

Healthy ATTITUDES

camhealth.com

OCTNOVDEC 2023

CAMARILLO HEALTH CARE DISTRICT

CONNECTING

People



CONNECTING

Community

A MESSAGE FROM

KARA RALSTON, CHIEF EXECUTIVE OFFICER



Do New Things! “In the end, we only regret the chances we didn’t take.”

—Anonymous

There is much written about the power and importance of doing new and challenging things. We can all probably relate to moving through

our days at the “speed of life” and wishing everything would just slow down. Well, experts say that making our brain experience new challenges can help with that feeling and can make it seem as if time has slowed down.

With the intent to motivate and activate, please give these questions some serious thought:

- The last time your daily routine was disrupted, were you annoyed, or did you embrace it and go with it?
- The last time you had a brand-new experience, did you feel energized and “awakened”?
- When you think about trying something new, does anxiety overwhelm excitement?
- If the environment for the “new thing” was safe and supportive and encouraging, would that help you to motivate and activate?

On pages 4 and 5 of this issue of the Healthy Attitudes magazine, we highlight our Activate Series and encourage you to try a “new thing”! For example, the virtual reality programming (Adventures in VR), just won a statewide award for innovation, as well as a grant from the City of Camarillo to extend it into nursing homes and similar living arrangements so that more can experience the benefits. The “Fit” series works on physical and cognitive strengthening while reducing the risk of falling. The BALANCEfit, POWERfit, and SMARTfit series are exciting and challenging ways to try that! It is work made fun, without you even realizing it!

There is so much more information on the District’s website www.camhealth.com than we could possibly fit onto the pages of this magazine and I encourage you to visit our online presence. Whenever you have a few moments, please go to the website and peruse as your convenience. I especially hope that your click on the videos and the blogs content which help showcase the services in real life.

We’re excited about the Fall season and the New Year coming unbelievably fast and we hope to see you soon!

Kara

IN THE NEWS

Workforce Initiative Helps Caregivers Grow Careers

Camarillo Health Care District is partnering with the CalGROWS Direct Care Workforce Initiative to offer educational courses for professional caregivers to help augment skills and jump-start careers in caregiving. The partnership provides funding that pays eligible professional, direct-care workers while they attend the courses and sessions. To be eligible, you must be a paid direct-care worker; paid by an employer (including private individuals)*, have been employed as a direct-care worker for the last 60 days, and live in California.



The courses “Dealing with Dementia” and “Dementia Live,” which are taken together, will be offered October 6, November 2 and December 5 in the District’s Caregiver Center.

*Unpaid family caregivers are not eligible for incentives but may take offered courses.

Latest Podcast Available Now!

Personal stories of caregiving lead to life lessons, forgiveness and gratefulness. Tune in to the District’s podcast, “Stories from the Heart: Tales of life, love and learning” to listen to two new stories. One family is grateful for the gift of time to spend with her father, and another family navigates the journey of aging parents and sibling dynamics. Visit our website at www.camhealth.com, click “News” and then “Stories from the Heart Podcast”.



Medicare Open Enrollment Sessions Offer Guidance

The Health Insurance Counseling Advocacy Program, commonly known as HICAP, will offer a presentation on the 2024 Medicare changes, along with three open-enrollment presentations. Open enrollment is from October through November. The presentation on Medicare changes will take place October 6 from 1:30 to 3 p.m. The three open enrollment presentations are October 20, November 3 and 17, from 10 a.m. to 2 p.m. These will take place on the District’s campus, 3639 E. Las Posas Road, Camarillo. To attend the Medicare Changes presentation, call 805-388-1952 or to make an appointment for open enrollment, call 805-477-7300.

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Testimonials



Just wanted to say **how nice it is to get emails** reminding us of the wonderful onsite programs you have available on a regular basis. Keep them coming!

—satisfied repeat customer

What more can I say! The Camarillo Health Care District is **awesome!** The programs, services and sessions are outstanding. The staff is exceptional...keep up the great work, my friends!

—satisfied repeat customer

Keep up the **excellent opportunities...** the friendly staff and the programs and services are outstanding and greatly appreciated.

—satisfied customer

You do **good work.**

—satisfied customer

I get the meals delivered every Friday and the people who deliver them are so **gracious and helpful.** Thank you for the meals I enjoy all week.

—satisfied, long-time customer

I took a class on improving my balance last year and found it very **helpful.**

—satisfied customer

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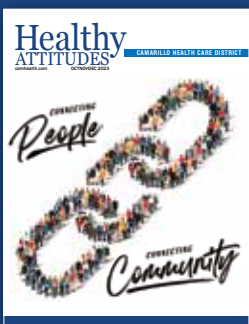
Scam Alert



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Special Presentations
Important Numbers



ON THE COVER

Connecting you with community resources and support since 1969.



we are social

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

Living WITH YOUR DIAG

Bethe and Tim Sullivan married in 1987 and moved to Camarillo from Boston 11 years later. They raised a family, had fulfilling careers, and settled into the next chapter of their lives enjoying a long-deserved retirement. But in January of this year, Tim received a diagnosis that would change their journey, for the rest of their lives.

Doctors told Tim that he had neurodegenerative disease, a type of disease in which cells of the central nervous system stop working; Alzheimer's disease and Parkinson's disease are the most common types. While the news was difficult, the Sullivans didn't allow it to break their spirit.

"We just felt devastated and helpless at the time," Bethé said. "We took the vow for better or worse, but we didn't think it would go to worse this early in the scheme of things."

But there was a glimmer of hope.

"While talking to our doctor, he asked us where we lived, and we told him Camarillo. He said we couldn't be in a better place because of the Camarillo Health Care District," Bethé said.

The couple quickly connected with the Camarillo Health Care District (District) and enrolled in the SHARE program. SHARE is an acronym for Support, Health, Activities, Resources and Education, and is based on dementia research by the Benjamin Rose Institute on Aging and funded through a grant from the Arthur N. Rupe Foundation.

SHARE is offered at no cost to District residents and is designed for people experiencing early- to mid-stage dementia, and their caregivers. The process consists of five sessions with a trained health coach, and an optional sixth session if offered for the whole family to be included. Guided by a trained health coach, sessions guide clients in developing a plan for the future while keeping their personal values and preferences in mind for their life as the disease progresses. Bethé and Tim were the first to take advantage of the family session. The couple's daughter (and her fiancé), son and Tim's sister, a nurse practitioner in Boston, attended the meeting, facilitated by Mariana Gutierrez, health promotion coordinator with the District.

"Everyone felt at ease," Bethé said. "Focusing on this 'worst-case scenario' helped us feel more prepared for it, if we need it. I can't imagine walking away from (the SHARE) program without having the family meeting. It was so beneficial."

During the family session, the coordinator presented the SHARE plan that Bethé and Tim had developed for when they will need help with instrumental activities of daily living (IADLs), such as cooking, cleaning, shopping and doing laundry. It was explained that when his condition worsens and Bethé needs more help, this plan outlines how they would like it to happen.

"We continue to monitor these instrumental activities of daily living because they indicate what Tim can do, and we prefer to focus on what he can rather than what he can't do," Bethé

says. "These are also areas in which we have seen improvement since we began this journey and took advantage of classes offered at the District."

Their plan also focuses on how the family can be currently and actively supportive now, and includes positive reinforcement, building a sense of community and using their personal strengths to lift them up. For example, Tim's brother and daughter will participate in video chats to support Tim's spirituality and well-being. "It gave them a job and a way to participate, and not just worry," Bethé said. "The idea is whether this gets better, worse, or stays the same, these are things family members can do to help us and be part of the journey, if they can and choose to."

SHARE supports open communication and understanding, encouraging families to build a stronger network of support that will help everyone achieve greater peace of mind for themselves and their loved one living with the diagnosis.

Goals of the program include:

- Supporting care partners, helping them communicate effectively and plan for the future
- Promoting health and well-being and decreasing stress
- Encouraging participation in fulfilling activities
- Learning about available resources that reflect care partners' values and preferences
- Providing education on dementia and how to manage changes that lie ahead

The Sullivans were also encouraged to become familiar with the District's

NOSIS

Caregiver Center, where she can take such classes as “Powerful Tools for Caregivers” and “Dementia LIVE”, browse the Caregiver Library for helpful resources and talk with staff about opportunities such as caregiver respite grants and the importance of taking care of yourself.

And their quest for information, education and support did not stop with the SHARE program. They participated in a number of classes, services and programs at the District, including a nutritionist, financial advisor, Tai Chi classes, fall prevention programming (BALANCEfit). Further, they started taking classes at Rock Steady Boxing!

Tim said he likes the camaraderie and social aspect of the Tai Chi class, and the structure of the class helps him feel successful. The boxing and fall prevention classes are challenging and engage his mind, in addition to getting a workout and enjoying a fun activity with his wife.

"We prefer to focus on what he can rather than what he can't do" Bethe says.

“Right now, I just want to spend as much time with Tim as I possibly can, doing things we both enjoy and that will help us improve our health,” Bethe said.

The Sullivans continue to enjoy walking their dogs together and volunteering. “We just really appreciate the small things in life,” Bethe said. “I think in a situation like this, you can either panic and fall apart or you can appreciate what you have. We appreciate what we have and our time together.”

OCTOBER *Connect & Enjoy* 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	BALANCEfit 1		Tai Chi 4			
		SHARE 9			Tai Chi 12	
	Financial Advisor 15	Nutritionist 16	Tai Chi 18		BALANCEfit 19	
					Tai Chi 26	
	BALANCEfit 29					

HEALTH CARE DISTRICT

SMARTfit
2X a week for 6 weeks; 30 minutes each time

Bethe BALANCEfit

Tim at Tai Chi

SHARE Program
388-1952 x107

ACTIVE

SMARTfit

dual tasking; think while you move; very interactive



BALANCEfit

dual tasking; balance machine; two (2) times a week for eight (8) weeks



POWERfit

wall-mounted cable strength exercises following BALANCEfit completion



Beginners Walking Group

Tuesdays and Thursdays; 9am (minors must be accompanied by guardian)



Tai Chi for Arthritis

10-week exercise series



Matter of Balance

8-week learning series



Bingocize

Bingo and exercise; 10-week series



LATE YOUR HEALTH

Important for Reducing Fall Risks, Guided Appointments, Feel Stronger Starting Now!

SMARTfit is physical and cognitive training disguised as fun games that make you think while you move. It is designed to deliver preventative and rehabilitative solutions to cognitive functions as well as motor functions. Its unique approach to improving physical, cognitive and mental health is engaging, exciting and very interactive (lots of cheering from the staff!). **SMARTfit** is designed for a variety of populations and abilities and immerses participants in playing “easy to learn” exercise games that are very engaging, challenging and motivating. “**SMARTfit** is our newest dual-task (think while moving) exercise machine that provides brain and body training, measuring cognitive-motor abilities,” said District Fall Prevention Coordinator Elsa Sierra. “The program is geared toward improving balance and reducing the risk of falls. “Participants complete a baseline (starting point) assessment, and receive an individualized program with recommended training ‘games’. At the end of the 6-week series, they receive another assessment to compare their improvement from when they started, such as their speed, their scores, and their correct answers/choices. This program is so much fun and before you know it you have improved your balance and strength, and have reduced your risk of falling.”



SMARTfit

BALANCEfit made its debut as the “Senso balance machine”, and has been part of Fall Prevention programming since 2021.

This program also focuses on reducing fall risks and improving cognition while progressing participants through a series of games that get more complex and challenging as you move through the levels. A wide variety of games focus on cognitive and physical skills, some of which may be second nature, and some of which might be more challenging, especially for those with a cognitive impairment. Games are easy to learn and follow, while enhancing motor-skill learning and having fun! The device tracks your performance and makes the games more challenging as you get better at them. An assessment evaluates physical and cognitive function, including reaction time, ability to take in information (brain), ability to process, and ability to then do the requested activity. **BALANCEfit** is recommended twice a week for eight weeks, 30 minutes at a time, and there is no charge.



BALANCEfit

SMARTfit is recommended two times/week for 6 weeks; 30 minutes each time; cost is \$25 for the series.



SCAN FOR FALL PREVENTION PROGRAMMING

POWERfit is available to those who have completed **BALANCEfit** series. **POWERfit** combines additional rounds of **BALANCEfit** games with the use of resistance bands to help strengthen the upper body, and build on the success of the previous **BALANCEfit** work. **POWERfit** is designed as a more independent workout, which is why it requires a previously completed **BALANCEfit** series. **POWERfit** is recommended twice a week for at least four weeks, and can be ongoing. Donations are greatly appreciated to support the free programs.



POWERfit

District Wins Innovation Award for Virtual Reality Program

Camarillo Health Care District has been awarded the **Innovative Program of the Year Award** for its “Adventures in VR” programming from the California Special Districts Association (CSDA) and was presented during CSDA’s Annual Conference in August, with nearly 1,000 members of California special districts in attendance. Funding procured by Assemblywoman Jacqui Irwin for COVID Community Relief was the catalyst for this program and the Fit programs (see pages 4-5).



▲ Assemblywoman Jacqui Irwin, D-42



▲ Mobile VR at Mira Vista

VR stands for “virtual reality” and since the launch of the program in late 2022, more than 250 people have been served, between the ages of 22 and 96, with a 95% approval survey.



▲ Group room at Mira Vista

Studies have shown that VR can help reduce loneliness, depression and isolation through common experiences,

leading to a grant from the City of Camarillo to fund a Mobile VR program to reach those living in assisted living centers, skilled nursing centers and similar environments.

Mobile VR at Camarillo Health Care Center



▲ Group room at Camarillo Health Care Center



The District won CSDA’s Innovative Program of the Year Award in 2015 for its Adult Day Center and in 2019 for its “Partnership to Improve Transitions” collaborative with Gold Coast Health Plan.

SCAM ALERT

Scammers are sophisticated, so that requires potential victims (that’s all of us!) to get educated.

Q

What’s the biggest piece of advice law enforcement and fraud prevention specialists offer to avoid scams?

A

Don’t answer the phone, even if you recognize the phone number. Call back anyone you know by dialing their known phone number. Scammers are now “spoofing” phone numbers, which means they can falsify the information transmitted on your caller ID display. Don’t get tricked into thinking a relative or friend is calling for help. It may just be a scam. Let their call go to voicemail and call them back!



To learn more and go through the learning modules, visit att.digitallearn.org/attachments/3593



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.

The information in this publication may not be copied for commercial use or distribution without the express written consent of the CHCD.

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

Walk-in (M-F 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 if you experience difficulty logging into your class

KEY: A=Appointment R=Register NC=No Charge D=Donation ND=Non-District Resident IC=Individual Classes IE=Independent Experience

Caregiving & Health Management

"Healthier Living" Chronic Disease Self-Management Program

(805) 388-1952

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 Jan 16 (T) 3-4pm | R | NC

Jan 23-Feb 27 (T) 3-4pm | R | NC

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

Chronic Pain Self-Management Program (CPSMP)

(805) 388-1952

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 (W) 3-4pm | R | NC

Jan 24-Feb 28 (W) 3-4pm

Dealing with Dementia

(805) 388-1952

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.

Dec 7 & 14 (Th) 2-4pm | Material cost \$30/\$34 ND

Depression and Caregiver Well-Being Screening

(800) 900-8582

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.

Dec 1 (F) 9:30, 10:30 or 11:30am in one-hour blocks | A | NC

Dementia Live

(805) 388-1952

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.

Nov 17 (F) 9am-12pm | R | NC Sign up for one hour

Diabetes Self-Management Program (DSMP)

(805) 388-1952

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 Jan 18 (Th) 9:30-10:30am

Jan 25-Feb 29 (Th) 9:30-10:30am | 6-week series | R | NC

Finding Meaning and Hope

(805) 388-1952

How can family caregivers regain hope and build resilience when dealing with feelings of ongoing loss while caring for someone with a chronic illness, like dementia? The series equips family caregivers with an understanding of the loss one feels when someone is physically present but mentally absent. Explore skills that help you stay strong, healthy, resilient, and positive as you navigate your caregiving journey with healing and hope. Join our interest list.

Nutrition Counseling - One-on-One Appointments

(805) 388-1952

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) 388-1952

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. This is a virtual class with Session Zero scheduled for Nov 1 (W) 2-3:30pm

Nov 8-Dec 13 (W) 2-3:30pm | 6-week series | R | \$25/\$29 ND

UCLA Memory Training

(805) 388-1952

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

Call to be added to our interest list | 4 week-series | R | material cost \$40/\$44 ND

Advocacy Services

Elder Legal Services

(800) 900-8582

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

In-person or virtual appointments are available.

Mondays | 1-4pm | A | NC

Financial Planning Robert Harrell, Financial Planner

(805) 388-1952

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 | 1-4pm | A | NC | Must be 60+

Health Insurance Counseling & Advocacy Program (HICAP)

(805) 388-1952

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 through Oct 19 | one-hour increments | 9am-12pm | A | NC

Digital Literacy & Connectivity

Digital Scrapbooking

(805) 388-1952

This two-part class will cover the different online platforms to make and publish photo books, how to upload your photos, crop, arrange and create your pages add creative layers and decoration to your pages, and order your book for yourself or for wonderful gifts! Bring your laptop computer or smartphone for hands-on learning.

Oct 25 & Nov 1 (W) 10-11:30am | IC | R | \$10/\$14 ND

Social Media Basics

(805) 388-1952

We'll share an overview of the main platforms: Facebook, Twitter, Instagram, LinkedIn, SnapChat and TikTok/Clapper during the first week. The following weeks, you'll learn more specifically what each platform is used for and the mechanics of using each. Bring your smartphone or laptop for hands-on learning.

Nov 8, Nov 15 & Nov 29 (W) 2-3pm | IC | R | \$10/\$14 ND

Intro to Adventures in VR

(805) 388-1952

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. We'll show you how to use the equipment and discuss the benefits of VR, and then you're off on your adventure. Afterward, we'll chat and document our experiences in our Adventures in VR passport.

Oct 10, 24, Nov 7, 21 or Dec 5, 19 (T) 1:30-2:30pm | IC | R | \$5/\$9 ND

Intro to Adventures in VR

(805) 388-1952

Ocean Rift: Explore the ocean as a virtual scuba diver getting introduced to and learning about the different sea creatures, including dolphins, manatees, whales, sharks and sealions. We'll show you how to use the equipment and discuss the benefits of VR, and then you're off on your adventure. Afterward, we'll chat and document our experiences in our Adventures in VR passport.

Oct 17, 31, Nov 14, 28 or Dec 12 (T) 1:30-2:30pm | IC | R | \$5/\$9 ND per class

Intermediate Adventures in VR: BRINK Traveler

(805) 388-1952

After one of our intro VR classes, you're invited to join our intermediate class Brink Traveler. Travel through our state and national parks, as well as other countries, in an immersive, 3D photo-based experience that makes you feel as if you're there. A discussion and optional journaling in our Adventures in VR passport follows.

Oct 12 (W) 10:30-12pm | R | \$10/14 ND

Intermediate Adventures in VR: Alcove

(805) 388-1952

After one of our intro VR classes, explore the world in the application Alcove. Choose your mode of transportation and experience: a sports car for a U.S. road trip; hot-air balloon over Kenya or the Swiss Alps; or double-decker bus for a guided tour of Paris, Tokyo, Rome and other places. We'll discuss the benefits of VR, chat about our experiences and document them in our Adventures in VR passport.

Nov 1 (W) 2-3:30pm or Nov 14 (T) 3-4:30pm | IC | R | \$10/\$14 ND

Intermediate Adventures in VR: Wander

(805) 388-1952

After one of our intro VR classes, 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. We'll discuss the benefits of VR, chat about our experiences and document our travels in our Adventures in VR passport.

Oct 19 (M) 10:30-11:30am | IC | R | \$10/\$14 ND

NEW Intermediate Adventures in VR:

National Geographic Explore VR

(805) 388-1952

After taking one of our intro VR classes, join our intermediate class National Geographic Explore VR. Choose Antarctica or Machu, Picchu, Peru. This will be an active, immersive experience. We'll discuss the benefits of VR, chat about our experiences and document our travels in our Adventures in VR passport.

Nov 9 (Th) 10:30-12pm | IC | R | \$10/\$14 ND

Intermediate Independent Adventures in VR

(805) 388-1952

After one of our intro VR classes, you're invited to join Independent Adventures, where the world is your oyster. You'll be assigned a VR headset with pre-loaded apps. You can choose any apps, plus musical concerts, brain training exercises, YouTube and more. A staff member will be available to help.

Oct 19 (Th) 1-2pm, Nov 2 (Th) 11am-12pm or Dec 7 (Th) 3-4pm | IE | R | \$10/\$14 ND

NEW Family and Friends VR Night

(805) 388-1952

Join us after hours for one of our introductory level virtual reality classes: Nature Treks or Ocean Rift. Anyone 13 and older is welcome (minors must be accompanied by an adult.)

Sep 28 (Th), Oct 6 (F), Oct 30 (M) or Nov 8 (W) 5:30-6:30pm | IC | R | \$5/\$9 ND

Moving & Strengthening

Beginners Walking Group

(805) 388-1952

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) 388-1952

"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 16-March 21 (T&Th) 11am-12pm | 10-week series | R | NC

Matter of Balance

(805) 388-1952

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.

Oct 24-Dec 12 (T) 10 am-12pm | 8-week series | R | NC

Tai Chi for Arthritis

(805) 388-1952

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 8-Mar 20 (M&W) 2:30-3:30pm | 10-week series | R | NC

Yoga-Gentle Mikal Rogers, Instructor

(805) 388-1952

Health benefits include improved flexibility, muscle tone and stress alleviation. Classes meet in sessions and you may join at any time.

Oct 2-Dec 11 (M) 3:45-4:45pm | 10-week series | R | \$80 (No class Oct 9)

Jan 8-Mar 25 (M) 3:45-4:45pm | 10-week series | R | \$80 (No class Jan 15, Feb 19) \$15/\$19 ND per class for drop-in, if space is available

Support Groups

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 | Currently virtual only

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.

BALANCEfit (formerly Senso balance machine)

(805) 388-1952

This twice-a-week, eight-week program, which made its debut as the "Senso balance machine," aims to reduce fall risk and improve cognition while progressing participants through a series of games that get more complex and challenging as people move through the program. Call to join our interest list. NC

NEW POWERfit

(805) 388-1952

This program is available to those who have completed at least one BALANCEfit series. POWERfit combines another round of BALANCEfit games with the use of resistance bands to help strengthen the upper body, and build on the success of the previous BALANCEfit work. It's designed as a more independent workout, which is why it requires a previously completed BALANCEfit series. Call for more information or to join our interest list.

30 minutes | twice a week | 4-week package | NC

NEW SMARTfit

(805) 388-1952

Preventative and rehabilitative solutions to both cognitive and motor functions. Its unique approach to improving physical, cognitive and mental health is engaging, exciting and very interactive. At the end of the 6-week series, individuals receive an assessment to compare their improvement from when they started. Call to join our interest list.

30 minutes | twice a week | 6-week package | \$25 for the series

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.

Caregiver Center

(800) 900-8582

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.

Care Management Services

(805) 388-1952x107

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.

Digital Bridge Program

(805) 388-1952

Schedule your Digital Bridge appointment today. One-on-one, step-by-step assistance, either in-person or over the phone, 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. NC

Home Delivered Meals

(805) 388-1952x168

Provides "ready-to-heat" meals to home-bound residents of Camarillo/Somis age 60 and up. Includes 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.

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

(805) 388-1952x107

SHARE is a program for a person with early- to mid-stage dementia and their care partner. 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.

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.

Special Presentations & Community Outreach Events

NEW "2024 Medicare Changes" presentation by HICAP

(805) 388-1952

Attend a free, informational presentation by the Health Insurance Counseling and Advocacy Program (HICAP) on the District's campus, 3639 E. Las Posas in Camarillo. HICAP counselors will discuss changes to Medicare in 2024.

Oct 6 (F) 1:30-3pm

NEW "Medicare Open Enrollment"

(805) 477-7300

Counselors with the Health Insurance Counseling and Advocacy Program (HICAP) will meet one-on-one with clients to address Medicare concerns, including pre-Medicare, Medicare disabled, Medicare beneficiaries and changes to Medicare Prescription Part D. Four counselors will be on hand.

Oct 20 (F), Nov 3 (F) & Nov 17 (F) appointments 10am-2 pm | NC

"Elder Legal Answers Your Questions On ..."

(805) 388-1952

Talks will take place at Camarillo Public Library. Attend a series of free, informational presentations on elder legal issues. Upcoming topics include "Someone Died – What Now?" "Knowing and Accessing your VA Benefits" and "Do You Know Your Housing Rights?" Register in advance at 805-388-1952. Doors open at 11:30 am

Oct 16, Nov 13 & Dec 11 (M) 12-1pm | R | NC

NEW "Camarillo Health Care District at the Farmers Market"

(805) 388-1952

Meet with staff from the Camarillo Health Care District at the Camarillo Certified Farmers Market. We will have copies of our magazines, flyers about our classes, services and programs, and we'll have a fun, interactive game to play.

Nov 18 (Sa) 8am-12 pm | NC

Important Numbers

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

Adult Day Center & Support Services

(805) 388-1952 x111

Award-winning, person-centered day program

Care Management Services (Hospital to Home)

(800) 900-8582

Supporting well-prepared transitions from hospital to home

Care-A-Van Transportation

(805) 388-2529

Door-through-door non-emergency service throughout Ventura County

Caregiver Center

(800) 900-8582

No-cost resources for caregivers and their loved ones.

Caregiver Respite, Education & Training

(800) 900-8582

Training, resources, respite and options for family caregivers

Counseling Services – Legal & Financial

(800) 900-8582

Evidence-Based Programs

(800) 900-8582

Rigorously tested programs scientifically proven to show results

Fall Prevention & Home Modifications

(800) 900-8582

Home safety through resources and education

Health Education, Promotion & Advocacy Classes

(805) 388-1952 x100

Senior Nutrition Program

(805) 388-1952 x168

Nutrition and socialization for home-bound and active residents age 60+

Senior Support Line

(800) 235-9980

Trained volunteers provide resources and friendly conversation

Resource Specialists

(800) 388-1952

Staff connect you with helpful resources within the District





Camarillo HEALTH CARE DISTRICT



FREE
Register for sessions today!
camhealth.com
805.388.1952

Elder Legal Answers

Your Questions On...

October 16
Someone Died - What Now?

November 13
Knowing and Accessing Your VA Benefits

12-1pm Doors open at 11:30am
Camarillo Public Library
Community Room, 4101 Las Posas Rd.



Camarillo HEALTH CARE DISTRICT

3639 E. Las Posas Road, Suite 117
Camarillo, CA 93010
camhealth.com



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Timothy A. O'Connor, M.D.



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