



HELP of Ojai, Inc.

May/June 2023

Neighbors HELPing Neighbors

Community Bulletin

A Word From Megan Telfer, Co-Executive Director

Dear Friends,

Spring has sprung in the Ojai Valley and the heat has arrived! We hope that you are enjoying the sunshine after all the rain.

In this Community Bulletin, we are spotlighting the importance of our Community Assistance Program (CAP) services and how these programs help fill gaps to keep people fed, utilities turned on, and supplement income to keep community members housed.

Recent data tells us:

- 7% of people in the Ojai Valley are living below the poverty level. 50% of households with children receive supplemental nutrition assistance (SNAP).
- Over 50% of renters spend at least 1/3 of their income on rent, deeming them housing cost-burdened according to federal guidelines.
- The number of unsheltered community members grew 15.8% in one year as determined by the Point-In-Time Homeless Count. A trend CAP Case Managers have seen in the past year is an increase in the number of families and aging adults losing their housing.

When people live paycheck to paycheck, it only takes one unplanned expense to put them at risk of losing housing. Offering grants for unexpected bills through our Got Wheels Grant and Livingston Memorial Grant helps low-income households continue to pay rent and not worry about the cost of meeting their basic needs (examples: food, electricity, and hygiene products) for the rest of the month.

As we see the rental market rising above fair market value, more and more families and seniors are having to move, often times becoming unhoused for a period of time. In our experience, we can prevent homelessness by intervening before someone is at risk of losing their housing. CAP programs aim to do just that.

We thank you for supporting HELP of Ojai, our various programs, and sharing our services with your neighbors who may need us. For more information on our CAP programs, please visit our website at www.helpofojai.org or call 805-640-3320.

Best,

Megan Telfer

May / June 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. To help protect our community, proof of vaccination is required. Please notice the Activity Calendar is a two-month format. The next calendar will be published for July and August 2023.

Unless specified, there is a \$5.00 suggested donation per a class.

The appointment necessary activities at Montgomery Street for May / June:

To register for any of the following classes, please call (805)646-5122

A Healthier You will be held on Friday, May 12th from 9:00am-10:00am. Educators will be available to discuss nutrition labels, food groups, portion sizes, and the importance of physical activity. They will also pass out resources regarding healthy eating for adults.

AARP Smart Driving Course will be held on Monday, June 12th and Tuesday, June 13th from 9:00am-1:00pm. Cost is \$20 for AARP Members/\$25 for non-AARP members. Make checks payable to AARP and give to your instructor.

Be Red Cross Ready Emergency Preparedness Training will be held on Wednesday, June 14th 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. Appointment 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, June 6th from 8:30am-9:45am.

Smart Phone Training will be held on Monday, June 26th from 10:00am-12:00pm for Android phones and 1:00pm-3:00pm for iPhones. If you are having difficulty hearing or seeing on your smartphone, or operating basic phone functions, attend this free training and make your phone work better for you. Space is limited.

The drop-in classes and activities held at Montgomery Street in May / June 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.

Chair Yoga meets on Wednesdays in May from 11:00am-12:00pm. This class is taught by a certified yoga instructor.

Activities, con't:

Creative Writing Group will meet on Friday, May 5th and Friday, June 2nd 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 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 May 2nd to June 13th 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.

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

◆ PROGRAM UPDATES ◆

Community Assistance Program (CAP)

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

The CAP office has been busy! We have been processing many utilities assistance applications through the Li-HEAP, GAF, and EAF programs. If you or someone you know may qualify, please call the CAP office at (805) 640-3320.

Our food programs have seen an increase in the number of participants. We are happy to see new faces come through our office. Due to the high demand for food, we are excited to announce the United States Postal Service will be holding their annual Stamp Our Hunger Food Drive on Saturday May 13, 2023. If you can please think about putting out food for the mail carriers on May 13th, we would greatly appreciate it.

If you would like to volunteer on Saturday May 13th, we will be looking for volunteers to help sort and date check food as it comes into our pantry. Please contact Alicia at aliciar@helpofojai.org or (805) 640-3320 to find out more about volunteering.

We are opening on the last Saturday of the month to give people who cannot make it during our normal pantry hours an opportunity to receive food and other services. 2023 Saturday food pantry schedule: May 27, June 24, July 29, August 26, September 30, October 28. No Saturday pantry in November or December .

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

Congregate meals are now served Monday through Friday, from 12pm-1pm.

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 Megan at (805) 646-5122 for more information

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

Our next Saturday sale is May 6th; the June sale is June 3rd. There is no sale in July. 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

Spring is officially here! Come check out our new selection of lovely spring clothing that is perfect for sunny days and chilly nights.

Mother's Day is Sunday May 14th. Even if you don't have your own mother around, we all know someone who is a mom to someone else. She could be either a lonely neighbor or the lady you see at the dog park or a coworker. Sharing a card or a small vase of wildflowers will always be a special reminder that you appreciate her.

Father's Day is Sunday June 18th. Does your dad like tennis or golf or techy stuff? Does your dad like to wear ridiculous Hawaiian shirts or nifty unique belt buckles? We might have the perfect little something for the dad (or dad figure) in your life.

The store is open Tuesday-Saturday 10am-5pm and Sunday 11am-3pm. We do not accept donations at the thrift store. Please see donation center information for available days and times. Follow us on Instagram! @2ndhelpings_thrift for the newest collections and offerings.

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

This month we are featuring one of our volunteer drivers, Liz. Liz has been driving with HELP of Ojai for 14 years and is currently the ONLY female volunteer driver for transportation. Liz volunteers to stay active and involved in our Ojai community, plus she loves to drive. Liz enjoys the riders she meets each week and has learned a lot from the many of whom have lived here most of their lives.

Liz has been playing classical guitar since 2001 and is involved in many guitar groups throughout the county.



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 May 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
10:00—1:00 Bridge Club	9:15—10:00 Qi Gong 10:00—11:30 Tai Chi	9:30—12:00 Legal Aid Appointments 11:00—12:00 Chair Yoga 1:00—3:30 Mah Jongg 1:30—2:45 Yoga	10:00—11:30 Tai Chi	10:00—12:00 Writer's Group 10:00—11:00 Physio Ed 1:00—2:00 Intermediate Guitar
8	9	10	11	12
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 Chair Yoga 1:00—3:30 Mah Jongg 1:30—2:45 Yoga 6:00pm—7:15pm Cancer Support Group	10:00—11:30 Tai Chi 2:00—3:00 Singing Group	9:00—10:00 Nutrition Class 10:00—12:00 Writer's Group via Zoom 10:00—11:00 Physio Ed 1:00—2:00 Intermediate Guitar
15	16	17	18	19
10:00—1:00 Bridge Club	9:15—10:00 Qi Gong 10:00—11:30 Tai Chi	11:00—12:00 Chair Yoga 1:00—3:30 Mah Jongg 1:30—2:45 Yoga	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
22	23	24	25	26
10:00—1:00 Bridge Club	9:15—10:00 Qi Gong 10:00—11:30 Tai Chi	11:00—12:00 Chair Yoga 1:00—3:30 Mah Jongg 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 via Zoom 10:00—11:00 Physio Ed 1:00—2:00 Intermediate Guitar
29	30	31		
Closed Memorial Day	9:15—10:00 Qi Gong 10:00—11:30 Tai Chi	11:00—12:00 Chair Yoga 1:00—3:30 Mah Jongg		

HELP of Ojai Monthly Activities Calendar for June 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10:00—11:30 Tai Chi	2 10:00—12:00 Writer's Group 10:00—11:00 Physio Ed 1:00—2:00 Intermediate Guitar
5 10:00—1:00 Bridge Club	6 8:30—9:45 Skin Cancer Check 9:15—10:00 Qi Gong 10:00—11:30 Tai Chi	7 9:30—12:00 Legal Aid Appointments 1:00—3:30 Mah Jongg	8 10:00—11:30 Tai Chi 2:00—3:00 Singing Group	9 10:00—12:00 Writer's Group via Zoom 10:00—11:00 Physio Ed 1:00—2:00 Intermediate Guitar
12 9:00—1:15 AARP Smart Driving Class 10:00—1:00 Bridge Club	13 9:00—1:15 AARP Smart Driving Class 9:15—10:00 Qi Gong 10:00—11:30 Tai Chi	14 10:00—1:00 HiCAP Counseling Appointments 10:00—11:00 Disaster Preparedness Class 1:00—3:30 Mah Jongg 6:00pm—7:15pm Cancer Support Group	15 10:00—11:30 Tai Chi	16 10:00—12:00 Writer's Group via Zoom 10:00—11:00 Physio Ed 1:00—2:00 Intermediate Guitar
19	20	21 1:00—3:30 Mah Jongg	22 10:00—11:30 Tai Chi 2:00—3:00 Singing Group	23 10:00—12:00 Writer's Group via Zoom 10:00—11:00 Physio Ed 1:00—2:00 Intermediate Guitar
OFFICE CLOSED				
26 10:00—1:00 Bridge Club 10:00—12:00 Free Android Phone Training 1:00—3:00 Free iPhone Training	27 10:00—11:30 Tai Chi	28 1:00—3:30 Mah Jongg 6:00pm—7:15pm Breast Cancer Support Group	29 10:00—11:30 Tai Chi	30 10:00—12:00 Writer's Group via Zoom 10:00—11:00 Physio Ed 1:00—2:00 Intermediate Guitar

Donor Recognition

Our deepest appreciation goes out to those who made contributions in the months of February and March 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.

Phil and Tucker Adams

Steve Bennett and Leslie Ogden

Katherine Bliss

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Swanner Physical Therapy

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Vivian Jakob

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Huntsinger, Fred Keeler II, Robert

Chesley and Robert Miller

Fred Keeler

In memory of Larry Shellnut

Christopher Lehfeltd

In memory of Mary Latker

Dottie Loebel

In memory of Marilee Eaton

Rob and Katrina Schmidt

In memory of Terry Lynn Walker

Helen and Roger Walker

In Honor

In honor of Marisa Peck Johnson

Eliana Delbuck

In honor of Laura-Beth Sholkoff

Jennifer Low

In honor of Joseph Clark, LMFT

Genevieve Schatz

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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