

Healthy ATTITUDES

camhealth.com

OCTNOVDEC 2022

CAMARILLO HEALTH CARE DISTRICT

Never. Stop. Exploring.

Reducing Barriers Through Virtual Reality

BALANCE MACHINE

improves lives

SHARE GRANT

services for dementia care

ENGAGE & ACTIVATE

wide range of classes



A MESSAGE FROM

KARA RALSTON, CHIEF EXECUTIVE OFFICER



This column originally started shaping up as how to stay grounded in a virtual world. I wanted to make sure that after nearly three years of COVID-caused “remoteness” and “online everything”, that we weren’t at risk of losing the essential ingredient in community health.

On one hand, some very beneficial online and virtual opportunities have been necessarily developed and refined. For example, telehealth services stepped up and leaned into this opportunity by making health visits much more accessible for homebound people, and online ordering of household goods and groceries has become very streamlined.

On the other hand, perhaps we should worry a little bit about how little we want to “deal with” actual live people anymore! Have we become so used to self-checkout, online services and same-day delivery, that we have a diminished tolerance for interacting with each other? Are we losing essential socialization opportunities? Could there be a whopper of a boomerang effect that’s going to come back around? We hope not, but we’re planning for it just in case!

As fun as it is, VR is also being widely used in some uncommon ways.

During COVID-19, the Camarillo Health Care District developed a variety of online and virtual services and created multiple programs that could meet immediate “shutdown” needs, as well as extend beyond the COVID-era. In so doing, we recognized that an essential element of community health care is exactly that... community. So, since virtual and online services will most likely remain to significant degree, we have determined to use that to continue combatting isolation and depression and enhancing socialization. For example, VR has proven to help improve quality of life and a sense of well-being by reducing loneliness, addressing depression, and reducing barriers to socialization through common experiences.

In this issue of the Healthy Attitudes magazine, you’ll read about our new series called “Adventures in VR”. VR stands for Virtual Reality, and we have developed a series that includes virtual guided meditation, t’ai chi and travel adventures. If the idea of virtual reality sounds foreign and a little overwhelming, please try it anyway. It is easier than you might think and beyond imagination!

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. Let’s do great things!

Kara

BOARD OF DIRECTORS

Thomas Doria, MD
President

Mark O. Hiepler, Esq.
Clerk of the Board

Christopher Loh, MD
Director

Neal Dixon, MD
Director

Paula Feinberg
Director

STAFF

Kara Ralston, MBA, SDA
Chief Executive Officer

Lynette Harvey, RN, BSN, CCM
Clinical Services Director

Blair Barker, MPH
Care Services Director

Sonia Amezcua, MPPA
Chief Administrative Officer

Mary Ann Ratto, BA, CSA
Adult Day Center Director

IN THE NEWS

Dementia Friendly District

In keeping with the District’s Dementia Specialty and dedication to the Dementia Friendly movement, we are proud to share that



From left: Jeanette, Resource Specialist and Maylene, Social Services Coordinator

“Dementia Friends USA” training is incorporated into all staff orientations. A “Dementia Friend” learns about dementia and then turns that understanding into action in helping create a dementia friendly community. Dementia Friendly communities are villages, towns, cities or counties that are informed, safe and respectful of individuals with the disease, their families and caregivers and provide supportive options that foster quality of life. If you would like to become a Dementia Friend, in honor of a loved one or in support of your community, please visit <https://dementiafriendsusa.org/become-a-dementia-friend>.

Thanks for Listening!

Thank you for listening to our podcast! The launch of our “Stories from the Heart” podcast continues to be a wonderful resource thanks to our readers and community members. Stories and storytelling have the power to connect us, lift us up and open up new lines of communication and perspective. Through the “Stories from the Heart” podcast, people share their story of a journey through health issues or caregiving issues and how they have overcome a struggle. Please visit our website www.camhealth.com to listen to some inspiring tales of life, love and learning from your neighbors. If you have a story you would like considered, please contact Community Outreach and Education Manager Michelle Rogers at 805-388-1952, ext. 116.

District is Now Hiring

If you, or someone you know, is looking to join a fantastic team of dedicated health, wellness and support service professionals, please consider looking at our website for job opportunities at www.camhealth.com, then select, “Join our Team”. We would love to see your application and resume! You may also call Human Resources directly at 805-388-1952, ext. 125, and speak with Sonia Amezcua, Human Resources.

Testimonials



*Congratulations! So many **wonderful meals delivered** to deserving people who cannot do it for themselves. God bless you all!*

—satisfied client

*We **love the TikTok** class by Michelle.*

—satisfied client

***Great meals.** At age 101 don't know how would manage without the service.*

—satisfied client

*Your staff is always so **helpful and kind.** We know that the quality of care is good and comes from the heart. Thank you for all you do:)*

—satisfied client

*I'm **very pleased** with the [Senior Lunch] program it is run so well. I'm thankful for the **kindness and understanding** of staff. Thanking you!*

—satisfied client

*As always, the Camarillo Health Care District continues to serve the people in the community with **high quality**, ongoing programs. Thank you all for our service and dedication.*

—satisfied client

*Congratulations on the **success** of The Camarillo Health Care Districts' Senior Nutrition Home Delivery Program. Thank You for All of the **wonderful services** the District provides for our Community.*

—satisfied client

contents



2

Trip(s) of a Lifetime

4

SENSO Balance Machine



5

A Path Forward

6

Engage & Activate!



7

Cognition, Connection & Creativity
Social Interaction & Virtual Reality
Support Groups

8

Moving & Strengthening
Health Management
Caregiving

9

Programs & Services
Advocacy Services
Important Numbers



ON THE COVER

Please enjoy the District's new virtual reality programming.



we are social

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

Kayaking among icebergs and glaciers in Antarctica. Searching for a lost emperor penguin colony. Snorkeling an underwater safari park with whales, sharks, dolphins and other sea creatures. Sound exciting? What if you could experience it all without getting cold, or wet, or even leaving town?!

But how does one take a trip without actually going anywhere? Great question! You travel virtually with the Camarillo Health Care District's new Virtual Reality (VR) program, "Adventures in VR". VR is an exciting technology that offers participants a full sense of "being there" through immersive headsets and software applications, and utilizes computer technology to create a simulated environment.

As fun as it is, VR is being widely used in some uncommon ways. For example, VR has proven to help improve quality of life and a sense of well-being by reducing loneliness, addressing depression, and reducing barriers to socialization through common experiences. According to the study "Impact of Virtual Reality Experience on Older Adults' Well Being" published by the Massachusetts Institute of Technology Design and Management and 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."

TRIP(S) OF A Life



S A M P L E

Brink Traveler VR App

Step into some of the most amazing and breathtaking places around the world with the Brink Traveler App. Each location places you in a different environment displayed at real-world scale.

Among the destinations is Horseshoe Bend on the Colorado River. The overlook is a 1,000-foot drop looking down onto the river, where its unique geological formation creates a 90-degree turn. You'll look down from the top of a mountain and notice three rock layers of limestone, sandstone and shale. The river flows through the Horseshoe Bend from east to west. The Bend was formed over millions of years as the Colorado River carved its way through the rock.

The Brink Traveler app has a "photo" option to take pics just as if you were there in person! There are 12 locations to see, including White Pocket, Mount Morrison, Mount Whitney, Alabama Hills, Arches National Park, Death Valley National Park, Crystal Crag and others. Each features a short, narrated guide and three "points of interest" providing more information about the location.

time

TRIPS

National Geographic Explore VR App

You're a virtual photographer on "assignment" in Machu Picchu, Peru, situated in the Andes Mountains! Renowned for its Incan homes with sophisticated dry-stone walls that fuse huge blocks without the use of mortar, you'll take in panoramic views in 3D. It can feel as if you're really there! Starting at base camp, you can wander through the ancient ruins; be sure to stop and take it all in ... llamas eating grass, and birds and dragonflies soaring nearby. Be careful if you take a photo of a llama because sometimes they spit in the virtual world!

Another destination is Antarctica. Set off on a thrilling exploration searching for a lost emperor penguin colony in your virtual kayak. It can feel as if you're paddling and traversing the waters as you see and photograph Minke whales, penguins and orcas along the way.

If you're wondering what VR is and have never experienced it, no worries! To enjoy the VR program, you'll begin at the required Introductory Level. Introductory Level classes teach how to use the headset and hand controls and how to navigate the heads-up display. After one or two classes, participants advance to the Intermediate Level, which includes travel adventures to more than a dozen destinations, cooking in a virtual kitchen with ancient recipes, and learning about different cultures.

Next stop...Pro Level! Once you have mastered the equipment and navigation, and are comfortable with how to startup and how to select where you want to go that day, you're at Pro Level. Adventures at this level can include such experiences as taking on a faux photo assignment for National Geographic, photographing a lost emperor penguin colony while kayaking virtually in Antarctica, and documenting ancestral ruins in Machu Picchu, Peru. In the Spring of 2023, we anticipate including Wander, Guided Tai Chi, meditation, Ancient Recipes, Alcove and the Curious Tale of the Stolen Pets.

We understand that this can be a foreign concept but we can verify that it is very fun and cool! We are excited for this opportunity to address depression and isolation in such a creative manner and look forward to sharing it with you.

- No experience with VR needed.
- Ages 13 and older are welcome.
- Legal guardian required to be with minors at all times.
- Classes are instructed and room monitors are present at all times.

For class details, see page 7.

SENSO Balance Machine



“Combined cognitive and motor training improves gait stability and reduces fall rate by 80%.”

VAN HET REVE,
DE BRUIN 2014.
STUDY

The Senso balance machine was debuted almost a year ago and results are beginning to show. The Senso balance machine is a scientifically based dual-tasking fall reduction and cognitive training platform designed to support independence. Dual tasking improves cognition better than physical exercise alone and improves the ability to do activities of daily living, heightens mood and reduces depression, and studies have shown that dual tasking can also help people with mild cognitive impairment and early-stage dementia.

In the debut cycle, participants enrolled in a customized program working on the machine twice a week for eight weeks, while their personal data was collected and measured responses and progress. The data box (left) reflects results from the first seven months of the program; the average age of participants was 79.

In addition to the pre and post testing for success of the exercises, participants were asked how satisfied they were with the program and the results of their exercises. The program received a 100 percent satisfaction rate, with 97 percent saying they would recommend the program. Additional comments were as follows:

- They feel more confident when walking and navigating spaces.
- They feel their ability to understand and process directions has improved.
- They feel more comfortable increasing their activity.
- They feel more satisfied with life.

“We know that as we age, natural brain changes occur, and mobility and reaction time can become affected. Many daily activities involve two or more cognitive and motor tasks at the same time. This program challenges those same areas of the brain that we use for our activities of daily living,” said Lynette Harvey, RN, Clinical Services director at the District. “The goal of this program is for individuals to work from their own baseline/ability and improve both their cognitive functions while reducing their fall risk.”

The District’s array of fall prevention classes and programs continue to help people with strength training, confidence building and establishing manageable exercise routines. The addition of the Senso balance machine has offered a “next step” service in living strongly. Graduates of the Senso balance machine are invited to build on their hard work by taking Tai Chi for Arthritis, Matter of Balance, Bingocize, and joining our walking group.

How Did You Do?

Participants started the program with a variety of concerns to work on including flexibility, reaction time, and attention/focus. The exercises, or “games” address a multitude of areas including:

MEASURE	DESCRIPTION	STATUS
SWAY TEST	Measures postural control and the ability to move from sitting to standing to taking a step or responding to a slip or trip, predicting and avoiding obstacles.	Improved; average Sway Path length increased 5 percent. ▲
GO-N-GO TEST	Measures selective attention and conscious control of reactions.	Improved; average time it takes to react decreased 11 percent. ▲
GAME/EXERCISE PERFORMANCE	Overall error or wrong reactions.	Improved; average errors or wrong reactions decreased 47 percent. ▲
COGNITIVE FLEXIBILITY/ABILITY TO SWITCH	Measures errors in cognitive flexibility in interpretation and adaptation to games/exercises; switching feet or choices.	Improved; errors in cognitive flexibility/ability to switch decreased 16 percent; errors in reaction time decreased 18 percent. ▲
INHIBIT IRRELEVANT INFORMATION AND ACTIONS	Measures the ability to tune out irrelevant information in making decisions.	Improved; average reaction time and errors in choices while tuning out irrelevant information decreased 14 percent. ▲

A Path Forward

SHARE program helps sisters develop care plan

Support Health Activities Resources Education

Nancy describes her sister Fran as the perfect child; always made good grades, followed the rules and blossomed into a social butterfly. So, when Fran started self-isolating and was often confused, Nancy was concerned.

The concern intensified when Fran, 70, started having trouble finding words, finishing sentences and fell a few times. Fran initially dismissed this as aging or lingering effects of a recent surgery, but when she had two car accidents in less than a month, everyone knew it was time to delve deeper. Fran was eventually diagnosed with frontal lobe inflammation and mild cognitive loss.

Their lives changed further as they determined Fran should relocate closer to Nancy. Nancy reduced her work to part time to help her sister find the housing, resources and support she would need. One of the resources she found was Camarillo Health Care District's SHARE program. SHARE stands for Support, Health, Activities, Resources and Education, and assists people mild cognitive impairment or early- to mid-stage dementia, and their caregivers.

A trained health coach guides focused discussions while helping clients plan for the future with the client's own values and preferences as priorities.

The SHARE program, based on research by the Benjamin Rose Institute on Aging and funded through a grant from the Arthur N. Rupe Foundation, consists of five weekly sessions with an optional sixth session for family to be included.

"They work on specific goals that help build a custom care plan," said Lynette Harvey, RN, Clinical Services director for the District. "The idea is that when you receive a diagnosis of mild cognitive impairment, dementia or related cognitive issues, you plan early in the journey."

"People end up in crisis mode when there has been little planning, and SHARE facilitates communication at an earlier

stage which allows the person to voice their own values and preferences."

The sisters worked with Mariana Gutierrez, the District's health promotion coordinator.

"One of the major benefits was Mariana's calmness," Nancy said. "She was direct without being forceful."

"It was comforting to build this plan together because it was a tough time and Mariana's support made it easier."

Fran appreciates the opportunity to work with a professional to help guide her through questions about her future and talk to family and friends about carrying out her wishes.

"It's good to have a plan so when the time comes that I can't, Nancy knows what I want," she said.

Nancy says they now have the tools in place for whatever the future brings, and Fran feels at ease knowing that a possible dementia diagnosis doesn't mean life is over.

"I think we were lucky to find the SHARE program so early in the diagnosis," Nancy said.

Fran has lived in Ventura for six months now and has made supportive friends, and lives within walking distance of her sister's home, shopping and pharmacy since she no longer drives.

The network of support is vital to the plan they created though the SHARE program. "Developing

the plan gave her the courage to ask people if they would be supportive," Nancy said. "And we found out Californians really have a heart of gold."



Dementia describes a wide range of symptoms associated with a decline in memory and thinking skills. Symptoms can become so severe as to affect someone's ability to perform everyday activities. Signs can include difficulty communicating, getting lost, becoming frustrated, exhibiting confusion, repeating words and phrases, poor judgment and unusual or inappropriate behavior. Stigma can lead to self-isolation.

For more information call 805-388-1952, x101

ENGAGE & ACTIVATE!

Camarillo Health Care District offers a wide range of classes that can help people get active, and stay active and engaged through social activities.



Beginners Walking Group

See page 8

The District's walking group is for all ages and abilities. Led by District staff, the walk is a two-mile loop through the neighborhoods around the District's offices at 3639 E. Las Posas Road, in Camarillo. Afterward, the group meets for a drink of water and some socializing. Regular walking can help strengthen legs, reduce stress, benefit heart health and improve overall sense of well-being.



Adventures in VR

See page 7

Join us to virtually explore a variety of destinations through the new Adventures in VR class. Swim virtually with sharks and dolphins and other sea creatures, travel to different countries, and explore national parks. Studies have shown experiences in virtual reality improve quality of life and a sense of well-being by reducing loneliness, addressing depression, and reducing barriers to socialization through common experiences. Introductory level classes are required, with Intermediate and Pro Levels scheduled for Spring 2023. These classes are available for residents ages 13 and older.



Tai Chi for Arthritis

See page 8

Tai Chi for Arthritis is part of an award-winning series based on research conducted by Dr. Paul Lam from the Tai Chi Institute of Sydney, Australia, and is designed for anyone looking to relieve pain from arthritis or other chronic conditions and improve movement, balance, strength, flexibility and relaxation.



Bingocize

See page 8

Imagine answering trivia questions, laughing at jokes and playing Bingo all while exercising... almost without realizing it! The Bingocize class offers fun interaction, combining education and exercise with social engagement. Methods taught in the 10-week series focus on health education and fall prevention.



Matter of Balance

See page 8

This class is specifically designed to reduce the fear of falling and improve activity levels through an eight-week series. The class discusses how to prevent falls and safety techniques to reduce concerns and sets goals for increasing activity. This class is also highly recommended for graduates of the Senso balance machine program to maintain the progress achieved.



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, 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

Cognition, Connection & Creativity

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. In this four-week series, you'll spend the first class hearing about what it is and some new terminology, how to set up an account, find content you're interested in and follow creators. The second class will focus on content and sharing what makes you smile. The third class will include step-by-step instructions on creating your own short videos. In the fourth session, we will share what we created, our challenges and successes with the tools, and talk about our favorite content creators, and how they keep us interested and engaged. Bring your smartphone and charger to class for hands-on learning and help. Nov. 9, 16, 30 and Dec 7- (W) 1-2:15pm | 4-week series | R | NC

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. The Camarillo Health Care District will offer Digital Scrapbooking, a class that can help you turn your beloved photos into an actual book for your coffee table. This 3-week series will discuss the different online companies (platforms) that make digital scrapbooking, how to upload your photos (easier than you think!), crop, arrange and create your pages (more fun than you might imagine!), add creative layers and decoration to your pages, and order your book for yourself or for wonderful gifts! Make something that will become a part of your legacy handed down for generations. Bring your laptop computer or smartphone to follow along or watch and take notes to create a book at home on your own. Nov 18, Dec 9 and Dec 16 (Fri) 1-2pm | 3-week series | R | NC

Social Interaction & Virtual Reality

NEW 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, including dinosaurs, tigers, elephants and bears, or spend your time meditating in nature. If this is your first time to using Oculus/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.

Oct 10-Nov 28 (Mon) 9-10:15am | individual classes | R | \$5 per class
Oct 20 (Th) 10:30-11:45am | R | \$5 per class

NEW 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, from Great White Sharks, Beluga and Humpback whales, dolphins and sea lions to sea snakes and the now-extinct Pliosaurus and Mosasaurus aquatic lizards. If this is your first time to using Oculus/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.

Oct 17-Nov 21 (Mon) 9-10:15am | individual classes | R | \$5 per class
Oct 13-27 (Th) 10:30-11:45am | R | \$5 per class

NEW Intermediate 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 Brink Traveler. The first session will have a 15-minute review, followed by 60 minutes of traveling through four destinations: Horseshoe Bend, Colorado; Mount Morrison, California; White Pocket, Arizona; and Mount Whitney in Lone Pine, California, followed by a discussion and optional journaling/travelogue in our Adventures in VR passport. Session 2 will include virtual travel through Alabama Hills in California; Arches National Park in Moab, Utah; the north and south side of Death Valley National Park straddling the California-Nevada border; and Crystal Crag, a dramatic and rugged mass of rock south of Yosemite, followed by a discussion and optional journaling. Session 3 will take us to Goblin Valley State Park in Utah looking at rock formations; Antelope Canyon east of Page, Arizona; to Haifoss waterfall in Iceland; and The Wave, a sandstone formation tucked in the Vermilion Cliffs National Monument in Northern Arizona, followed by a discussion and optional journaling. For our last session, you'll get to choose whether you want to experience meditation; travel to Antarctica or Machu Picchu, Peru, using National Geographic's Explore VR app, swim in a virtual underwater safari park in Ocean Rift; explore the natural world and encounter animals using Nature Trek; or experience blindness and a heightened sense of hearing with Notes on Blindness, all followed by a discussion and optional journaling.

Nov 8-29 (T) 8:30-10am | 4-week series | R | \$20

Support Groups

Caregiver Support Group

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
(800) 900-8582

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.

Oct 11-Dec 20 (T&Th) 2:30-3:30pm | 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.

Oct 25-Dec 13 (T) 10:15am-12:15pm | 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!

Oct 10-Dec 14 (M&W) 2-3pm | 10-week series | R | NC

Health Management

"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.

Limited class size. Call for next class | R | NC

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 Oct 25 (T) 2-3pm | R | NC

Nov 1-Dec 6 (T) 2-3pm

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.

Dec 1 (F) 9:30-11:30am | \$25 (cost of materials)

Dec 8 (F) 9:30-11:30am

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.

Limited class size. Call for next class. | A | NC

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.

Nov 4 (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

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 Jul 29 (F) 2-3pm

Limited class size. Call for next class. | 6 week series | 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

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.

Limited class size. Call for next class. | 4 week-series | R | \$40/\$44 material cost

Caregiving

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. We appreciate the strength and courage it takes to approach these issues, and we're here to support you. Appointments available in-person, virtually or telephonically.

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. In person and virtual dates are offered. (Six-week series)

Limited class size. Call for next class. | 6-week series | R | 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.

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

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.

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.

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.

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.

Advocacy Services

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.
Will resume January 2023 | one-hour increments | 9am-noon | A | NC

HICAP Open Enrollment for 2023 (805) 477-7320
A counseling opportunity for all Medicare concerns, including pre-Medicare, Medicare disabled, Medicare beneficiaries and changes to Medicare prescription Part D.
Oct 21-Nov 18 (Fri) | one-hour increments, 10am-2pm | A | NC

Medicare Changes for 2023 (805) 477-7320
Health Insurance Counseling and Advocacy Program community educators will discuss changes to Medicare in 2023. Learn how to save money on healthcare and avoid late enrollment fees.
Oct 13 (Th) 1:30-3pm | A | NC

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

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

Health Screenings (805) 388-1952 x100
Variety of screenings

Lifeline Personal Help Button (805) 388-1952 x201
Enhanced safety and independence, at the touch of a button

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 x100
Staff connect you with helpful resources within the District

PHILIPS
Lifeline
OF VENTURA COUNTY
Personal Emergency Response System
FOR AS LITTLE AS
\$21⁹⁵
A MONTH
For all active military, veterans and their caregivers
(805) 388-1952 x201

Not valid with other promotions or offers.
 Coupon Expires: 12/30/22





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



PRSR STD
 U.S. Postage
PAID
 Oxnard, CA
 Permit No. 139



RADIATION ONCOLOGY



Your Deserve the Best Prostate Cancer Treatment Available.

Retaining your current lifestyle and potency is important and we want you to know all your treatment options. We are here for you!

Our cancer team will design a personalized, non-invasive and precise radiation therapy plan, that targets cancer cells, while preserving healthy tissue.

6D Robotic SBRT Prostate Cancer Treatment Available right here in Ventura County!
Schedule a consultation to find out the best treatment option for you.

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.

PROVIDING THE LATEST IN CANCER TREATMENTS SINCE 1979.