while still preparing meals and delivering them to 100+ home bound residents through the Senior Nutrition Program. We have to recognize the amazing transportation and home delivered meals volunteers who all but insisted on completing their duties during the intense rains. One of our dedicated drivers said he would "bring his flippers" in the event he had to swim to someone's front door and deliver their meals.

It's in moments like these that I am so proud of the work we do at HELP of Ojai, and grateful for the community members who tell a friend (or a stranger!) in need to call HELP for support. We would not be able to do ANY of this without the financial support of our amazing donors. Thank you for your support of HELP of Ojai, it is truly "neighbors helping neighbors" in practice.

In the pages to follow, you will find up to date information about our programs and services, including the introduction of several new staff members. We are happy to welcome Adilene, Robyn, Britt, Abby and Alicia to staff and hope you will get a chance to meet them sometime. If you have any questions or concerns, please contact me at the info below.

Happy Spring,

Jayn Walter

jaynw@helpofojai.org / 805-646-5122 x 102

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 2023.

Due to COVID-19, there is a maximum of 20 people per an activity 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 2023 will be held on Thursdays from February 9th to April 13th from 12:30pm - 4:00pm. If you are a senior or have low to moderate income and do not have rental property or greater than \$10,000 in self-employment expenses, you can meet with one of our trained tax volunteers to file your tax returns. You will need to bring all information pertaining to your 2022 income (W-2's and 1099 forms), I.D., Social Security card, a copy of last year's income tax filing, and amounts/dates of estimated tax payments. Call (805)646-5122 for an appointment.

Be Red Cross Ready Emergency Preparedness Training will take place on Tuesday, April 4th from 10:00am-11:00am. Hosted by the American Red Cross, Be Red Cross Ready is a national, standardized, FREE preparedness education curriculum for adults taught by certified presenters. 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. Call (805)646-5122 to register for this class.

Guided Journaling will meet Tuesday, April 11th and Tuesday, April 18th from 1:00pm - 2:00pm. Journaling is an excellent way to record your thoughts and experiences, as well as improve your mental health and keep your brain in shape. Embrace your creativity or share significant memories with the help of guided prompts, tips, and supportive camaraderie. Please call (805)646-5122 to RSVP.

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. Please call (805)646-5122 to schedule an appointment.

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

Skin Cancer Check with Dr. Thacher will be held Tuesday, April 4th from 8:30am - 9:45am. Call (805)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. Classes will be held on Tuesdays and Thursdays from 10:00am - 11:30am April 11th through June 29th. Registration for this session will be on Friday, March 31st from 10:00am - 11:00am at 108 S. Montgomery Street. You must be present to register. Participants must be registered to participate.

The Ten Warning Signs of Dementia will be held on Friday, April 28th from 11:00am - 12:00pm. This program covers typical age-related changes, common warning signs of Alzheimer's, how to approach someone about memory concerns, early detection, the benefits of a diagnosis and the diagnostic process, and Association resources. Register in advance by calling (805)646-5122.

Yoga at HELP of Ojai is a 6-week series being held on Wednesdays and Thursdays from 1:30pm - 2:45pm from March 1st until April 6th. There are still spots available after registration for the upcoming session. To register, call (805)646-5122. The class is taught by certified Yoga instructors. The cost is \$45.00 for the 6-week series and is available to Ojai

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

Breast Cancer Support Group meets on the second and fourth Wednesdays of the month from 6:00pm - 7:15pm at 108 S. Montgomery St. 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!

Chair Yoga meets on Wednesdays from 11:00am - 12:00pm beginning on March 1st. \$5.00 suggested donation per a class.

Creative Writing Group will meet on Friday March 3rd, and Friday April 7th and 28th from 10:00am - 12:00pm. The remaining Fridays will be held via Zoom. \$5.00 suggested donation per a class.

Guitar meets Fridays from 1:00pm - 2:00pm. Learn guitar in a supportive and relaxed environment. All levels welcome! Suggested \$5.00 donation per class.

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

PhysioEd is a streamed chair class designed by Dr. Kathy Doubleday. Class is held on Fridays from 10:00am - 11:00am. \$5.00 suggested donation per class.

Senior Sing Along Group is a new casual singing group that will meet on the second and fourth Thursdays of the month, from 2:00pm - 3:00pm. Join us as we sing along to music from the 1920s-1970s. You are also welcome to come and just listen! To learn more, please call (805)646-5122.

St. Patrick's Day Tea and Scone Social will be held on Friday, March 17th from 11:00am - 12:00pm. Join us to celebrate this festive occasion. Please call (805)646-5122 to RSVP.

Activities held at other places for March / April are:

Caregivers Support Group meets on the 1st & 3rd Wednesday each month from 1:00pm-2:30pm at the United Methodist Church 120 Church St in Ojai. Call (805)389-6870 for more information.

Grey Law is currently doing meetings over the phone. Please call 805-658-2266 to speak with a Grey Law representative.

Grief Support Group meets on Tuesday mornings from 10:30am - 12:00pm at the United Methodist Church at 120 Church St. in Ojai. Call (805)389-6870 for more information.

Ojai Cares Grief Support Group meets Tuesday evenings from 5:30pm-6:30pm at the United Methodist Church at 120 Church St. in Ojai. Call (805)646-6433 for more information.

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. You are also welcome to come and just listen! To learn more, please call (805)646-5122

The Caregiver's Haven Support Group meets at The Gables Clubhouse on the second and fourth Monday of each month from 10:00am - 11:00am. Masking 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.

Future Classes to look for:

AARP Smart Driving Course will be held on Monday, June 12th and Tuesday, June 13th from 9:00am - 1:15pm. Cost is \$20 for AARP Members/\$25 for non-AARP members. Make checks payable to AARP and give to your instructor. Register in advance at Montgomery Street by calling 805-646-5122.

Yoga at HELP of Ojai is a 6-week series being held on Wednesdays and Thursdays 1:30pm - 2:45pm from April 19th until May 25th. The class is taught by certified Yoga instructors. Registration for this session will be on Friday, April 7th from 9:00am - 10:00am at 108 S. Montgomery Street. You must be present to register. The cost is \$45.00 for the 6-week series and is available to Ojai Valley residents who are 55 years or older. Please call 805-646-5122 for more information.

◇ PROGRAM UPDATES ◇

Community Assistance Program (CAP) • (805) 640-3320 •

108 S. Montgomery St., Ojai 93023

We are excited to welcome Riley Harris, Abby Alcantar and Alicia Rodriguez to the CAP office. Riley is a Masters in Social Work student and will be interning in our office on Thursdays and Fridays. Abby and Alicia are our newest Case Managers; please say hello to them when you visit the office or food pantry!

January 24th was the Point in Time (PIT) homeless count. The PIT count is an annual assessment of the state's sheltered and unsheltered individuals experiencing homelessness. Thank you to the wonderful volunteers who surveyed the Ojai Valley starting at 6:00am on the day of the count. The PIT count information should be published on the Ventura County Continuum of Care website sometime in the spring.

Dates of importance:

- First Wednesday of the month beginning in March: Legal aid will be at our office– book an appointment by calling the CAP office at (805)640-3320.
- March 8th & 22nd and April 12th & 26th: Community Action HEAP- If you need help with a gas or electric bill, please call (805)640-3320 for an appointment.
- Every Friday between 9:30am- 12:-00pm, a representative from Clinicas will be available to help individuals sign up for MediCal and Cal Fresh. Walk in appointments only.
- If you or someone you know needs a food box delivered, please call (805)640-3320 to be placed on Door Dash delivery list. This is a free service!

Senior Nutrition Program (SNP) • (805) 649-8018 •

370 W. Baldwin Rd., Ojai

We are excited to welcome Robyn Ellis, Adilene Meza and Britt Larramendy to the SNP team. Robyn is the point of contact for registering for home delivered meals, volunteering, or any other SNP inquiries. Adi serves as our Chef and Britt is the Meals Coordinator.

Here at Senior Nutrition, we pride ourselves on serving seniors within the community by providing a place to get some fresh air, socialize with other folks, and enjoy a delicious lunch. We welcome new and returning patrons at West Campus and serve our meals Monday through Thursday from 12:00pm to 1:00pm. If transportation is an issue, fear not, as we can provide door-to-door transportation for Congregate lunch. Please contact HELP's Director of Transportation, Tina Rosas, at (805)646-5122 for any transportation related questions. We invite all seniors and curious patrons to reach out to us at (805)649-8018 with any questions regarding the Senior Nutrition Program.

This month we are honored to feature our volunteer, Ann Oppenheimer. She is amazingly thoughtful, supportive, and her kindness inspires us all. Ann serves seniors during lunch, and ensures everyone feels comfortable, gregarious, and most importantly, well fed. Ann is an absolute pleasure to work with and the Senior Nutrition Program thanks and appreciates her for all that she does. If you would like to make a positive impact on the community like Ann, please contact Robyn to volunteer at our SNP at (805)649-8018.

◇ PROGRAM UPDATES ◇

West Campus & 2nd HELPings Donation Center •

370 W. Baldwin Rd., Ojai

Our next Saturday sale is March 4th; the April sale is April 1st. 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

841 E. Ojai Ave., Ojai

Luck o' the Irish to ye! St. Patrick's Day is Friday, March 17th: come visit us at the store to find something green to wear so you won't get pinched! Easter is Sunday, April 9th: come get all of your Easter Basket makings and spring décor.

2nd HELPings Thrift Store is open Tuesday - Saturday 10 a.m. – 5 p.m. and Sunday 11 a.m. – 3 p.m.

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

Transportation • (805) 646-7787 / (805) 646-5122 ext. 105 •

108 S. Montgomery Street

Tina Rosas, Transportation Director • tinar@helpofojai.org

This month we are featuring one of our riders, Elizabeth L. Elizabeth has utilized HELP of Ojai's Transportation program for several years. She enjoys using transportation because it offers her the freedom she needs to stay independent and enables her to attend HELP of Ojai chair yoga class and complete personal errands. Elizabeth is a breath of sunshine and is always so full of joy. She brightens our volunteer driver's day, each time she gets on the van. Elizabeth's life motto is "learning to stay in the moment".



Transportation Hours are Monday through Friday from 8:45am-3:15pm.

Please call (at least) the day before by 2:00pm to make your ride reservations. We can take ride reservations up to a month in advance. We try to accommodate all requests, but medical and grocery shopping appointments take priority. Please call (805)646-5122 and speak with Joe or Tina to make your reservations.

Transportation is run by volunteer drivers and without them we wouldn't be able to provide this service. We are always looking for more drivers. Please consider volunteering to help serve our community. Thank you!

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 Jayn Walter at jaynw@helpofojai.org

HELP of Ojai Monthly Activities Calendar for March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:30—12:00 Legal Aid Appointments 11:00—12:00 Chair Yoga 1:00—3:30 Mah Jong 1:30—2:45 Yoga	2 10:00—11:30 Tai Chi 12:30—4:00 Tax Aid Appointments 1:30—2:45 Yoga	3 10:00—12:00 Writer's Group 10:00—11:00 Physio Ed 1:00—2:00 Guitar
6 10:00—1:00 Bridge Club	7 10:00—11:30 Tai Chi	8 10:00—1:00 HICAP Counseling Appointments 11:00—12:00 Chair Yoga 1:00—3:30 Mah Jong 1:30—2:45 Yoga 6:00pm—7:15pm Breast Cancer Support Group	9 10:00—11:30 Tai Chi 12:30—4:00 Tax Aid Appointments 1:30—2:45 Yoga 2:00—3:00 Singing Group	10 10:00—11:00 Physio Ed 1:00—2:00 Guitar
13 10:00—1:00 Bridge Club	14 10:00—11:30 Tai Chi	15 11:00—12:00 Chair Yoga 1:00—3:30 Mah Jong 1:30—2:45 Yoga	16 10:00—11:30 Tai Chi 12:30—4:00 Tax Aid Appointments 1:30—2:45 Yoga	17 10:00—11:00 Physio Ed 11:00—12:00 St. Patrick's Day Tea Party 1:00—2:00 Guitar
20 10:00—1:00 Bridge Club	21 10:00—11:30 Tai Chi	22 11:00—12:00 Chair Yoga 1:00—3:30 Mah Jong 1:30—2:45 Yoga 6:00pm—7:15pm Breast Cancer Support Group	23 10:00—11:30 Tai Chi 12:30—4:00 Tax Aid Appointments 1:30—2:45 Yoga 2:00—3:00 Singing Group	24 10:00—11:00 Physio Ed 1:00—2:00 Guitar
27 10:00—1:00 Bridge Club	28 10:00—11:30 Tai Chi	29 11:00—12:00 Chair Yoga 1:00—3:30 Mah Jong 1:30—2:45 Yoga	30 10:00—11:30 Tai Chi 12:30—4:00 Tax Aid Appointments 1:30—2:45 Yoga	31 10:00—11:00 Tai Chi Registration 10:00—11:00 Physio Ed 1:00—2:00 Guitar

HELP of Ojai Monthly Activities Calendar for April 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
10:00—1:00 Bridge Club	8:30—9:45 Skin Cancer Check Appointments 10:00—11:00 Be Red Cross Ready Class	9:30—12:00 Legal Aid Appointments 11:00—12:00 Chair Yoga 1:00—3:30 Mah Jong 1:30—2:45 Yoga	12:30—4:00 Tax Aide Appointments 1:30—2:45 Yoga	9:00—10:00 Yogastraton 10:00—12:00 Writer's Group 10:00—11:00 Physio Ed 1:00—2:00 Guitar
10	11	12	13	14
10:00—1:00 Bridge Club	10:00—11:30 Tai Chi 1:00—2:00 Guided Journal Writing	10:00—1:00 HCAP Counseling Appointments No Chair Yoga 1:00—3:30 Mah Jong 6:00pm—7:15pm Breast Cancer Support Group	10:00—11:30 Tai Chi 12:30—4:00 Tax Aide Appointments 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 Guitar
17	18	19	20	21
10:00—1:00 Bridge Club	10:00—11:30 Tai Chi 1:00—2:00 Guided Journal Writing	11:00—12:00 Chair Yoga 1:00—3:30 Mah Jong 1:30—2:45 Yoga	10:00—11:30 Tai Chi 1:30—2:45 Yoga	10:00—12:00 Writer's Group via Zoom 10:00—11:00 Physio Ed 1:00—2:00 Guitar
24	25	26	27	28
10:00—1:00 Bridge Club	10:00—11:30 Tai Chi	11:00—12:00 Chair Yoga 1:00—3:30 Mah Jong 1:30—2:45 Yoga 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 10:00—11:00 Physio Ed 11:00—12:00 10 Signs of Dementia 1:00—2:00 Guitar

Donor Recognition

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

Adam Tolmach and Helen Hardenbergh	Bob and Abby Yanez	Cynthia Korman
Adelfa Wagner	Bob and Amy Dennis	Dai Leon
Alan and Jan Rains	Bob and Judy Billett	Dale Hanson
Alan and Terry Maulhardt	Bob and Nora Ackerley	Dan and Jane Kelly
Alan Greenberg	Bobbi Balderman	Daniel and Evelyn Telfer
Alberta Collins	Bonnie Bartling	Dario and Linda Benedetti
Alice Matzkin	Bonnie Bishop	Darrell and Kara Ralston
Allan and Joyce West	Breal and Karen Rowe	Dave Townley
Allen and Marilyn Camp	Brett and Denise Kantrowitz	David and Mary Ann Lawson
Allen Vail	Brian Warner	David Byrne and Vickie Carlton-Byrne
American Legion Post 482	Bruce and Linda Nofrey	Denise Barnes
Amy Schneider	Bruce and Patricia Kuebler	Diana and Charles Farrell
Andrew Nielsen	Bruce and Virginia Hibberd	Diana Feinberg
Andy and Sharon Engel	Candace Marshall	Diana Syvertson
Ann Costigan	Carol Cohen	Diane Clegg
Ann Gartrell	Caroline Templeton	Diane Kinzek
Anne Grupp	Caryn and Charlie Bosson	Dick and Jane Weirick
Aqua-Flo Supply	Catherine Meek	Dolores Keith
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Barbara Richardson	Chris and Cathy Gonzales	Dottie Loebel
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Betsy Watson	Christopher Williams	Down Home Furnishings, Inc
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Bill and Karen Evenden	Cindy Marshall	Duane Dammeyer and Marty Bonvechio
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Bill Thatcher	Col John R Schneider and Theresa J. Schneider	Dwight and Juanita Elliott
Binney Moss	Connie Biggers	Ed and Marguerite Webster
Blake and Susanne Wilson	Curt and Nancy Lewis	Edward Demmond and Kathryn McEachern
	Cyndie Cole	Eric and Peggy Jensen

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Ernie and Sally Seidenkranz	Jennifer Tidwell-Kennedy	Kerry Slattery and Ben DiGregorio
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Gary Barnhart	Jo-Anne Guy	Linda Merrill
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Jeffrey and Pegi Skoff	Kathryn Bennett	Michael and Carol Hall-Mounsey
Jennie Scott	Keith and Victoria Nightingale	Michael and Jill Bee
Jennifer Jordan and Joel Fox	Kenneth and Monyque Rose	Michael and Joanne Caldwell
Jennifer Niles	Tim Kenney and Jane O'Dell	Michael and Nancy Krumpschmidt

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Michael and Susan Addison	Rick Beers	Ted Gall
Michele Sordi	Robert and Carole Adams	Terry and Cricket Twichell
Mike Cromer	Robert Graham	The Ojai Valley School
Mikki and Stan Coburn	Robert Kyle and Alyse Korn	Theodor and Lore Exner
Moira VOLPI	Robert Latker	Tim and Terri Wolfe
Monimos Foundation	Robert Meyer	Tina Pukonen
Nancy Escher	Robert Porter	Tisbest Philanthropy
Norman and Susan Reccius	Robert Wolfe	Tom and Ed Farris
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Ojai United Methodist Church	Rod and Karen Nix	Tom and Rebecca Lowe
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Richard and Yvette Franklin	Susan Foy	
Richard Ehrman	Swanner Physical Therapy	
Richard Stern	Sylvia Narula	
Rick and Martha Dowden	Tania and Tobias Parker	

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In Memory

In memory of Alan Rains Tony and Barbara Hirsch	In memory of Leone and Guy Webster Jeff and Elizabeth Otterbein	In honor of Dorothy H. Loebel Susan Grasso
In memory of Alan Spencer Terry and Holly Tatroe	In memory of Lethe Lyman Mark and Caroline Stubbs	In honor of Dorothy Loebel Barbara Rosston
In memory of David and Ginger Morgan Ken and Judy Cochran	In memory of Mohan Narula BJ Legan-Adams	In honor of Dr. Fred Favvre Keith Brock
In memory of Hannah McElligott Butch and Kathy Hill	In memory of Morgan Alexander Katherine Mack	In honor of Feroz Zaidi Janet Barr
In memory of the clients we have lost this year. Carrie McGurn	In memory of Patricia Teran Huora Williams	In honor of Julia Shults Richard and Martha Shults
In memory of Jack Hayden Nancine Hayden	In memory of Philip Burton Jr. Cindy Pitou Burton	In honor of Karen Kaminsky Cathy Estill
In memory of Janice Gish Laurel Dekker	In memory of Richard Paige, Carl Huntsinger, Fred Keeler II, Robert Chesley and Robert Miller Fred Keeler	In honor of Kim Maxwell Carlene Sikorsky
In memory of John and Norma Magill and Mike Swann Michael and Gayla Swann	In memory of Robert and Helene Hamm Kimberly Booth	In honor of Myrna Peterson Teresa and Robert Perry
In memory of John Lyon, DVM Marilyn Lyon	In memory of Robert and Helene Hamm Sharon Booth	In honor of Paula Scott Cathy Estill
In memory of Josie & Harry Williams Anthony Williams	In memory of Shirley King Ursula Baertschi	In honor of Peter Lowenthal John Lowenthal
In memory of Larry Hartmann Kimi Romming	In memory of Ted Reed Ted and Debra Reed	In honor of Sheila Cohn Nancy Pepper
In memory of Larry Hartmann Rose Boggs	In memory of Ted Reed Ted and Debra Reed	In honor of Sikeli Jorgensen Kristi Schoeld
In memory of Lawrence Hartmann Joyce Avery Robinson	In memory of the Roske girls: Barbara, Kay and Muriel Jay Roske	In honor of Steve and Jan Hitchcock & Tom and Jan Lochner Doug and Pat Lochner

In Honor

In memory of Lawrence Hartmann Joyce Avery Robinson	In honor of Anne Gregory and Riley Harris Andrew Cooke	In honor of The Swendseod and Plott families Mary-John Hart
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HELP of Ojai, Inc.

P.O. Box 621

Ojai, CA 93024

ADDRESS SERVICE REQUESTED



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