



HELP of Ojai, Inc.

January/February 2023

Neighbors HELPing Neighbors

Community Bulletin

A Word From Megan Telfer, Co-Executive Director

Dear HELP of Ojai Friends,

HELP of Ojai had another successful holiday season. Over the past two months our Community Assistance Program (CAP) delivered 150 Thanksgiving Boxes and adopted out 131 families and 47 aging adults in our Adopt-A-Family and Adopt-A-Senior programs. We could not make the holiday time special for our clients without the support of the Ojai community, so a big thank you for all the people who participated in these projects. A special thanks to the Ojai Presbyterian Church, The Well, and Boy Scout Troop 504 for their help with these programs.

As HELP welcomes 2023, we are celebrating 15 years of our expanded yoga program! HELP of Ojai Yoga includes a chair yoga class and two floor yoga classes that are taught by certified yoga instructors, Tucker Adams and Karen Kelly. In 2006, Tucker began subbing as the instructor in the chair yoga program and would later become the regular instructor for the class. In 2007, Tucker was inspired at a yoga training to add the floor yoga classes.

Tucker and Karen have completed specific trainings for working with aging adults, most notably completing the Integrative Yoga for Seniors Professional Training at Duke University Integrative Medicine. It is important for yoga instructors working with aging adults to have specialized training because of the high incidences of health conditions that impact mobility and strength.

Tucker and Karen both expressed how much they enjoy working with seniors through the yoga program for many different reasons. Tucker said, "Many of them are trying something brand new, and I admire their sense of adventure, curiosity, and willingness to do something so different for them. They aren't in a big rush. They're actually much more present than younger students in my experience." Karen added, "Each student is touched by this practice in many different ways. That is the beauty of the practice and this program."

If this has piqued your interest in participating in HELP's yoga program as a participant or instructor, come join a class and see what it is all about!

Thank you to Tucker, Karen, and all our former instructors who have made this program a success!

Happy New Year everyone,

Megan Telfer, Co-Executive Director

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 2023.

Due to COVID-19 and the seasonal Flu, there is a maximum of 20 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.

Appointment-necessary or series-based activities beginning at Montgomery Street for January / February are:

AARP Smart Driving Course will be held on Monday & Tuesday, January 30th & 31st 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. Register in advance at Montgomery Street by calling 805-646-5122.

AARP Tax-Aide: February-April 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.

Healthy Living for your Brain and Body is a seminar hosted by the Alzheimer's Association on Tuesday, February 10th from 11:00am - 12:00pm. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement. Learn to incorporate these recommendations into a plan for healthy aging. Call 805-646-5122 to reserve your spot, as space is limited.

Health Insurance Counseling & Advocacy Program (HICAP) will hold appointments on the second Wednesday of each month. Appointment slots will be 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.

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

SmartPhone Training will be available on Friday, January 13th from 10:00am - 12:00pm for iPhone, and 1:00pm - 3:00pm for Android phones. 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, so please call 805-646-5122 to register.

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 January 10th through March 30th. Participants must be registered to participate. \$5.00

suggested donation per a class. Please call 805-646-5122 for more information.

Yaya's Journey to Assisted Living, Book Reading and Discussion will take place on Tuesday, January 31st from 1:00pm - 2:00pm. Do you have grandchildren and wonder how to talk to them about aging and the changes that take place during this time? Join local author Mary Lynn Brook as she reads from her newly published children's book about the journey through life changes and growing older. The reading will be followed by a discussion on talking with family members about aging. Please call 805-646-5122 to reserve a spot.

Yoga at HELP of Ojai is a 6-week series being held on Wednesdays and Thursdays 1:30pm - 2:45pm from January 11th until February 16th. The class is taught by certified Yoga instructors. Registration for this session will be on Friday, January 6th 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.

Specialized Telephone Equipment Information will be available on Friday, January 6th, from 9:00am - 12:00pm. Stop by the information table to learn about this free phone program, and to take a look at the specialized telephone equipment that will be on display.

Drop-in classes and activities held at Montgomery Street available in January / February are:

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

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 January 11th. \$5.00 suggested donation per a class.

Creative Writing will continue to meet on Zoom. Call 805-646-5122 for more information.

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.

Activities held at other places for January/ February 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.

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 in March / April are:

Tai Chi: Moving for Better Balance is a 12-week evidence-based class offered by the VCAAA Fall Prevention Program. Classes will meet Tuesdays and Thursdays from 9:00am - 10:30am April 11th through June 29th. Registration for this session will be on Friday, March 31st at 9:00 am. 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. Please call 805-646-5122 for more information.

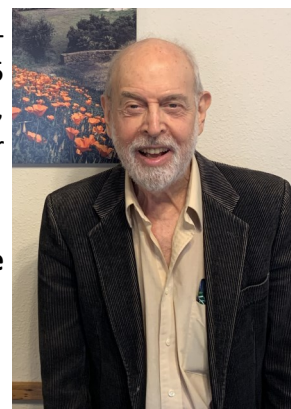
Yoga at HELP of Ojai is a 6-week series being held on Wednesdays and Thursdays 1:30pm - 2:45pm. The next session is from March 1st through April 6th. The class is taught by certified Yoga instructors. Registration for this session will be on Friday, February 17th from 9:00am - 10:00am at 108 S. Montgomery 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 ◇

Transportation • Tina Rosas, Transportation Director

(805) 646-7787 • tinar@helpofojai.org

We are featuring one of our riders this month! Bob L. has been using HELP of Ojai transportation for 5 years. He is one of our frequent riders, using our transportation services 4 to 5 days a week. Whether he is going to the doctor, grocery store, bank, library, or the barber, Bob greets all our drivers and riders with joy and enthusiasm. He might tell you a joke or two, and on the lucky day you ride with Bob, he may do a little dance.



“HELP of Ojai’s Transportation is a fantastic service,ju and all the drivers are attentive and helpful.” - Bob L.

Transportation Hours: Monday through Friday, 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 ahead. 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!

◇ PROGRAM UPDATES ◇

Community Assistance Program (CAP) • (805) 640-3320 • 108 S. Montgomery St., Ojai 93023

As we prepare for another year, we would like to look back at all the amazing work that the Community Assistance Program (CAP) has accomplished in 2022. First, we would like to give a huge thanks to our wonderful volunteers that have contributed their time to CAP: Moe, Kathy, Paula and Karen, the Community Assistance Program thanks you!

The holiday season is always a busy time for CAP. Every year we partner with multiple organizations, the first one being Ojai Presbyterian Church, who put together 150 Thanksgiving boxes and delivered them to our families. The Well, Ojai Valley Christian Fellowship built and delivered 30 Thanksgiving boxes and Boy Scouts troop 504 assembled and delivered 10. Rotary Club of Ojai West and Rotary Club of Ojai both made a financial donation to HELP, allowing us to provide gift cards for a turkey or ham to every household. The CAP office always has additional Thanksgiving boxes on hand with food items to prepare a Thanksgiving meal for anyone in the community in need. This year with the help of local schools and organizations we were able to serve a total of 220 families with a Thanksgiving food box!

Adopt-A-Family (now is it's 24th year!) was a huge success. We had an amazing amount of support from our community to help families in need this holiday season. This year we were able to help 131 families, which included 234 children. We want to thank all our donors and volunteers that make this a special time of year for our clients. Without the food donations, gift donations, help delivering food and gifts, as well as all the food drives around our community, we would not be able to make this program work.

If you would like to help our program, we are looking for individuals or groups to help make lunches once a month for our unsheltered clients. If you are unable to commit to making lunches once a month but you would like to donate items for lunches, we would appreciate it. If you are interested in helping you may call or email Whitney Nunes at 805-640-3320 or whitneyn@helpofojai.org.

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

We have new hours at the donation center. Effective January 4th, we are open Wednesday-Saturday from 9am-3pm. Here is an updated list of things we do not accept: chemicals, mattresses, non working or outdated electronics, construction material, underwear, and printers.

There is no Saturday sale in January; our next sale is February 4th. Thank you to the community for all the wonderful donations that are effectively feeding, clothing, and housing our clients. You all make this possible!

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

2nd HELPiNGs Thrift Store will reopen Tuesday, January 3rd and resume our normal hours, Tuesday – Saturday 10am-5pm and Sunday, 11am-3pm. Happy New Year! We're looking forward to discovering all kinds of new and used treasures together in this upcoming year.

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.

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

Congregate lunch is served from 12pm-1pm, Monday through Thursday. Community members over the age of 60 are welcome to attend! Menu is published every Monday.

HELP of Ojai Monthly Activities Calendar for January 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
HELP OF OJAI CLOSED Happy New Year!				
9	10	11	12	13
10:00—1:00 Bridge Club	10:00—11:30 Tai Chi	10:00—1:00 HICAP Counseling 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 1:30—2:45 Yoga 2:00—3:00 Singing Group	10:00—11:00 Physio Ed 10:00—12:00 Phone Training 1:00—3:00 Android Training 1:00—2:00 Guitar
16	17	18	19	20
HELP OF OJAI CLOSED Martin Luther King Jr. Day				
23	24	25	26	27
10:00—1:00 Bridge Club	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 1:30—2:45 Yoga 2:00—3:00 Singing Group	10:00—11:00 Physio Ed 1:00—2:00 Guitar
30	31			
9:00—1:00 AARP Smart Driving Class 10:00—1:00 Bridge Club	9:00—1:00 AARP Smart Driving Class 10:00—11:30 Tai Chi 1:00—2:00 Book Reading/Discussion			

HELP of Ojai Monthly Activities Calendar for February 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 11:00—12:00 Chair Yoga 1:00—3:30 Mah Jongg 1:30—2:45 Yoga	2 10:00—11:30 Tai Chi 1:30—2:45 Yoga	3 10:00—11:00 Physio Ed 1:00—2:00 Guitar
6 10:00—1:00 Bridge Club	7 8:30—9:45 Skin Cancer Check 10:00—11:30 Tai Chi	8 10:00—1:00 HICAP Counseling 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	9 10:00—11:30 Tai Chi 12:30—4:00 Tax Aide 1:30—2:45 Yoga 2:00—3:00 Singing Group	10 10:00—11:00 Physio Ed 11:00—12:00 Healthy Living for Brain 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 Jongg 1:30—2:45 Yoga	16 10:00—11:30 Tai Chi 12:30—4:00 Tax Aide 1:30—2:45 Yoga	17 9:00—10:00 Yoga-Straton for March 10:00—11:00 Physio Ed 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 Jongg 6:00pm—7:15pm Breast Cancer Support Group	23 10:00—11:30 Tai Chi 12:30—4:00 Tax Aide 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			

Donor Recognition

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

Allen and Theresa Bridges	Ernie and Sally Seidenkranz
Allyn Wilkinson	Fred and Dana Fleet
Anne Crawford DeZonia	Fred Rothenberg
Anonymous Unknown	Gerben Hoeksma
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Betty Iwerks	Heidi Acosta
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Elaine Rosso Severa	Margo and Allen Haas
Ellen Loebel	Margo Clements

Donor Recognition Continued

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Margo Svikhart	Tania and Tobias Parker
Mario and Alma Pastega Family Foundation	Terri Eastman
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Ojai Presbyterian Church

Ojai United Methodist Church

Peter and Bonnie Scharff

Pinyon Ojai

Randy Haney

Robert Latker

Robert Porter

Roger and Susan Dickens

Ron and Linda Phillips

Rotary Club of Ojai

Rotary Club of Ojai West Foundation

Ruth Milner

Ruth Walker

Sandy and Libby Treadwell

Sarah and Rick Otterstrom and Rutherford

Sean McDermott

Sharon Cline

Sharon Rasmussen

Sharon Thames

Silvia Basich

Stephanie Thomas

Steve Bennett and Leslie Ogden

Susan White

Swanner Physical Therapy

Sylvia Narula

In Honor

In honor of Anna Getty
Anne Crawford DeZonia

In honor of Michael Bennett and Anat Levi-Wipranik
Aviva Bernat

In honor of Anna Getty
Claressinka Anderson

In honor of Allison Johnson
Doug and Pat Lochner

In honor of Dorothy Loebel
Ellen Loebel

In honor of Dottie Loebel
Harry and Ann Oppenheimer

In honor of Pete Owen
Janet Barr

In honor of Steve Lemon
Margo and Allen Haas

In honor of Doris Clements
Margo Clements

In honor of Libby's Birthday
Sandy and Libby Treadwell

Donor Recognition Continued

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

In Memory

In memory of Janet Wilkinson
Allyn Wilkinson

In memory of Tamara Iwerks
Betty Iwerks

In memory of Jeanette Booth
BJ Legan-Adams

In memory of Anthony Laborde
Brandon Laborde

In memory of Benjamin D. Templeton
Caroline Templeton

In memory of Dorothy Benedict
Charley and Sandra Sledd

In memory of Ed Paulson
Claire Paulson

In memory of Arlene Roper
Dick Roper

In memory of Allen & Ruth Kroger
Elaine Rosso Severa

In memory of Penni DeFossez
Heidi Acosta

In memory of Leo and Joan Jennings
Janet Weis

In memory of Michael Todd Anderson
Jayn Walter

In memory of Jeff Gore
Jayn Walter

In memory of Conner Telfer, Rosemary & Floyd Lafreniore
and Ed Trojnar
Kathleen Straube

In memory of George & Joyce Hebbard
Lisa Meeker

In memory of Jane LeRoy and John Meeker
Lisa Meeker

In memory of Kelly Randall and James Weblemoe
Lisa Meeker

In memory of Ray and Pat Johnson
Marjorie Ota

In memory of Margie Telfer
Megan Telfer

In memory of Stanley Grabowski
Megan Telfer

In memory of Helen Webb
Peter and Bonnie Scharff

In memory of Paula Happer and Nancy Scantlebury
Roger and Susan Dickens

In memory of Nancy and Bill Hammond,
Ron and Linda Phillips

In memory of Dr. John and Martie King
Ron and Linda Phillips

In memory of Dr. John Lyon, David Del Nagro, Heide Di-
Capua and Carolyn Huntsinger
Ron and Linda Phillips

In memory of Shirley Fauvre
Ruth Milner

In memory of Martha Churchyard
Ruth Walker

In memory of Mirko Basich
Silvia Basich

In memory of Don Timms Jr.
Susan White

In memory of Bob and Joan Townsend
Terri Eastman

In memory of Sam Potts
Tiffany Potts

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 Jayn Walter at (805) 646-5122 or email her at jaynw@helpofojai.org.