

# Healthy ATTITUDES

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CAMARILLO HEALTH CARE DISTRICT



# A MESSAGE FROM KARA RALSTON, CHIEF EXECUTIVE OFFICER



I suppose we all have an idea of what “resetting” means. Technically it means to “start over” or “anew”. As I think about the new year, I’m pondering what it would mean to start over with some things in my life. Like, for real (this time!). But change is difficult. Research says change is hard because it makes us uncomfortable, uncertain about the outcome, and uncertain of our ability to manage or cope with it. That sounds about right!

We’re all probably pretty comfortable in our so-called comfort zones but sometimes even that can become uncomfortable. Although changing things can be as easy as changing your mind, the quick and snappy “just do it!” isn’t necessarily reality when the change involves working with or around health circumstances. When thinking about making a change to your health status, decisions can become complicated by a lot of factors. With heartfelt understanding, we also recognize that sometimes there may be very little choice or no choice at all when it comes to making health changes.

In one of the stories in this issue, Patricia shares about the changes she made in her life after a fall which resulted in a broken arm. It wasn’t easy, but she was determined, and now says that it changed her life.

And so, in the new year, are you planning a change? Perhaps take an extra five minutes in the morning for thoughts of gratitude. Maybe cut down on sugary drinks and goodies. Maybe try something completely surprising like the VR program here, or the Senso balance machine, or the Walking Group. We’ll cheer you on in your efforts to make and achieve new goals!

Camarillo Health Care District continues to offer a variety of classes to help improve cognition, combat social isolation, reduce fall risk, equip caregivers and improve general wellness, while enhancing and maximizing community health through our services, programs, education, training and resources for individuals, families and caregivers. I know I say this a lot but let’s do great things in 2023!

*Kara*

## IN THE NEWS

### Tune In: New “Stories From the Heart” Podcasts

New episodes of the “*Stories from the Heart: Inspiring Tales of Life, Learning and Love,*” podcast are available at [www.camhealth.com/our-podcasts](http://www.camhealth.com/our-podcasts). Joanna, Camarillo, shares her story of perseverance, motherhood, caregiving and her journey through grief, while Susan, Oak Park, talks about recording her dad’s life stories before his passing. Perhaps your story can help uplift and inspire others as well. If you are interested in sharing your story, please email Michelle Rogers at [micheller@camhealth.com](mailto:micheller@camhealth.com).



At left, Lynette Harvey (RN, BSN, CCM), clinical services director of Care Management at the District, accepts the award from Alice Sweetland, chair of the Optimal Aging Committee, part of the Ventura County Area Agency on Aging Advisory Council.

### District Wins Dementia Friendly Business Legacy Award

The District has been selected as the Ventura County Area Agency on Aging’s 2022 **Dementia Friendly Business Legacy Award** recipient! The VCAAA LEGACY Awards are designed to recognize businesses that excel in improving the lives of older adults, individuals with disabilities, and caregivers. Recipients of the award exemplify the Dementia-Friendly Ventura County movement by “making strides to better the customer service experience for individuals with dementia and their caregivers...provid(ing) services for individuals 60 and older, individuals with disabilities, or caregivers”. Thank you, VCAAA!

### District Granted Hybrid Vehicle for Meal Delivery

The Camarillo Health Care District is pleased to announce a grant from the Ventura County Area Agency on Aging to purchase a hybrid vehicle to assist with meal delivery routes for the Senior Nutrition Program. During the COVID-19 pandemic, the District’s Senior Nutrition Program ballooned up to delivering more than 7,000 meals monthly. If you or someone you know could benefit from the Senior Nutrition program, please call 805-388-1952, ext. 168 or visit [www.camhealth.com](http://www.camhealth.com). Thank you, VCAAA!



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# Testimonials



My husband and **I loved** the VR class. We intend to take it again and move up to the other levels. Fun and affordable!

—satisfied client

Keep up your **good work** and keep the excellent classes and programs coming. The Camarillo Health Care District is an outstanding asset to the Camarillo community. The staff is exceptional!

—satisfied client

I'm **enjoying** the Senso Balance Machine. Thank you.

—satisfied client

**Thank you** for having the VCAA registered dietician counseling available.

—satisfied client

I am taking your Bingocize class and am **delighted** to attend. The three ladies in charge of the group are so much fun and conduct the class in a relaxed, but informative manner. Thank you very much for offering this class.

—satisfied client

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Healthy ATTITUDES CAMARILLO HEALTH CARE DISTRICT



### ON THE COVER

Wishing you a strong new year and ready to cheer you on in achieving your goals! Happy New Year!



# we are social

Write, tweet, like, subscribe or tag us. We want to hear from you!

## A story of how health classes and exercise helped a Camarillo resident regain independence

# STRENGTH THROUGH

Although she's not opposed to the idea of a senior-living facility, she feels it's not yet time and credits her exercises and strengthening activities with growing stronger.

"These health promotion classes and skill-developing opportunities help to positively impact socialization and decrease feelings of loneliness by bringing people together to share experiences and learning opportunities," said Blair Barker, director of Care Services for the District.

Patricia is grateful for the opportunity to exercise while also making friends.

"This is like my gift to myself now that I am retired – this and travel," she said.

One thing she learned in the District's Matter of Balance class is that there are some choices and strategies that can be employed to help prevent falls, and to help maximize health and activity levels.

"I took that to heart," Patricia said. "I really feel like you gave me my confidence back. Everyone on staff has been great. They are very supportive and encouraging."

Director of Care Services Blair Barker said the fear of falling can make our lives smaller without us even realizing it. "We fear a fall will happen, so we retreat," she said. "We don't see there are opportunities to positively change our perspective, our thinking and interaction with the world around us. It's our right to take the power back – safely, of course – and know that falling is not necessarily a normal part of aging and can often be prevented."

Patricia always has been a positive person. She is friendly, outgoing, enjoys being active and outdoors, quilting and sewing, and reading mysteries and historic fiction. Prior to the pandemic, she was a world traveler, and hopes one day to return to Paris, and go on a trip to Italy, Croatia and Greece that she had to postpone because of pandemic travel restrictions. (And if she can't, there's always the District's "Adventures in VR" classes and, in particular, "Alcove," which offers virtual travel by car, bus or hot-air balloon.)

Patricia, a special education administrator in Van Nuys, retired in July 2021 and moved to Camarillo to be closer to her son. At 80 years old, she became an avid walker, putting in 3 to 4 miles a day. But while walking alone one day last September, she tripped on the sidewalk and fell, and had to be rushed to the hospital.

"At first, I thought I just had the wind knocked out of me and I tried to catch my breath," she said.

Luckily, two workmen saw what happened, helped her up and called her son. Patricia had a compound fracture of her arm and the doctors sent her for emergency surgery. After five days in the hospital, she entered a skilled nursing facility for two weeks and then assisted living before she returning home. And even so, the doctors suggested looking into long-term care or perhaps a more permanent senior-living facility for her.

So, Patricia became focused on her health, joining the Camarillo Health Care District's (District) twice-weekly Walking Group last November, the Matter of Balance and Tai Chi classes, and participating in the Senso balance program to reduce her fall risks and improve her cognitive skills.

"I think I had something to prove to myself and my son," she said.

**Because of the Camarillo Health Care District, I regained my sense of who I was."**

Patricia also joined a second walking group at the Channel Islands Harbor, and a Wednesday and Friday morning stretch and exercise class at the senior center in Camarillo.

# GTH STRUGGLE



To learn more about the District's Moving and Strengthening classes, visit the website at [camhealth.com](http://camhealth.com) or call 805-388-1952, ext. 100, to speak to a resource specialist.

Patricia and Camarillo Health Care District Walking Group

**“It helped me feel human again**

and gave me a sense of confidence. I felt more like myself, and I've really enjoyed meeting new people. When you retire, it's hard to make new friends. So having these activities brought me together with people.”

# Community outreach efforts help us make connections and raise awareness

We are committed to bringing awareness of our programs, services and classes to the community and, in doing so, we get to meet people where they are – whether at the Camarillo Farmers Market, at local events and even the community room at the police station! Here’s a look back at some of our community outreach events in 2022.



## Camarillo Farmers Market

Camarillo residents found more than produce at the Farmers Market last Fall with our health promotion coordinator, Mariana Gutierrez, and Community Outreach and Education manager, Michelle Rogers, who shared information on Camarillo Health Care District programs, services and classes. Staged at a booth near the entrance, they interacted with nearly 100 people while sharing information and engaging people on the topic of health and wellness.

## Living Well, Caring Well

The District was pleased to host the first “Living Well, Caring Well” event. Nearly 60 people met with representatives from adult day centers, caregiver resources, financial resources, in-home care providers, neurology, public benefits, the Alzheimer’s Association, Long-Term Care Ombudsman, Health Insurance Counseling & Advocacy Program, elder legal services and more.

This one-stop-shop was designed for people with a dementia-related disease and their caregivers. It provided a two-hour window for people to speak with industry professionals in person, navigate local resources and learn about services designed for their needs.

The “Living Well, Caring Well” event is sponsored by Dementia Friendly Ventura County; more of these events will take place throughout Ventura County in 2023. To find out when and where the next event will take place, email Lois.vcaaa@ventura.org or call the Ventura County Area Agency on Aging at 805-477-7300.



We also created a Word Cloud with their responses and shared it in a video. A Word Cloud is a cluster of words with those most often used appearing larger than the others.



## Camarillo Police Senior Driving Education Class Presentation

Twice a year, you'll find Community Outreach and Education manager Michelle Rogers and the Caregiver Center's Care Services director Blair Barker, at the Camarillo Police Station. They're not in any legal trouble, though! We collaborate with the Camarillo Police Department and Department of Motor Vehicles to present a Senior Citizen Driver Education Class.

The Senior Citizen Driver Education Class was designed to help senior drivers understand how age could affect a person's ability to operate a vehicle. It covered topics related to the safe operation of a vehicle and provided information on alternative transportation and community resources available to seniors, as well as for their caregivers and family members.

The District's Care-A-Van service, a non-emergency, door-through-door transportation program for rides originating in the District, assists people navigating throughout the communities, when driving becomes unsafe or troublesome. Other District services offer respite and support including the Adult Day Program, Transportation, Care Management, Dementia Specialty, Home Delivered Meals, Fall Prevention services, as well as our walking group, support groups and much more.

## Camarillo Amber's Light Lions Club Presentation

The District is often invited by service organizations to provide informational presentations to their members about what we do and how we help people in the community, and we enjoyed speaking to the Camarillo Amber's Light Lions Club last Fall.



Blair Barker, Care Services director at our Caregiver Center, spoke about the mission of the Camarillo Health Care District and our dementia specialty, including a partnership with the Arthur N. Rupe Foundation, Rosalynn Carter Institute for Caregiving and the Administration for Community Living to offer "Dealing with Dementia," a program that provides practical strategies and best practices for caregivers providing care for loved ones and themselves. The goal is for Alzheimer's and dementia family caregivers to gain a better understanding of dementia, utilize strategies to manage problem behaviors, and handle caregiver stress and burnout.

She also discussed many other District programs including the Adult Day Program, Senior Nutrition & Home Delivered Meals, Senior Support Line, Digital Bridge program offering individual help with smartphones, tablets and laptops, moving and strengthening classes, Senso balance machine to reduce fall risk and improve cognition, advocacy services, legal and financial counseling for seniors, dental screenings and more.

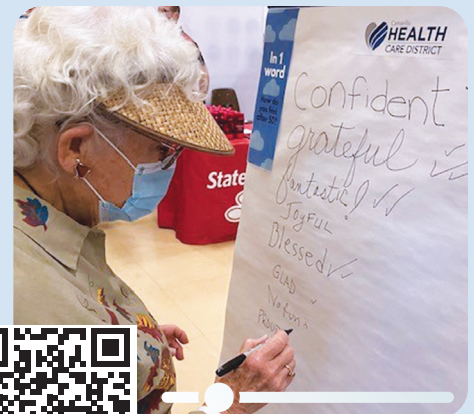
## 50 Plus Expo

With more than 200 people turning out for the Pleasant Valley Recreation & Park District's 50 Plus Expo, we thought it was the perfect opportunity to introduce the Camarillo Health Care District's virtual reality (VR) program called "Adventures in VR."

More than two dozen people bravely donned a VR headset, and experienced a new world! With controllers in hand, they ventured off virtually to Antarctica, went on an African safari, traveled to outer space and snorkeled in an underwater safari park with whales, sharks, dolphins and other sea creatures.

The first of 15 "Adventures in VR" classes debuted last October and a new slate of classes has been announced on our website and in this edition of the magazine. Look for more introductory classes, as well as intermediate and independent levels on page 7.

wise  
beautiful  
spicy  
glad  
tired  
confident  
smart  
fabulous  
People at the 50 Plus Expo were asked to answer in one word, "How do you feel after 50?"  
joyful  
blessed  
proud  
busy  
sassy  
misunderstood  
invisible  
loved  
capable  
knowledgeable



# VIRTUAL SUCCESS!

## Participants enjoying new Adventures in VR classes

The District's new "Adventures in VR" classes sold out very quickly! Nearly 75 people enjoyed an immersive, 3-D journey by sea and land. Feedback from participants has been so positive that 36 new classes have been added, including space for independent adventures. "This program seems to be

"I thought it would be exciting because of the potential for seniors getting to experience something new in life and the potential for helping to alleviate feelings of isolation," she said. "I experienced a whole new way of interacting with the environment. It was fun and I really enjoyed it. It really did seem like you were in another world."

**I love to see the smiles on their faces and listen to the oohs and ahhs while they're in the virtual environment, and then receive their feedback as we talk about their experiences,"** said Mariana Gutierrez, health promotion coordinator with the District.

having a positive effect on people. We've seen a lot of people sign up for a second class or join our interest list immediately after their first class," Mariana said.

According to a study by the Massachusetts Institute of Technology Integrated Design and Management and MIT AgeLab, VR has positive effects on participants' social and emotional well-being, which is reflected in the District's survey results as well.

The study stated, "Compared to the control group, those who interacted with the VR system were more likely to feel good about their own health, more likely to feel positive emotions, less likely to be depressed, and less likely to feel socially isolated. ... "While not all the differences were statistically significant, the overall trend in the findings show possibilities for use of VR applications for improving the quality of life among older adults."

Joanne Kennedy, vice chairwoman of the Camarillo Council on Aging, participated in the District's introductory class, "Ocean Rift," where she swam virtually with manatees, sea lions, turtles, dolphins and other sea creatures.

The average age of participants in the District's "Adventures in VR" classes has been 73, with the oldest 93 and the youngest 51. The class is available to anyone 13 and up.

Ed Puscher, who attended an introductory class with his wife, Hilde, signed up for "Intermediate Adventures in VR" using the "BRINK Traveler" application immediately after his first class. BRINK Traveler is educational and takes participants virtually to national and state parks.

Ed, who used VR a couple years ago, said he thought the technology had improved in its ability to allow people to navigate spaces.

**The experience was very positive for me,"** he said.

If you've never experienced VR, the District is offering many introductory classes in the new year. For those who have taken a class or have experience with VR, new offerings at the intermediate level can be viewed on Page 7.

97%

would  
**RECOMMEND**  
the program  
to others\*



84%

**ENJOYED**  
the experience and  
would try another  
VR class\*

\*A post-survey is given to each participant after they complete the introductory class.





# Online Class Registration

Pre-registration and payment is required to secure your reservation. We're happy to assist you over the phone, online, or in person. Notification 48 hours prior to the day of class is required to receive a refund. Class credit of equal value will be offered if cancellations are received less than 48 hours prior to the day of the class. No refunds are allowed for CPR, First Aid, AED and Cooking Classes. Non-district residents include \$4.00 out-of-district fee on fee-based classes.

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*Views expressed by class facilitators are not necessarily those of the Camarillo Health Care District.*

Online

camhealth.com

Phone (M-F 8am-5pm)

(805) 388-1952, Ext. 100

Walk-in (M-Th 8am-7pm • Fri 8am-5pm)

3639 E. Las Posas Road, Suite 117, Camarillo

## Tips for Successful Class Registration & Attendance

- Class registration fees must be paid prior to the day of the class. Please pay by credit card (phone or online)
- Sign-on to your virtual class a few minutes early in order to ensure audio and video are working properly
- Please call (805) 388-1952, ext 100 if you experience difficulty logging into your class

KEY: A=Appointment R=Register NC=No Charge D=Donation

## Caregiving & Health Management

### Care Consultations

(800) 900-8582

Care Consultations are confidential, personalized discussions that can help sort out and address issues important to you. Our professional staff can help you prioritize needs, address concerns, and make recommended plans for living independently at home. Plans also include direct assistance in accessing a broad variety of community resources such as nutrition services, transportation issues, caregiver burden, home modifications and assistive devices, relaxation and educational opportunities, legal and insurance services, and more. Appointments available in-person, virtually or telephonically.

A | NC

### Caregiver Center

The Caregiver Center is designed to help caregivers understand that they are a caregiver, and provide a calm and compassionate environment designed for respect and dignified learning. We offer high-quality education, skills training, programs and resources to help caregivers be the best they can be, while also taking care themselves. The center can also assist with Health Promotion and Disease Prevention services

### Caregiver Support Group

(800) 900-8582

Intended for those who are on the journey with a parent, spouse, friend, neighbor and others, who have a chronic condition requiring care such as dementia, Parkinson's, or other illnesses.

Second and Fourth Friday of each month | 9:30-11am | R | NC | District Offices

### Care Management Services

Care Management Services offer an array of programs designed to help families develop plans that guide them to age successfully and independently in the home setting, manage chronic illness issues, and learn strategies for managing the care of loved ones with dementia and Alzheimer's disease. Person-centered plans are developed.

### Chronic Pain Self-Management Program (CPSMP)

(805) 388-1952x100

This six-week series is designed to teach practical skills for managing chronic pain, moderating symptoms, and staying motivated to overcome the challenges of living with ongoing health conditions. This program is for adults living with chronic pain due to illness or accident.

Virtual class with Session Zero scheduled for Jan 17 (T) 10-11am | R | NC

Jan 24-Feb28 (T) 10-11 am

### Dealing with Dementia

(805) 388-1952x100

The Dealing with Dementia Program was developed by the Rosalynn Carter Institute as an evidence-informed educational support program for caregivers of people living with dementia. This 4-hour workshop highlights topics such as: the caregiving experience with an easily understandable explanation of dementia, best practices in caregiving, and problem solving with dementia behaviors. Learn tips for caregivers to find time for self-care and stress management. Completed workshop participants will receive a comprehensive manual for dementia caregivers. Spanish and English available.

Two-part class. Attendees must attend both dates to complete class.

Feb 7, 14 (T) 1:30-3:30pm | \$25 (cost of materials)

### Dementia Live

(805) 388-1952x100

Dementia Live is a high-impact, dementia simulation experience that immerses participants into life with dementia, resulting in a deeper understanding of what it's like to live with cognitive impairment and sensory change. Participants are outfitted in specialized gear and given a series of tasks to perform, the challenges and struggles one face become very real to the participant, triggering heightened empathy and understanding, creating a catalyst for meaningful communication and improving quality of care.

Feb 3 (F) 9am-12pm | R | NC Sign up for one hour.

### Dental Screenings Dr. Eric Tamsut, DMD

(805) 388-1952x100

Good oral health is related to good overall health. Regular dental screenings can help recognize issues and provide opportunity for proactive and preventive care. During your 15-minute screening, Dr. Eric will visually examine your teeth, mouth and gums, and answer your dental questions.

Fourth Tuesday of each month | 12-2 pm | A | NC

### Depression and Caregiver Well-Being Screening

(805) 388-1952x100

Speak with a qualified counselor to learn more about symptoms of depression. Understand more about the moods you are experiencing and learn about resources that can help. Screenings take about 30 minutes.

Mar 3 (F) 9am-12pm in one-hour blocks | A | NC

### Diabetes Self-Management Program (DSMP)

(805) 388-1952x100

An award-winning series based on research conducted at Stanford University is designed for anyone with Type 2 Diabetes. Learn methods to reduce fatigue, pain, stress, and fear through exercise and healthy eating, and to effectively manage the disease in order to improve quality and outlook on life.

Virtual class with Session Zero scheduled for Feb 8 (W) 10-11am

Feb 15-Mar 22 (W) 10-11am | 6-week series | R | NC

### "Healthier Living" Chronic Disease

#### Self-Management Program

(805) 388-1952x100

Do you have a chronic health condition or care for someone who does? The award-winning Chronic Disease Self-Management Program is based on research conducted at Stanford University. Take the first step to manage ongoing health conditions with easy methods to reduce fatigue, anxiety, and sleep loss.

Virtual class with Session Zero scheduled for Mar 2 (Th) 11am-12pm | R | NC

Mar 9-Apr 13 (Th) 11 am-12pm | R | NC

### Nutrition Counseling - One-on-One Appointments

(805) 388-1952x100

Meet with Patti Jaeger, Registered Dietitian from Area Agency on Aging, for one hour to discuss your specific health topic. Topics include controlling blood pressure, lowering cholesterol, enhancing bone health and eating healthy on a budget. Must be 60 or older. Second Tuesday of each month | 1-4pm | A | NC

### Powerful Tools for Caregivers

(805) 388-1952x100

Caring for a loved one can be overwhelming. This educational program is designed to help caregivers maintain their personal well-being in order to better care for their loved one or friend.

Virtual class with Session Zero scheduled for Mar 8 (W) 1:30-2:30pm | R | NC

Mar 15-Apr 19 (W) 1:30-3pm | 6-week series | R | NC

### SHARE (Support • Health • Activities • Resources • Education)

(805) 388-1952x107

SHARE is a program for a person with early to early-mid stage dementia and their care partner. Utilizing a trained health coach and an intuitive SHARE iPad application, the program engages them in discussions about symptoms, communication, healthy activities, and planning for the future while keeping their own values and preferences in mind. These 5 sessions will improve communication, encourage participation in fulfilling activities, reduce stress and relay available resources that may be needed. A care plan will be developed that reflects the person's personal preferences.

### UCLA Memory Training

(805) 388-1952x100

Techniques taught in this course are based on research at UCLA and focus on organization, association, and imagery to make information easier to recall.

Mar 21-Apr 11 (T) 9:30-11:30am | 4 week-series | R | \$40/\$44 material cost

## Digital Literacy & Connectivity

### Digital Scrapbooking

(805) 388-1952x100

Do you have hundreds of photos on your smartphone? Thousands in a shoebox? Creating scrapbooks is a fun pastime that no longer needs to include multiple tools and glue guns. Digital Scrapbooking can help you turn your beloved photos into an actual book.

Jan 11-25 (W) 10:30-11:30am | 3-part series | R | NC

### NEW Google Slides for Slide Shows

(805) 388-1952x100

Are you of the generation that didn't grow up learning PowerPoint or Google Slides in school? If so, this introductory class on using Google Slides for slide shows may be of interest. Google Slides is similar to PowerPoint, but is free and included with a Google mail account. If you don't have gmail, you'll want to set up an account before this class. In this two-part series, you'll learn how to use the tool to create a photo slideshow of your past travels or create a presentation. We'll teach you how to add your own photos or photos and graphics from the internet; add shapes and icons; change colors; build from scratch or use a template; add transitions; animate objects; embed on a website or blog; and collaborate in the cloud in real time. Bring your laptop computer for hands-on help.

Feb 17 and 24 (Fri) 2-3pm | 2-part series | R | NC

### Intro to Adventures in VR

(805) 388-1952x100

Nature Treks: Explore the natural world, choosing different settings in nature at night or during the day, with music or soothing sounds of nature, and encountering 20 different animals. If this is your first time to using Meta 2 virtual reality headsets and controllers, no worries. We'll spend 20-25 minutes showing you how to use them, plus discussing the benefits of VR. The next 50 minutes will be spent enjoying our adventures before we all chat about our experiences and document our travel adventures in our Adventures in VR passport.

Jan 4-Mar 29 (W) 2:30-3:30pm | Individual Classes | R | \$5 per class

### Intro to Adventures in VR

(805) 388-1952x100

Ocean Rift: Explore the ocean as a virtual scuba diver getting introduced to and learning about the different sea creatures. If this is your first time to using Meta 2 virtual reality headsets and controllers, no worries. We'll spend 20-25 minutes showing you how to use them, plus discussing the benefits of VR. The next 50 minutes will be spent enjoying our adventures before we all chat about our experiences and document our travel adventures in our Adventures in VR passport.

Jan 6-Mar 31 (F) 1:30-2:30pm | Individual Classes | R | \$5 per class

### NEW Intro to Adventures in VR

(805) 388-1952x100

Guided Tai Chi: Learn the movements, select your flow, such as Energized, Joyful, Relaxation, Spontaneous, Courage or Flourish. Then choose six environments in nature among 20 available to practice Tai Chi while relaxing and connecting with your mind, body and spirit. Afterward, we'll discuss the benefits of VR and participate in a post-survey and chat about our experiences.

Jan 4 & 6 (W & F) 10:30-11:30am | 2-part class | R | \$10 per class

Feb 8 & 10 (W&F) 10:30-11:30am | 2-part class | R | \$10 per class

Mar 15 & 17 (W & F) 10:30-11:30am | 2-part class | R | \$10 per class

### Intermediate Adventures in VR: BRINK Traveler

(805) 388-1952x100

So you've completed one of our Intro VR classes or you already have experience in VR, then you're invited to join our intermediate class Brink Traveler. The first session will have a 15-minute review, followed by virtual travel through our state and national parks, and we'll end with a discussion and optional journaling/travelogue in our Adventures in VR passport.

Feb 16-Mar 2 (Th) 11am-noon | 3-part series | R | \$15

### NEW Intermediate Adventures in VR: Alcove

(805) 388-1952x100

So you've completed one of our Intro VR classes or you already have experience in VR, then you're invited to join our intermediate class Alcove. Choose your mode of transportation: a convertible sports car for a U.S. road trip, Las Vegas to Ventura, and eight other trips; take a hot-air balloon and view Kenya and the Swiss Alps from the sky; or hop on a double-decker bus for a guided tour of Washington, D.C., Paris, Tokyo, Dubai, Rome and other places. We'll discuss the benefits of VR, chat about our experiences and document our travel adventures in our Adventures in VR passport.

Jan 17 & 19 (T&Th) 2-3pm | 2-part class | R | \$10

Feb 7 & 9 (T&Th) 2-3pm | 2-part class | R | \$10

Mar 7 & 9 (T&Th) 2-3pm | 2-part class | R | \$10

### NEW Intermediate Adventures in VR: Wander

(805) 388-1952x100

So you've completed one of our Intro VR classes or you already have experience in VR, then you're invited to join our intermediate class Wander. Go wherever your heart desires, whether the address of your childhood home, your college campus, the streets of your hometown, a tropical or historical destination, or somewhere you've always wanted to explore or return to a favorite vacation spot to bring back those memories. We'll discuss the benefits of VR and participate in a post-survey, chat about our experiences and document our travel adventures in our Adventures in VR passport.

Jan 10 & 12 (T&Th) 2-3pm | 2-part class | R | \$10

Feb 14 & 16 (T&Th) 2-3pm | 2-part class | R | \$10

Mar 21 & 23 (T&Th) 2-3pm | 2-part class | R | \$10

### NEW Intermediate Independent Adventures in VR

(805) 388-1952x100

So you've completed one of our Intro VR classes or you already have experience in VR, then you're invited to join our intermediate class Independent Adventures, where the world is your oyster. In Independent Adventures, you'll be assigned a VR headset with pre-loaded apps. You can choose virtual travel, guided Tai Chi or meditation, cook in a virtual kitchen, experience heightened senses with Notes on Blindness, or snorkel or hangout in nature with animals. A staff member will be present to assist.

Jan. 9-Mar 27 (M) 12-1pm | Individual/Single | R | \$5

Jan 13-Mar 31 (F) 3:30-4:30pm | Individual/Single | R | \$5

### NEW Social Media Basics

(805) 388-1952x100

Do you feel lost when it comes to social media? Or do you primarily use one platform, but want to understand others so you can connect with more family, friends and colleagues? If the answer is yes, then our Social Media Basics class is for you. We'll share an overview and talk about the mechanics of using Facebook, Twitter, Instagram, LinkedIn, Snapchat and TikTok. Bring your smartphone or laptop for hands-on learning.

Jan 9-30 (M) 2-3pm | 3-part series (no class Jan. 16) | R | NC

### TikTok for Beginners

(805) 388-1952x100

What is TikTok and what does it even mean? Maybe you have children or grandchildren on TikTok and wonder what is the fascination. This class can help advance your knowledge of online platforms resulting in opportunities to relate, connect and gain understanding. Get up to speed with the latest trends and pop cultural references while being entertained and engaged. Join the fun of TikTok for Beginners, a social media platform for every generation. Bring your smartphone and charger to class for hands-on learning and help.

Jan 19-Feb 2 (Th) 11:30am-12:30pm | 3-part series | R | NC

## Advocacy Services

### Elder Legal Services

(800) 900-8582

Schedule a confidential appointment with an elder law and estate planning expert.

Mondays | 1-4pm | A | NC *In-person or virtual appointments are available.*

### Financial Planning

Robert Harrell, Financial Planner

(805) 388-1952x100

Consult with a financial planner on budgeting, retirement planning, and financial problem solving. Discuss how to put all the finance pieces together to solve problems or reach goals in a confidential session.

Third Monday of each month | 1-3pm | A | NC

### Health Insurance Counseling & Advocacy Program (HICAP)

(805) 388-1952x100

HICAP registered counselors provide free, unbiased options counseling to Medicare beneficiaries. Assistance is available for Original Medicare, Medicare Advantage, Medigap, Part D Prescription Drug Plans.

First and third Thursday | One-hour increments | 9am-noon | A | NC

## Programs & Services

### Adult Day Center

(805) 388-1952x111

Schedule a personal tour of our state-licensed, award-winning Adult Day Center. The Center offers support, comfort, and activities five days a week for individuals who may benefit from additional supervision and social interaction during the day. Call for details.

### Care-A-Van Transportation Services

(805) 388-2529

Care-A-Van offers door-through-door, non-emergency medical transportation service throughout Ventura County for medical visits and other activities of daily living. Call for additional information regarding service area, fees and reservations.

### Digital Bridge Program

(805) 388-1952x100

Schedule your Digital Bridge appointment today. One-on-one, step-by-step assistance, either in-person or over the telephone, to help you in the use of various computer, communication devices and applications so that you can participate in virtual health services, medical portals, banking services, Zoom, Facetime and other virtual services. No charge.

### Home Delivered Meals

(805) 388-1952x168

Provides "ready to heat" meals to home-bound residents of Camarillo and Somis age 60 and up. Meals include ready-to-heat main course, bread, butter, apples, oranges, tomatoes, fruit cups and yogurt.

Mon, Wed, Fri | 9:30-11:30am | R | \$3 suggested donation

### Senior Support Line

(800) 235-9980

Senior Support Line is a toll-free telephone number for residents age 60+, that provides compassionate, confidential conversation, emotional support and connection over the telephone. If you or someone you know lives alone, and feels isolated or depressed, please call the Senior Support Line, Monday through Friday, from 8am-5pm. Following your first call, weekly check-in calls can be scheduled.

### Zoom Room Program

(800) 900-8582

If you do not have the computer equipment or connectivity at home to conduct online health and medical provider appointments, attorney appointments, family fun and social activities or other online services, the Zoom Room is available at no charge, by appointment, with assistance, at the District. The room is confidential, and appropriately sanitized between uses.

## Moving & Strengthening

### Beginners Walking Group

(805) 388-1952x100

Regular walking can help strengthen your legs, reduce stress, benefit your heart and improve your overall sense of well-being. This group is for any age; minors must be accompanied by qualified guardian. Five-minute warm up; 45-minute walk. Safe, weather-appropriate clothing and footwear are required. Join us. Before you know it, you've met some new friends and enjoyed some exercise!  
9-10 am (T&Th) at the Camarillo Health Care District, Building E.

### Bingocize

(805) 388-1952x100

"Bingocize" is a fun and interactive program, based on research conducted at Western Kentucky University, combining education with exercise and social engagement. Methods taught in this course focus on health education, such as nutrition and fall prevention, knowledge of fall risks, ways to reduce falls, health activation, and aspects of cognition, while the exercise component focuses on improving functional performance for upper and lower body strength, balance and range of motion.  
Jan 24-Mar 30 (T&Th) 10-11am | 10-week series | R | NC

### Massage: Swedish, Pregnancy & Deep Tissue Therapy

(805) 298-3202

Lisa Ball, LMT, provides therapeutic massages that have been proven beneficial for chronic conditions, including low back pain, arthritis, fatigue, high blood pressure, depression, and everyday stress.

Tuesdays, Thursdays, Sundays | A | 1 hour: \$75 | 1-1/2 hour: \$100

### Matter of Balance

(805) 388-1952x100

Have you fallen? Are you worried about falling? Join us to learn how to prevent falls, discuss safety techniques to reduce concerns, and set goals for increasing activity.

Feb 9-Mar 30 (Th) 2-4pm | 8-week series | R | NC

### Tai Chi for Arthritis

(805) 388-1952x100

This award-winning series, based on research conducted by Dr. Lam from the Tai Chi Institute in Sydney, Australia, is designed for anyone looking to relieve pain from arthritis or other chronic conditions and improve movement, balance, strength, flexibility, and relaxation. Beginner's welcome!

Jan 23-Apr 3 (M&W) 10:30-11:30am | 10-week series | R | NC

Feb 6-Apr 17 (M&W) 3-4pm | 10-week series | R | NC

## Important Numbers

The District focuses on maximizing health and wellness through evidence-based, effective and innovative services, including:

<b>Adult Day Center &amp; Support Services</b> .....	(805) 388-1952 x111
Award-winning, person-centered day program	
<b>Care Management Services (Hospital to Home)</b> .....	(800) 900-8582
Supporting well-prepared transitions from hospital to home	
<b>Care-A-Van Transportation</b> .....	(805) 388-2529
Door-through-door non-emergency service throughout Ventura County	
<b>Caregiver Center</b> .....	(800) 900-8582
No-cost resources for caregivers and their loved ones.	
<b>Caregiver Respite, Education &amp; Training</b> .....	(800) 900-8582
Training, resources, respite and options for family caregivers	
<b>Counseling Services – Legal, Financial, &amp; Emotional</b> .....	(800) 900-8582
<b>Evidence-Based Programs</b> .....	(800) 900-8582
Rigorously tested programs scientifically proven to show results	

<b>Fall Prevention &amp; Home Modifications</b> .....	(800) 900-8582
Home safety through resources and education	
<b>Health Education, Promotion &amp; Advocacy Classes</b> .....	(805) 388-1952 x100
<b>Health Screenings</b> .....	(805) 388-1952 x100
Variety of screenings	
<b>Lifeline Personal Help Button</b> .....	(805) 388-1952 x201
Enhanced safety and independence, at the touch of a button	
<b>Senior Nutrition Program</b> .....	(805) 388-1952 x168
Nutrition and socialization for home-bound and active residents age 60+	
<b>Senior Support Line</b> .....	(800) 235-9980
Trained volunteers provide resources and friendly conversation	
<b>Resource Specialists</b> .....	(800) 388-1952 x100
Staff connect you with helpful resources within the District	

**PHILIPS**  
**Lifeline**  
OF VENTURA COUNTY  
**Personal Emergency Response System**  
**FOR AS LITTLE AS**  
**\$21<sup>95</sup>**  
**A MONTH**  
**For all active military, veterans and their caregivers**  
**(805) 388-1952 x201**

Not valid with other promotions or offers.  
 Coupon Expires: 4/30/23





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**CARE DISTRICT**  
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**RADIATION ONCOLOGY**



*"I appreciate all of you. I was anxious about having radiation, but from day one you made me feel so comfortable."*  
 ~ Cancer Survivor

# Let Our family Care for Your family

Our cancer care team knows that each person's needs matter. We will custom design a treatment plan for you that includes the most innovative and least invasive technologies available. From Image-Guided Radiation Therapy (IGRT) to Stereotactic Body Radiotherapy (SBRT), together we will select the optimal therapy for your cancer diagnosis.

**We offer 6D Robotic System for Stereotactic Body Radiotherapy, here in Ventura County.**

**Call today to schedule a consultation to discuss options for you or your loved one.**

**OXNARD CENTER 805-988-2657 ■ CAMARILLO CENTER 805-484-1919 ■ ROCVC.COM**

The cancer care team you can trust.



**Timothy A. O'Connor, M.D.**



**Henry Z. Montes, M.D.**  
*Se habla Español.*

**LEADERS IN ADVANCED CANCER CARE SINCE 1979**