



# SERVICES CIRCULAR

May 2011  
Volume 6, Issue 5

May 8- Mother's Day

May 21 – Armed Forces  
Day

May 31 – Memorial Day

## Local Summer Camps



### Conejo Recreation and Park District

Registration begins April 11, 2011 - Check your mailboxes the first week of April for the Conejo Recreation & Park District's 2011 Summer Program Guide, which features a plethora of summer enrichment camps and seasonal classes as well as information on the District's annual Summer Concerts in the Park series, Fourth of July activities, and the 31st Annual Teen Summer Musical. The 62-page book will also be available for pick up at the District's Community Centers, the Greater Conejo Valley Chamber of Commerce on Hampshire Road, and the Thousand Oaks and Newbury Park libraries, plus other area locations.

Phone: 805-495-6471

### Conejo Valley YMCA

Base camp is held on site at the Simi YMCA and you have the option to sign up for 2, 3, or 5 days. Each week will have a different theme with activities planned accordingly. Enjoy arts and crafts, sports, games, and water play!

Phone: 805-523-7613

### Boys and Girls Club

Base Camp - The popular non-traveling camp is designed with a different fun filled theme over each of the ten weeks of Summer. Campers entering grades 1 through 9 will enjoy water play, arts and crafts, group games, camp songs, sports, and more! Travelling Camp-Depending on which of the nine weeks you choose, campers in grades 5-9 will enjoy adventures at the beach, water parks, MB2, the county fair, swimming pools, the zoo, plus other exciting locations.

Phone: 805-493-2917

### Many Mansions Summer Camp

Many Mansions resident children are invited to attend 7 weeks of camp running Monday through Thursday from June 27, 2011 – August 11, 2011. Time of camp runs Monday-Wednesday 11:30am-3:30pm, Thursdays are field trip days and times vary. **Registration forms are due no later than May 20, 2011.** Any late registrations cannot be guaranteed admittance. Children must be on the lease as a Many Mansions resident to attend. The camp is held on three sites: Hacienda de Feliz, Shadow Hills and Villa Garcia. If you have any questions about the camp or registering your child, please contact the Coordinator at your site.

Hacienda de Feliz - 805-557-2723

Shadow Hills - 805-379-1216

Villa Garcia - 805-777-7922

## **Federal Benefits Announcement**

The U.S. Department of the Treasury will pay all federal benefit and non-tax payments electronically. Benefit recipients can choose to receive their payments by **direct deposit** to a bank or credit union account or to a **Direct Express®** Debit MasterCard® card account.

Act now to get your money safely and quickly – on time, every time!

- **Retiring or applying for federal benefits soon? Be ready.**  
If you will apply for federal benefits **on or after May 1, 2011**, you will need to choose your preferred electronic payment option when you enroll to receive benefits from the Social Security Administration, Veterans Affairs, Railroad Retirement Board, Office of Personnel Management or Department of Labor (Black Lung).
- **Already getting federal benefits payments by paper check? Switch today!**  
You will need to make the switch from paper benefit checks to electronic payments by **March 1, 2013**.

For more information:

Call: 800-333-1795

Website: [www.godirect.org](http://www.godirect.org)

## **FOOD SHARE** – Second Friday/Saturday of each month

Below are the times and locations for Many Mansions residents to pick up Food Share. Remember, you must request your Food Share bags ahead of time and only pick up bags per the number of persons on your household lease.

### **Food Share/Compartir de Comida**

English – 805-496-4948 ext. 240

Español – 805-496-4948 ext. 249

### **Locations and times:**

Shadow Hills Community Room: 12:00 – 2:00pm (2<sup>nd</sup> Friday)

Villa Garcia Community Room: 2:30 – 3:45pm (2<sup>nd</sup> Friday) – **NEW location and time** (Esseff and Villa residents)

Hacienda de Feliz: 10:00am-12:00pm (Saturday- the day after the 2<sup>nd</sup> Friday)

If you have any questions, please call Kathy @ 379-1216

## **ManaFest is an ongoing ministry distributing food every other Wednesday 4 to 6pm.**

**Distribution Wednesdays:** If you are in need of groceries, come to EvFree on a Distribution Wednesday.

Location: 999 Ranch Conejo Blvd. Newbury Park, CA 91320

Phone: 805-262-5002

Dates:

Apr 6	Jul 6	Oct 12
Apr 20	Jul 20	Oct 26
May 11	Aug 3	Nov 9
May 25	Aug 17	Nov 23
Jun 8	Sept 14	Dec 7
Jun 22	Sept 28	Dec 21

**IMPORTANT TELEPHONE NUMBERS**  
**NUMEROS DE TELÉFONO IMPORTANTES**

**Shadow Hills:** 805-379-1216

Coordinator/Coordinadora de Casos Extendidos - Kathy Bernstein

**Esseff Village:** 805-371-7774

Case Manager/Coordinador de Casos - Dani Nagel

Job and Life Skills/Destrezas de Vida/Trabajo - Melissa Stewart

**Richmond Terrace:** 805-777-7078

Case Manager/Coordinador de Casos - Melissa Stewart

Job and Life Skills/Destrezas de Vida/Trabajo - Jeanne Colon

**Casa De Paz:** 805-520-4818

Case Manager/Coordinador de Casos - Heidi Marine

Job and Life Skills/Destrezas de Vida/Trabajo - Dani Nagel & Jessica Ramirez

**Stoll House:**

Case Manager/Coordinador de Casos – Susan Callahan

805-497-4302

Coordinator/Coordinadore – Katie Tomastik - 805-557-2723

Extended Case Manager/Coordinador de Casos Extendido – Jessica Ramirez

805-496-4948 ext 243

Homework Tutoring Club/Club de Tarea (HTC)

Coordinators/Coordinadores:

Hacienda de Feliz – 805-557-2723

Katie Tomastik

Shadow Hills – 805-379-1216

Kathy Bernstein

Villa Garcia – 805-777-7922

Jamie Goldberg

**Many Mansions President/Presidente de Many Mansions:**

Rick Schroeder – 805-496-4948 ext. 227

**Food Share/Compartir de Comida**

English – 805-496-4948 ext. 240

Español – 805-496-4948 ext. 249

Lutheran Social Services: 497-6207  
Human Services Agency: 385-1800  
CV Neighborhood for Learning: 496-9035

Conejo Youth Employment:  
496-6868

Manna: 497-4959

Senior Concerns: 497-0189

Ventura County Behavioral Health  
Thousand Oaks: 777-3500

Simi Valley: 981-6830

Conejo Free Clinic: 497-3575

Westminster Free Clinic: 241-8366

Friendship Line

Have you ever needed someone to talk to, just to help you get through your day, or just needed a friendly chat to help perk you up? The Friendship Line is open Fridays through Mondays 7pm-10pm. Each call is 15 minutes with a maximum of 2 calls per night.

Toll Free: 1-877-672-2972

Lunch Bag Program

If you would like to receive a lunch bag, please contact the Case Manager at your property site to sign up.

Upcoming Lunch Bag Days

May 23, 2011

**Summer Walking Tips** – from Prevention.com

By Maggie Spilner , Former *Prevention* Walking Editor, Maggie Spilner, is the author of *Prevention's Complete Book of Walking*. She is currently organizing walking trips, lecturing, and working on a new walking book.

When the heat is stifling and the humidity puts the wet blanket on your desire to walk, by all means don't quit. Take to an indoor track, a mall, or treadmill. Or walk in a pool if you have access to one. Exercising in water provides 12 times more resistance than exercising on land!

**Be an Early Bird or a Night Owl** Plan to walk in the early morning or early evening to avoid the steamiest part of the day--usually between 10 a.m. and 2 p.m.

**Seek Out Shade** Direct sun can make the temperature feel up to 15 degrees hotter! Check your area to see if there are parks with trails through the trees.

**Expose Your Skin** Sweat can evaporate more easily from bare arms and legs. (Wear plenty of sunscreen, even under your shirt.) Just Add **Water**. Wet your shirt, and you'll have on-the-spot air-conditioning!

\*Adapted from Prevention's Complete Book of *Walking*, by Maggie Spilner (Rodale Inc., 2000).