

Healthy ATTITUDES

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JULAUGSEP 2023

CAMARILLO HEALTH CARE DISTRICT



KNOWLEDGE IS POWER!



“A prudent question is one half of wisdom”

—Sir Francis Bacon

You’ve probably heard the idiom before that states “knowledge is power”. The feature article in this summer issue of the *Healthy Attitudes* magazine is about

exactly that, with an emphasis on asking questions to gain the knowledge you’re seeking. This got us thinking about why knowledge has power, or is so powerful. Internet searches would suggest that knowledge “helps us to convert ideas into reality, and helps us reach the success we desire in our life”. That makes sense. We determine that we want to be or accomplish something in life, and so we go on a knowledge quest, also known as school, trade apprentices, college, university and beyond. Regardless the path to knowledge, there remains (at least) one element common and germane throughout... the asking of questions toward the goal of acquiring more information.

Some are afraid to ask questions for a variety of reasons. Perhaps one of those reasons is that some people don’t appreciate being questioned. I wonder if it would make any difference if the words were changed. What if we stopped saying “I have a question”, and said “Tell me more about...”. Either way, it is imperative that questions are asked, and knowledge is gained through life’s journey.

This issue talks about being a good listener, which leads to good questions, which can lead to great questions and conversations. As a health care district, we’re clearly interested in helping families ask questions through health-related journeys. In the article page 2-3, it’s indicated that practice makes improvement, and it invites you to practice asking questions of us. I’m not completely sure what we may have gotten ourselves into with that invitation, but we’re excited to try!

May all kindness and patience be with you, and us, as we all strive for knowledge!

Kara

IN THE NEWS

District Receives City Grant for Virtual Reality Program

The District has received a Community Development Block Grant from the City of Camarillo to develop a pilot program to mobilize the popular Virtual Reality (VR) programming into residential care facilities and similar assisted living environments. VR is an exciting technology that offers participants a full sense of “being there” through immersive headsets, software applications, and computer technology to create a simulated environment. According to the MIT AgeLab, “VR is believed to be beneficial to older adults due to its immersive interaction capabilities. Participants who used the VR system reported being less socially isolated, being less likely to show signs of depression, experiencing positive affects more frequently, and feeling better about their overall well-being.” If you’re wondering what VR is and have never experienced it, no worries. There are a variety of classes available outside of this pilot project (see page 8 for classes).

District Receives VCAA Grant for Legal Services

The District is pleased to receive a one-year grant from the Ventura County Area Agency on Aging through the Older Adult Recovery & Resilience (OARR) program. This funding will help expand legal services, education and resources to assist older adults, and older adults with disabilities with a variety of legal problems and concerns, including elder fraud and scams, elder abuse, advance directives, hiring an in-home caregiver, housing rights and general public benefits, estate planning, conservatorship and capacity, nursing home issues, and other legal matters impacting these populations. This will be accomplished through expansion of educational seminars, as well as elder abuse legal services provided by the Ventura County Legal Aid Clinic, a subcontractor. The educational events will be offered in person at Camarillo Public Library and will be recorded and available through the District’s website and YouTube channel for future viewing and to provide a permanent resource for older adults and caregivers.

Community Outreach Manager is VCLA Alum

Michelle Rogers, community outreach and education manager at Camarillo Health Care District, completed the extensive curriculum of Ventura County Leadership Academy (VCLA). This nine-month leadership development program incorporates contacts with community leaders, and participation in workshops, field studies and related programs with business, social services, education, community, government and cultural issues throughout Ventura County. The program connects and cultivates a diverse network of leaders resulting in broadened awareness, understanding and appreciation of critical issues affecting life in Ventura County. Congratulations, Michelle!



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Testimonials



*“The staff is always **helpful and kind.**”*

—satisfied Education client

*“It was **hassle free;** on time, and the driver was helpful”*

—satisfied Transportation Client

*“The Camarillo Health Care District offers **excellent programs and services.** Always so much fun and a great way to meet new friends. The staff is exceptional. Just like family.”*

—satisfied repeat customer

*“Thank you for keeping me informed via email. Your staff is always **friendly and helpful.**”*

—satisfied client

*“The resources and program are **outstanding.**”*

—happy client

*“Thank you for the **delicious meals** [delivered] every Friday.”*

—thankful client



ON THE COVER

We hope this issue inspires you to ask questions and seek information to help guide you and your family.

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we are social

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

Knowledge is Power.

Most questions merely seek information, but sometimes they can be perceived as a challenge to authority. “Information gathering” quests (AKA questions), require courage and respect from all sides. The person asking has to understand how it might be perceived, and the one “being questioned” has to understand that the questions are probably not a challenge.

Asking questions can come easily for some (a chatty seat mate on a plane ride), while others may feel uncomfortable or intimidated asking questions.

There are so many scenarios in which questions are necessary. For example, how to ask questions of your teenager; how to ask questions in school or academic settings; how to ask questions in a public forum; how to ask questions of your doctor or medical professional. And practice makes improvement!

Questioning is a powerful tool. Behavioral science researchers have found people often don't ask enough questions. Maybe questions don't come to mind right in the moment, or they feel a lack of confidence in asking about the topic at hand. It also happens that some people can be overconfident in their own knowledge and feel they have the answers already, or don't care to know more. Still others may feel self-consciousness that they will seem uneducated, rude, or pushy if they ask questions.

Asking good questions has several benefits beyond the obvious of becoming better informed; when done right, with patience and kindness from all involved, it can improve interpersonal bonding and helps build camaraderie and connection.

Unfortunately for those uncomfortable asking questions, the best first step is to do it!

HERE ARE NINE TIPS ON HOW TO ASK BETTER QUESTIONS:

- Be a good listener.
- Don't be afraid of your questions.
- Do your research.
- Go where the conversation takes you.
- Use silence to your advantage.
- Ask probing questions.
- Keep your questions short.
- Get your sequence right.

“Follow-up” questions can also be very helpful as they indicate to people that you are listening, and you want to know more. Researchers also suggest asking open-ended questions as the answers and ensuing conversation can be very helpful and enlightening. The challenge is to know when to ask an open-ended question, and when to ask a direct and specific question.

NEVER A BAD QUESTION

Most can probably recall hearing “there's no such thing as a bad question” at some point in life. However, there actually are. Bad questions can reveal that the asker hasn't studied something, or just simply wasn't paying attention. Having said that, here are

Questioning is a powerful tool for finding your way in this world. And by asking questions, we get connected to the information we need to learn, grow, and become an even better questioner.

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some examples of good questions, and even better ones. GOOD questions: Get straight to the point; Are concise and descriptive.

GREAT questions: Return additional information, valuable insight; Allow conversation to flow with ease.

BE A GOOD QUESTIONER

Being a good questioner is probably as important as being a good listener. We know how to be a good listener...pay attention, paraphrase back, don't fall asleep during the conversation (joking..sort of!). Now, it's important to learn how to be a good questioner. Here are some qualities of a good questioner:

- Curious
- Brave
- Asks intentional questions
- Presents probing questions
- Always thanks the person for their time and response
- Practices active listening
- Asks questions that encourage discussion

And with that, we invite your questions! We'll do our very best to help you with the answers you're seeking. If we don't have the direct answers, our resource specialists have a database full of information that might help save some time and effort.

My medical test

- Why is the test being done?
- What steps does the test involve?
- How should I get ready? Do I need someone to drive me?
- What will any recovery be like?
- Are there any dangers or side effects?
- How/When will I find out the results?
- How long will it take to get the results?
- What will we know after the test?

My diagnosis

- What may have caused this condition?
- Will this be permanent?
- How is this condition treated or managed?
- What will be the long-term effects on my life?
- How can I learn more about my condition?

My pharmacist

- What does this medication do?
- How do I take it? When should I stop taking it?
- What are the side effects?
- Could this medication interact with my other meds, vitamins or supplements?
- Is there a generic alternative?
- Could this medication make me unsteady on my feet?
- What should I do if I forgot to take my medication?
- Do I need to alter my diet or exercise while taking this?
- What if ...

HERE ARE WAYS TO REACH US:

- Drop in at the Camarillo Health Care District offices...we're always glad to see you!
- Call 805-388-1952; that's the front desk; tell them a little bit about your question and they can connect you with the right person
- Email us from our website; go to www.camhealth.com and click on Contact Us in the upper right corner of the page
- Email one of us directly if you have their email address
- Ask us through any of our social media; Facebook, Twitter, Instagram

Ask the Right Questions

Health Education

Where can I take classes in health education to help me manage chronic pain and diabetes?

My mom has dementia. Is there an Adult Day Program in Camarillo?

Adult Day Program

Yes. Camarillo Health Care District offers a variety of evidence-based classes to help live with and manage chronic pain and chronic health conditions. These classes teach practical skills for managing chronic pain, moderating symptoms, and staying motivated to overcome the challenges of living with ongoing health conditions. There is a Type 2 diabetes program that is an award-winning series based on research by Stanford University and is designed to learn methods to reduce fatigue, pain, stress and fear through exercise and healthy eating. Call for more class options at 805-388-1952, ext. 111.

Yes. Camarillo Health Care District offers a social model program for those who can benefit from additional supervision during the day. Activities include games and music, pet and art therapy, meals and snacks, and interactive and cognitive programs. Enrollment in this program can also offer respite time for the family. Transportation is available. Call Adult Day Center Director Mary Ann Ratto at 805-388-1952, ext. 111.

Q What resources are available for people with brain injuries in Camarillo?

The Brain Injury Center of Ventura County, inside the Camarillo Health Care District, provides support; care coordination; skills development; help in finding resources; and, support groups for survivors of brain injury and their families and caregivers. Support group: the third Wednesday of each month at the Camarillo Health Care District from 2-3:30pm. Call 805-482-1312 for more information.

Q My person has Parkinson's disease. Do you have any materials that will help me learn more about it?

The Camarillo Health Care District has kits available at no charge that include flyers on exercise and Parkinson's disease, fall prevention and the Parkinson's Foundation Aware in Care program that helps with great care during a hospital stay. Each kit includes tools and information to help in planning, whether routine or emergency. To order a free kit, call 800-473-4636. To receive District flyers, call 805-388-1952.

Q My loved one has dementia and I've lost them. Is there a device to help locate them?

Ventura County Area Agency on Aging offers Project Lifesaver in Camarillo, providing trackable bracelets for at-risk individuals. Project Lifesaver works by radio frequency that can be used by the Ventura County Sheriff's Department to locate your loved one. For more information and to receive an application, call 805-477-7300.

Resources

Questions + Answers = Connectivity



Yes, our Resource Specialists have a community list that includes Senior Support Line providing friendly listeners to seniors 60+; call toll free 800-235-9980. The list also includes Camarillo-based ACTION, which connects volunteers to local service projects benefitting seniors and veterans; Caregivers Volunteers Assisting the Elderly, which matches volunteers with seniors to provide companionship, transportation and support services; Catholic Charities OASIS, which provides friendly visits, transportation assistance and help with errands; the Friendship Line, a crisis line, outreach check-in calls, resource referrals, grief support and suicide intervention (800-971-0016), and more.

Yes, the Camarillo Health Care District Caregiver Center has vast resources for families including caregiver resources and services information; community resources; respite options; education and caregiver training; care consultations which help with care transition, support group and respite information, as well as legal, financial and emotional counseling. Call toll free 800-900-8582 for more information or to receive a caregiver services list via email.

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Where can I find financial assistance if I have cancer?

The Cancer Financial Assistance Coalition (www.cancerfac.org/) helps cancer patients manage financial challenges, can match your needs and ZIP code with help available in the your local community and beyond. CancerCare (www.cancercare.org/financial_assistance) is a financial and co-pay assistance program. HealthWell Foundation (www.healthwellfoundation.org/disease-funds/) has grant funding for an array of medical diagnoses through application process.



Is there one place to call that has a broad variety of help services like housing, transportation, mental health, crisis services, legal assistance, health care, education and more?

Interface Children & Family Services, in partnership with First Five Ventura County and United Way of Ventura County, offers a phone service called 2-1-1 (like 4-1-1). That number is available 24/7 in 150 languages, and provides resource connections including childcare, elder care, domestic violence services, housing assistance, unemployment services, food and shelter, mental health programs, drug and alcohol treatment, volunteer opportunities, and more.

SCAM ALERT

DON'T BE A VICTIM!

The Camarillo Health Care District works diligently to provide information, education, and resources on a variety of topics. This new SCAM ALERT column will offer information on how to recognize and avoid being scammed.



Health Care Fraud

The FBI's website at www.fbi.gov/investigate.com, states that the FBI is the primary agency for investigating health care fraud for both federal and private insurance programs, and does so in partnership with many different federal, state and local agencies.



The number and type of scams can seem endless, and most experts agree that scams and scammers have two main goals...to steal your money and/or your identity. There are phone call scams, website scams, health care scams, AI voice-cloning scams, grandparent-"child is in danger" scam, "you've won the lottery" scams, dating scams, mail fraud, your Netflix account has been cancelled, car warranty scams, your computer needs updating scams...it goes on and on.

Experts also agree that it's very frightening and can leave people feeling vulnerable and unsure. There are many "how-to" lists to avoid being scammed, but it requires self-discipline and rigid adherence. Here are a just a few common ideas that can help you prepare and be aware:

- ! **Do not open email from people you don't know.** Simply don't click or open it.
- ! **Be careful clicking on links or new website addresses.** Malicious website addresses appear almost identical to legitimate ones. A very slight variation is used to trick you. These links can also appear to come from "friends" whose email has been unknowingly compromised.
- ! **Don't give out your personal information,** either on the phone or over the internet, without confirming the site is secure.
- ! **Use strong passwords** and don't share them.
- ! **Keep your software updated.** That way you will KNOW that you don't need to click on that warning notice about your computer.
- ! **Don't answer your phone if you don't know who it is.** Let them leave a message. That is perfectly acceptable.
- ! **Don't engage.** If you find yourself on a phone call and getting uncomfortable, simply hang up. If you find yourself having clicked some links on your computer and getting "lost" or uncomfortable with the "questions" being asked, turn your computer off.

Health care fraud can affect almost anyone and can cause billions of dollars in losses each year, resulting in increased health insurance premiums, exposure to unnecessary medical procedures and increased taxes. Health care fraud can be committed by medical providers, patients, and others who intentionally deceive the health care system to receive unlawful benefits or payments. Here's just a few brief excerpts from the FBI's website:

- ! **Double billing:** Submitting multiple claims for the same service.
- ! **Watch your medical bills closely!**
- ! **Phantom billing:** Billing for a service visit or supplies the patient never received. Watch your medical bills closely!
- ! **Unbundling:** Submitting multiple bills for the same service. Watch your medical bills closely!
- ! **Upcoding:** Billing for a more expensive service than the patient received. Watch your medical bills closely!
- ! **Protect your health insurance information.** Treat it like a credit card. Don't give it to others to use and be mindful when using it at the doctor's office or pharmacy.
- ! **Beware of "free" services.** If you're asked to provide your health insurance information for a "free" service, the service is probably not free and could be fraudulently charged to your insurance company.
- ! **Check your Explanation of Benefits (EOB) regularly.** Make sure the dates, locations, and services billed match what you received. If there's a concern, contact your health insurance provider.





Online Class Registration

Online
camhealth.com

Phone (M-F 8am-5pm)
(805) 388-1952, Ext. 100

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, ext 100 if you experience difficulty logging into your class

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.

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

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 Sept 12 (T) 9-10am | R | NC

Sep 19-Oct 24 (T) 9-10am | 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 Aug 2 (W) 11am-12pm | R | NC

Aug 9-Sep 13 (W) 11 am-12pm

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.

Aug 23 & 30 (W) 10am-12pm | \$30 (cost of materials) (non-district residents add \$4)

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.

Sep 15 (F) 9:30 & 10:30am 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.

Aug 4 (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 July 27 (Th) 3-4pm

Aug 3-Sep 7 (Th) 3-4pm | 6-week series | R | NC

NEW 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.

Sept 26-Nov 28 (T) 11:30am-1pm | A | NC

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.

Aug 8-Sep 12 (T) 10:30am-12pm | 6-week series | R | \$25 (non-district res. add \$4)

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 | \$40/\$44 material cost (non-district residents add \$4)

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

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 | one-hour increments | 9am-12pm | A | NC

Digital Literacy & Connectivity

Digital Scrapbooking (805) 388-1952

Digital Scrapbooking can help you turn your beloved photos on your phone into an actual book for your coffee table or to give as gifts.

Aug 9 & 16 (W) 10:30am-12pm | 2-part class | R | \$10 (non-district res. add \$4)

Instagram & Facebook Stories (805) 388-1952

Create short stories for your social media using digital images, videos, gifs, stickers, emojis, polls, links, tags and music. Tell a story about your vacation or day trip, what you're feeling or thinking or how you are experiencing your day.

Aug 4 (F) 10:30am-12pm | R | \$10 (non-district residents add \$4)

Google Slides for Slide Shows (805) 388-1952

Google Slides is like PowerPoint, but it's free and included with a Google mail account. If you don't have gmail, you'll want to set up an account before this two-part class.

You'll learn how to use the tool to create a photo slideshow of your travels or create a presentation.

Jul 24-31 (M) 2-3pm | 2-part class | R | \$10 (non-district residents add \$4)

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.

Jul 13, 20, Aug 3, 17, 31, Sep 14, 21 (Th) 2-3:15pm | individual classes | R | \$5 per class (non-district residents add \$4)

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. 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.

Jul 11, 25, Aug 8, 22, Sep 12, 26 (T) 2-3:15pm | individual classes | R | \$5 per class (non-district residents add \$4)

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.

Jul 19 (W) 9:30-11am | R | \$15 (non-district residents add \$4)

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.

Jul 10 & 17 (M) or Sept 11 & 18 | 10-11:15am | 2-part class | R | \$20 (non-district residents add \$4)

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.

Aug 7 & 14 (M) 10-11:15am | 2-part class | R | \$20 (non-district residents add \$4)

Intermediate Independent Adventures in VR (805) 388-1952x100

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 virtual travel, guided Tai Chi or meditation, cook in a virtual kitchen, snorkel or hangout in nature with animals, listen to musical concerts, engage in brain training exercises and more. A staff member will be available to help.

Jul 10, Aug 7 & Sep 11 (M) 11:30-12:30pm | independent experience | R | \$10 (non-district resident add \$4)

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.

Aug 29-Nov 9 (T&Th) 3-4pm | 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.

Aug 17-Oct 5 (Th) 10am-12pm | 8-week series | R | NC

Sep 8-Oct 27 (F) 1:30-3:30pm | 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!

Aug 7-Oct 16 (M&W) 2-3pm | 10-week series | R | NC

Sep 11-Nov 15 (M&W) 11am-12pm | 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.

Jul 17-Sep 25 (M) 3:45-4:45pm | 10-week series | R | \$80 for 10-week series

*No class Sep 4

Oct 2-Dec 4 (M) 3:45-4:45pm | 10-week series | R | \$80 for 10-week series

\$15 per class for drop-in, if space is available (non-district residents add \$4)

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.

BALANCE Fit (formerly Senso balance machine)

(805) 388-1952

This twice-a-week, eight-week program 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. Games are focused on various cognitive and physical skills, from natural cognitive tasks that may be second nature to some people and a challenge to others with some sort of cognitive impairment. Work one-on-one with a health promotion coach. Call to join our interest list. No charge.

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. No charge.

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. 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.

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

NEW "How to choose a physician to be your partner in care"

with Dr. Stan Frochtzwaig

(805) 388-1952

Attend a free, informational presentation by Dr. Stan Frochtzwaig, a family doctor and former chief medical officer at Community Memorial Healthcare. His talk, "How to choose a physician to be your partner in care," will focus on how you can get the best medical care you can by advocating for yourself. Advanced registration is required by calling the District.

Jul 20 (Th) 12-1pm | R | NC

NEW "Benefits Enrollment Center: Programs that Can Save You Money"

Attend a free, informational presentation by the Health Insurance Counseling and Advocacy Program (HICAP), part of the Ventura County Area Agency on Aging. This presentation is designed for seniors 60 and older, caregivers and people living with a disability. Registration is not required. Call 805-477-7300 for info.

Aug 4 (F) 1-2pm | R | NC

NEW "Elder Legal Answers Your Questions On ..."

Talks will take place at Camarillo Public Library

Attend a series of free, informational presentations on elder legal issues. Upcoming topics include "Understanding and Addressing Elder Abuse," "Nursing Homes: What You Need to Know" and "Does My Parent Have Dementia? Understanding Declining Capacity and Conservatorship." Register at 805-388-1952.

Jul 17, Aug 21, Sep 18, Oct 16, Nov 13 & Dec 11 (M) 12-1pm | R | 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 & Emotional

(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



FREE
Register for
sessions today!
camhealth.com
805.388.1952

Elder Legal Answers

Your Questions On...

- Jul 17** Understanding and Addressing Elder Abuse
- Aug 21** Nursing Homes: What You Need to Know
- Sep 18** Understanding Declining Capacity and Conservatorship
- Oct 16** Someone Died – What Now?
- Nov 13** Knowing and Accessing Your VA Benefits

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



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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