

Healthy ATTITUDES

camhealth.com

JANFEBMAR 2021

Camarillo Health Care District QUARTERLY MAGAZINE

Looking Forward

A MESSAGE FROM

KARA RALSTON, CHIEF EXECUTIVE OFFICER



The future doesn't belong to the fainthearted; it belongs to the brave.
—Ronald Reagan

At best, looking into the future is a calculated guess. At worst, a total swing and a miss. No one can know the future, and the unknowing is unnerving. As we contemplate the new year of 2021, we're peering into the proverbial tunnel, straining to see the "light at the end" and guess what . . . there is a glimmer! The vaccine has arrived in Ventura County!

The required isolation during this pandemic, and the resulting lack of social interaction is exacting a tough toll, and although the health care field is aware of the effects of isolation on patients and people, I'm not sure the general population was completely prepared for what it feels like and what it's causing.

We've shared before our belief that there is no substitute for human interaction, and that has become fiercely evident through this pandemic.

In such a setting, it is not easy to find the good, or to appreciate good in the midst of such great loss and fear, but we are determined to help add to that hopeful glimmer of light at the end of the tunnel. So, at the risk of sounding eternally optimistic (which may or may not be a little annoying!), we want to share some silver linings that this pandemic has brought to our mind:

- If given the choice, most people choose to go above and beyond.
- When all bets are off, creativity will soar.
- Being given no other option is a great incentive for success.
- Being flexible is not optional.
- It's all about how many times you get back up.
- Love conquers all.

Science tells us that diamonds are formed from intense pressure. There hasn't been a more intense pressure than pushing through this worldwide pandemic. There is continued loss, unspeakable loneliness and helplessness, and an intense longing for the way things were. The good news? This intense pressure is creating beautiful diamonds everywhere in Ventura County! The creativity in meeting needs and caring for people is through the roof, and we're proud to be a part of this battle.

Please continue to peruse the website at www.camhealth.com, and let us know how we can help you. Many programs and services remain available on adapted virtual or telephonic platforms. Several new programs are making their debut, and the Digital Bridge program can help you gain confidence in the virtual world.

Someone once said that the definition of courage is "*being afraid and doing it anyway*". We join you in a continued, courageous approach to this coming new year. Stay strong. Stay safe.

Kara

IN THE NEWS

Join us for "BINGO-Cize"!

The District is pleased to share a new online program called Bingocize®! Bingocize is a 10-week program, offered virtually, that combines the fun, familiar Bingo game with exercise, health education, nutrition and fall prevention. Available completely online, this program is super fun and engaging, and is designed to improve functional performance including upper and lower body strength, balance and range of motion. The education component is interspersed throughout the Bingo game for fun interactions. We hope you'll join us for this fun group setting, in your own home, on your own computer! Please see page 5 for more information! A mobile app version is also available.

Digital Bridge Program a Success

In the past edition of the *Healthy Attitudes* magazine, we shared two newly developed programs, the **Digital Bridge** and **Zoom Room Programs**, to assist families and households in utilizing telehealth portals, Zoom, Facetime and other virtual platforms to enhance safety and wellness, and to combat social isolation and depression. The community response has been very generous, and we're pleased to share that \$8,500 in donations continues to help support these programs. As we know, not every household has the wi-fi service/connectivity, computer equipment, cameras or smart phones, required to conduct virtual services, and we also understand that some households may lack confidence in navigating online services, may not be able to purchase equipment, may not know how to use a variety of computer devices, or may not be familiar with terminology used in virtual settings. If you, or someone you know, could benefit from no charge, step-by-step, friendly instruction, please contact the Digital Bridge Program by calling 805-388-1952, ext. 100, or by emailing Health Promotion Coach Luis Morales at luis@camhealth.com, or visit our website at camhealth.com.

Nutrition Program Grows During Pandemic

Last quarter, the Senior Nutrition Program delivered an all-time average high of 7,100 meals per month for residents age 60 and over, and continues to provide home delivered meals during these challenging times. Since 2005, the Camarillo Health Care District nutrition program has served 412,000 meals, and we are very honored by a recent \$10,000 donation in support of this program. This program represents a partnership with Pleasant Valley Recreation & Parks District, and the support of the City of Camarillo and Ventura County Area Agency on Aging. If you or someone you know could benefit from supplemental nutrition, please call to enroll at 805-388-1952, ext 168, or visit our website at www.camhealth.com.

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Hearing From You During the COVID-19 Crisis

*“...I am taking inventory of all the silver linings. You at Camarillo Health Care District are definitely among them. I can’t and don’t want to imagine where our community members would be without you. Thank you for all the intentional work you have done to adapt to the crisis and continue to provide **excellent support** to our vulnerable populations, including caregivers. Thank you for being so **resilient** and such a **strong leader**...you are appreciated!”*

—area hospital

*I think your programs, services, commitments and communications are **stellar!***

—satisfied client

*“Thank you for speaking with me. It feels better to talk to someone who **cares**, knowing I don’t have to carry this burden alone. This program is very important to seniors like me who are often lonely... and can’t talk to their children... because we don’t want to burden them with our problems. Thank you so much.”*

—Senior Support Line client

*“[I] enjoy working with Luis and Digital Bridge...he is incredibly **patient** and **helpful**...his guidance has given [me] the confidence to work on the computer.”*

—Digital Bridge client

Follow Five Steps to Wash Your Hands the Right Way

Washing your hands is easy, and it’s one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.



Follow these five steps every time:

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them.



For more information on how to protect yourself visit www.cdc.gov/coronavirus.



ON THE COVER

The artwork on the cover encourages us with bluer skies ahead. May 2021 bring you peace.

connect with us!

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



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How to Register for Online Classes



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 Camarillo Health Care District.

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

NOT AVAILABLE DURING COVID

3639 E. Las Posas Road, Suite 117
Camarillo, California

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

During the continuing COVID-19 health pandemic, classes and programs listed below are available on a virtual platform. Many of these virtual classes have what is called "**Session Zero**" with a date indicated. "Session Zero" is a practice session to ensure that you can connect to the Microsoft Teams platform easily, and receive pre-class information and materials. If you have any questions about connecting virtually through your computer, please call... we are happy to assist you!

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

Evidence-Based Programs

Arthritis Foundation's® Walk with Ease-Walking Group (800) 900-8582

Learn to customize a walking plan to boost energy, keep muscles strong and joints stable while controlling weight. Go at your own pace. Held at Arneill Ranch Park (Sweetwater Ave) in Camarillo.

Please call for date of next session.

NEW 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.

Session Zero scheduled for: Feb 4 (Th) 1:30-2:30pm (practice session)

Feb 9 - Apr 15 (T & Th) 1:30-2:30pm | 10 week series | 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.

Extended one week due to Presidents Day Holiday on February 15.

Session Zero scheduled for: Jan 20 (W) 10am-12:30pm (practice session)

Jan 25 - Mar 8 (M) 10am-12:30pm | 6-week series | R | NC

Diabetes Empowerment Education Program (DEEP) (805) 388-1952x100

DEEP is an evidence-based series developed by the University of Illinois at Chicago.

The program includes discussion on diabetes basics: self-blood sugar testing, meal planning, managing stress, and preventing complications. Participants learn exercises specifically designed to help effectively manage the disease.

Please call for date of next session.

Diabetes Self-Management Program (DSMP) (805) 388-1952x100

An award-winning series based on research conducted at Stanford University, this series 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.

Session Zero scheduled for: Jan 27 (W) 9-11:30am (practice session)

Feb 3 - Mar 10 (W) 9:30am-12pm | 6-week series | R | NC

"Healthier Living" Chronic Disease Self-Management Program

(805) 388-1952x100

Do you have a chronic health condition, or care for someone who does? The award-winning Chronic Disease Self-Management Program (CDSMP) is based on research conducted at Stanford University to learn methods of managing ongoing health conditions such as reducing fatigue, anxiety, and sleep loss.

Session Zero scheduled for: Jan 19 (T) 9-11:30am (practice session)

Jan 26 - Mar 2 (T) 9-11:30am | 6-week series | R | NC

Matter of Balance (800) 900-8582

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.

Session Zero scheduled for: Mar 4 (Th) 9:30-11:30am (practice session)

Mar 9 - Apr 1 (T & Th) 9:30 -11:30am | 8 week series | R | NC

Stepping On (805) 388-1952x100

At each "Stepping On" session different experts will address ways to prevent falls. For example, a physical therapist will provide suggestions to improve your balance and leg strength; a vision expert will address vision issues; a public safety professional will speak about falls in public surroundings; and a pharmacist will discuss medications that may affect your balance. This series is for those who have suffered a fall and are not reliant on a walker.

Please for date of next session.

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 those looking to relieve pain from arthritis or other chronic conditions and improve movement, balance, strength, flexibility, and relaxation. Beginners welcome!

Session Zero scheduled for: Mar 10 (W) 2:30-3:30pm (practice session)

Mar 15 - May 19 (M & W) 9:30-10:30 | 10 week-series | R | 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.

Session Zero scheduled for: Mar 31 (W) 2-3pm (practice session)

Apr 8 - Apr 29 (Th) 9-11am | 4 week-series | R | NC

Family Caregivers

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 or to schedule a tour. On-site tours are currently on hold due to COVID-19.

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, or visit the website at www.camhealth.com

Care Consultations

(800) 900-8582

Care Consultations are confidential, personalized discussions that can help sort out and address issues important to you. A professional social worker 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.

During the COVID-19 health crisis, Care Consultations have been adapted to serve you over the telephone. We appreciate the strength and courage it takes to approach these issues, and we're here to support you.

A | NC

Dealing with Dementia

(805) 388-1952x100

The Dealing with Dementia Program was developed by the Rosalynn Carter Institute as an evidence-based 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.

Session Zero scheduled for: Jan 22 (F) 11:30am-12:30pm (practice session)

Jan 29 (F) 8:30am-12:30pm | R | NC

Session Zero scheduled for: Mar 10 (W) 2-3pm (practice session)

Mar 17 (W) 12:30-4:30pm | R | 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 care. Please call for next session. This class is on hold due to COVID-19.

Depression and Caregiver Burden Screening

(805) 388-1952x100

Speak with a qualified counselor to learn more about the symptoms of depression.

Understand more about the moods you are experiencing and learn about resources that can help. The telephone screenings take about 30 minutes.

Mar 22 (M) 2-4pm | A

Elder Legal Services

(800) 900-8582

Schedule a confidential appointment with an elder law and estate planning expert. Virtual or telephone appointments are available.

Mondays | 1-4pm | A | NC

Powerful Tools for Caregivers

(805) 388-1952x100

Caring for a loved one can be challenging and 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.

Extended one week due to Presidents Day Holiday on February 15th.

Session Zero scheduled for: Jan 19 (T) 2:30-4pm (practice session)

Jan 25 - Mar 8 (M) 2:30-4pm | R | NC

Session Zero scheduled for: Apr 6 (T) 10-11:30am (practice session)

Apr 13 - May 18 (T) 10-11:30am | R | NC

REACH Program for Caregivers

800-900-8582

REACH is a specially designed caregiver program from the Rosalynn Carter Institute (RCI) that focuses on the emotional, health, financial and other challenges faced by family caregivers who are caring for loved ones with Alzheimer's disease. REACH stands for Resources for Enhancing Alzheimer's Caregiver's Health. Services are tailored to individual caregiver needs, and during the COVID-19 health crisis, are being provided telephonically. The REACH program works with a family caregiver over a six-month period, and sessions are customized to address the areas that the caregiver feels are their most challenging. www.camhealth.com for more information.

Digital Bridge Program

COVID-19 has caused a flood of services to move to a virtual platform only. Sometimes households don't have the confidence or the equipment to make the required connections. The **Digital Bridge** offers one-on-one, step-by-step telephone assistance or in-person visits to help you in the use of various computer and communication devices and applications so that you can participate in virtual health services, medical portals, banking services, Zoom and Facetime and other virtual services. No Charge. Please call Health Promotion Coach Luis Morales, III at 805-388-1952 or email him at luism@camhealth.com

Zoom Room Program

As a related service to the Digital Bridge Program, the **Zoom Room** is an actual room, on-site at the District, that is available for use if you do not have the equipment or connectivity at home. If you need to conduct online health and medical provider appointments, attorney appointments, family fun and social (online birthdays, anniversaries, births, weddings) or other online services to conduct activities of daily living, the **Zoom Room** is available at no charge, with appointment. The room is confidential, and appropriately sanitized between use. Please call 800-900-8582 to schedule.

Home Delivered Meals

The home-delivered meals program continues to grow during the COVID-19 crisis and is now serving more than 450 clients and more than 7,000 meals each month! Meals include ready-to-heat main course, bread, butter, apples, oranges, tomatoes, fruit cups and yogurt. For enrollment information, please call Senior Nutrition Coordinator Jennifer Young at 805-388-1952, ext. 168 or email her at jennifery@camhealth.com.

The delivery process during COVID-19:

- Drivers wear masks and gloves
- Drivers will call your telephone when they arrive at your home
- You/family member will receive the food from the doorway
- Drivers will not enter the homes

Senior Support Line 800-235-9980

Senior Support Line is a tollfree telephone number for residents age 60+, that provides compassionate, confidential conversation and emotional support over the telephone. Personnel trained in social work, resources, and referrals are ready to speak with you to offer encouragement and connection. If you or someone you know lives alone, feels isolated or depressed, and has few or no connections to family and friends, please call the Senior Support Line, Monday through Friday, from 8:00am-5:00pm. Following your first call, weekly check-in calls can be scheduled. We look forward to chatting with you!

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 utilizing a variety of screenings (such as depression, fall risk, and cognitive decline), speaking with trained social workers, participating in evidence-based educational activities, resources and referrals, and more.

We look forward to serving you; please call the Senior Support Line at 800-235-9980 or email Director Blair Barker at blairb@camhealth.com.



Pen Pal Program

Connect with a Pen Pal

Call or email

Sharon Stone, MSW

Care Coordinator

805-388-1952, ext 215

sharons@camhealth.com

Get Matched!
It's Safe and Fun!

The internet is full of statistics about the speed of texting and emailing. Googling revealed such facts as, “text messages are usually delivered within five seconds (of being typed)”, and “the average response time for a text is 90 seconds”. That’s great when you need to send a quick message or response. But let’s be real, it’s also great to receive a hand-written note, card or letter through the mail.

If you’re like most, you probably quickly scan through your mail and choose the hand-addressed letters and cards to read first.

There is fun anticipation in opening it, and a warm feeling knowing that someone took the time to think of you and share a little bit of their life with you.

And that is the idea behind the new Pen Pal Program. Loneliness and social isolation have been the most frequent challenges expressed to us during the COVID-19 pandemic, with callers often expressing that the isolation is leading to feelings of depression and anxiety. The Pen Pal Program seeks to address some of those issues through connecting via personalized, hand-written correspondence.

If you’d like to be matched with a Pen Pal, please call Sharon Stone, MSW, Care Coordinator at Camarillo Health Care District at 805-388-1952, extension 215, or email her at sharons@camhealth.com. Sharon will ask some questions that will help match you with a Pen Pal, you’ll determine the frequency you’d like to correspond, and each card or letter will contain an self-addressed stamped envelope for your use in returning a letter.

As with each program, safety is the highest priority.

Your name and address will be protected in the data-base, Pen Pals will give their letters to the Camarillo Health Care District to be mailed so that no one has your address, and conversely, each return envelope will be addressed to the Camarillo Health Care District with a code that lets us know which Pen Pal to give it to. You may also opt not to write back, and just to receive.

We sure look forward to hearing from you, and connecting you with a Pen Pal!

B I N G O *cize*®

Bingo? And exercise? Bingo-cize! During this health pandemic known as COVID-19, many new ideas have come together in uncommon ways to meet a variety of needs, especially services that need to be provided on a virtual platform, meaning not in-person, not at a facility, but rather, over the computer.

As you may be aware, the Camarillo Health Care District is well-known for utilizing an evidence-based approach in our educational services. "Evidence-based", very generally, indicates that a program or service or practice integrates research findings, expertise and patient values in the care delivery, which aims to provide the most effective care possible and the most improved health outcomes as possible. Meaning, if one follows a certain set of instructions or practices, evidence shows that one can achieve predictable, positive results!

With that said, we're very pleased to introduce another evidence-based program called Bingocize®. Bingocize® is "an evidence-based, 10-week program that combines a bingo-like game with exercise and health education", and is targeted to serve sedentary older adults of all ability levels, in a variety of settings, over a virtual (computer) platform. As an aside, if you know of someone who might benefit from this program but might not have all the equipment or connections needed, or who could use a tutorial to learn how to use the equipment, please remember that we offer the Digital Bridge program for assistance, and the Zoom Room, which is an actual room for people to use who do not have computer equipment (see www.camhealth.com/digital-bridge).

Bingocize "meets" twice a week over the computer for about an hour each session (sessions run around 45-60 minutes; research has shown that the program is even more beneficial if played on an ongoing basis. Participants, also known as Bingocizers® complete a series of strategically inserted exercises and health education questions, which are inserted into the game. Participants rest from the physical exercises while numbers are called for the bingo game, complete more exercises or health education questions, rest during number calling, and so on. This pattern continues until a game is won, and then additional games are played until all planned exercises are completed.

Before you know it, you have exercised, learned something, and had fun doing it! Small prizes are available for winning and can be mailed to game winners.

The program's educational component focuses 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. This program has also proven to increase social engagement, even when played virtually.

There is no fee for this program, and registration is required. Once registered, each participant will receive login credentials. The class begins February 9 and goes through April 15, 2021. It will be Tuesdays and Thursdays, from 1:30pm – 2:30pm, and will be facilitated by the District's certified Bingocize leaders. Let the games begin!



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