

Healthy ATTITUDES

camhealth.com

JULY/AUG/SEP 2021

Camarillo Health Care District QUARTERLY MAGAZINE

WELCOME

WE ARE

OPEN

PLEASE COME IN

A MESSAGE FROM

KARA RALSTON, CHIEF EXECUTIVE OFFICER



"It always seems impossible, until it is done"

—Nelson Mandela

The COVID-19 pandemic has seemed impossible nearly every day since it began. Impossible that it could really happen. Impossible that it is still happening. And now it seems a little impossible to believe that we're coming out of it!

On June 15, many of California's COVID-19 restrictions were lifted, and daily life began to look and act a little more like the good 'ol days, before COVID. According to the California Department of Public Health (CDPH) new protocols, masks will still be required, throughout California, even for vaccinated people, in the following settings:

- On public transit
- Indoors at schools and other youth settings
- In some healthcare settings
- State and local correctional and detention facilities
- Homeless shelters, emergency shelters, and cooling centers
www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/COVID-19/Use-of-Face-Coverings-Fact-Sheets--en.pdf

As we continue to monitor these protocols and are guided by the California Department of Public Health and the CDC in bringing back programs and services carefully and appropriately, client and staff safety remain our top priority. In keeping with these updated guidelines, clients and visitors to the District will no longer have a temperature check and verbal symptom screening, but will be required to attest to their COVID-19 vaccination status by signing a self-certification form. Those who are unvaccinated or decline to state their status are required to wear a mask at all times while inside the facilities. Masks also continue to be required at all times inside the Adult Day Center.

In considering how to return programs and services, we have received questions about "hybrid options". Hybrid is a term used to indicate that a service or class is available both in-person and virtually. We are pleased to share that some classes and services are feasible for the hybrid option, and we look forward to seeing how that serves the community. Also, the Digital Bridge and Zoom Room programs remain available at no charge to help you familiarize and utilize online services, and we invite you to call anytime to ask about the status of classes and services at 805-388-1952. Although not every class is ready to return, we continue to work toward the future.

We are optimistic that the "impossible" is changing to "possible", and we look forward to seeing you!

Kara

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IN THE NEWS

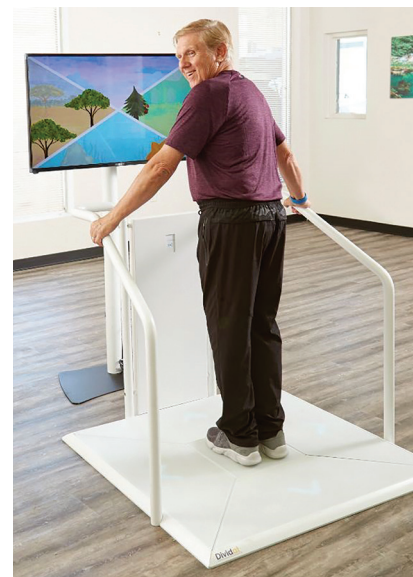
Rotary Club of Camarillo Supports Bingocize®

The Camarillo Health Care District is honored to receive a \$300 donation from the Rotary Club of Camarillo in support of prizes for the Bingocize® classes. During COVID-19, many new ideas came together in uncommon ways to meet a variety of needs, on a virtual platform, and Bingocize® is one of those ideas! 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. Participants, known as Bingocizers®, complete a series of exercises and health education questions, which are strategically 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! **Thank you, Rotary Club of Camarillo for recognizing such a need!**

New class is Tuesdays and Thursdays, beginning August 31 through November 4, from 3:00-4:00pm. There is no charge; registration is required. See page 7.

District Announces New Balance Building Machine

The District is excited to announce the HUR Senso balance machine for balance training, improvement and strength. The HUR Senso is a scientifically based dual-tasking fall reduction and cognitive training platform designed to support independence. The *think and move* integrated, fun and easy to use equipment simultaneously improves physical and cognitive function through interactive motor training activities and gaming. The platform sensors dynamically capture all of the vital data with easy to understand results so you can gauge your progress. See pages 2-5 for more information!



Testimonials

We have used Care-a-Van locally. It **worked well** to get my husband to surgery. —satisfied client

[Blair]... was instrumental in relieving my anxiety about my husband's aging process and my anxiety about aging as well. She let me know I was not alone and there were resources available when the time was right. **What a relief!** I wish there were counseling referrals or services for individuals like myself who would be interested in navigating the aging process to thrive; not just survive. —satisfied client

Thank You for keeping us up-to-date all the time. That helps us a lot to realize what all is going on and how we can help improve things too. —satisfied client

I'm grateful for this service in our community. My husband seems to **enjoy** the time he's at the adult care center. —satisfied client

Thanks for being there for all of us! —satisfied client

I very much appreciate the caregiver respite opportunity. The caregiver was **very helpful, caring and competent.** Thank you —satisfied 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.

connect with us!

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



FACEBOOK
CamarilloHealthCareDistrict

TWITTER
@changing_aging

INSTAGRAM
@camarillo_health_care_district

ON THE COVER

The District is pleased to begin returning to onsite services! We look forward to seeing you this summer!



Coming
August 2021!

Think & Move

Fall Reduction & Cognitive Training Balance Platform

Think

What can sometimes be worse than falling? The **fear** of falling again! And that apprehension, left unaddressed, can significantly impact everyday life. Once fear of falling takes hold, people find they tend to restrict their movements and activities and lose more and more strength, which can increase their chances of falling.

HUR Senso is a scientifically based dual-tasking fall reduction and cognitive training platform designed to support independence.

For many years, the Fall Prevention programs at the District have helped people with strength training, confidence building and establishing manageable exercise routines (see Moving & Strengthening classes page 7), and now we're excited to introduce the interactive **mind and body** strengthening HUR Senso Balance Machine!

This interactive program focuses on dual-tasking, which means performing a cognitive and motor task at the same time. The HUR company's 2016 meta-analysis found that dual-tasking improved cognition better than physical exercise alone, and can also help people with mild cognitive impairment or early stage dementia. This study also found that dual-tasking improved the ability to do activities of daily living, improved mood and reduced depression.

The HUR Senso utilizes an **Assess, Train, Engage** methodology that identifies fall risks and areas of weakness through fun games on the balance machine. After the first individual baseline is assessed, the training begins. Utilizing progressive and personalized tasking, the individual sets goals and routines, and begins to capture individualized data on RFID fobs. The fun variety of tasks and games keep people engaged and committed over time. The next pages detail the Assess, Train, Engage methodology. The next pages further describe the Assess, Train, Engage methodology.

(continued on page 4)



It's **fun**, easy to use and
improves **physical** and cognitive
function.

Dividat

HUR Senso Machine

The **HUR Senso** uses fun, dual-tasking fall reduction and cognitive training game-style exercises to improve executive function and includes:

- **Progressive training** adapts and gets increasingly difficult to challenge the user
- **Personalized** cognitive tasks are linked to motor movements
- **Customized routines** address and improve the user's unique cognitive and/or balance weaknesses
- **Goal setting and report tracking** for individual progress and outcomes



The **HUR Senso** identified fall risk, potential areas of weakness and helps establish an individual's baseline.

- **Step Reaction test**
- **Four Square Step Test (FSST)** measures dynamic balance and identifies potential fall risk
- **Benchmark scoring** based on movement patterns and the ability to perform cognitive tasks
- **Progress tracking** through individual scores fuels user motivation
- **Cognitive and motor tasks** measured in milliseconds

The **HUR Senso** format keeps the user interested and increases the likelihood of program adherence through

- **Gamification** that provides fun and interactive challenges designed to build strength and improve cognitive function
- **A variety** of fun and engaging games
- **Quick engagement** in an easy to learn interface that supports user independence



More than **one out of four** older people (age 65+) **falls** each year;
less than half tell their **doctor** they fell.

Key benefits of the HUR Senso Balance Machine

- Cognition and fall assessment tests
- Trains and improves balance and cognition
- Automated progressions for all acuity levels
- Fun, social and includes a full suite of games
- User-friendly interface
- Games simulate everyday movements (i.e. initiation of walking, goal-directed and rapid stopping) to support Activities of Daily Living
- Convenient RFID personal user identification interface
- Easy to track improvements and see results



COMING SOON

- No charge for District residents
- Appointments required
- Trained attendant to assist
- Optional \$1 for personal RFID fob
- Scheduling begins August 16, 2021
- Call 805-388-1952



Falls are the **leading** cause of injury-related death among **adults** age 65+.



What Conditions Make You More Likely to Fall?

Research has identified many conditions that contribute to falling called risk factors. Many risk factors can be changed or modified to help prevent falls. They include:

- Lower body weakness
- Vitamin D deficiency
- Difficulties with walking and balance
- Use of medicines, such as tranquilizers, sedatives, or antidepressants. Even some over-the-counter medicines can affect balance and steadiness
- Vision problems
- Foot pain or poor footwear
- Home hazards or dangers such as broken or uneven steps, and throw rugs or clutter that can be tripped over.

What You Can Do to Prevent Falls

- Talk to Your Doctor
- Ask your doctor or healthcare provider to evaluate your risk for falling and talk with them about specific things you can do.
- Ask your doctor or pharmacist to review your medicines to see if any might make you dizzy or sleepy. This should include prescription medicines and over-the-counter medicines.
- Do strength and balance exercises
- Have your eyes checked
- Make your home safer
- Review your home and walkways for safety hazards

Moving & Strengthening Classes

Tai Chi for Arthritis

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. Beginners welcome! **See page 7 for class information.**

Matter of Balance

Learn how to prevent falls, discuss safety techniques to reduce concerns, and set goals for increasing activity. **See page 7 for class information.**

Lifeline

Aging in place and living independently at home is the hope of nearly all of us. Products and services such as those provided by Philips Lifeline can help you and your family achieve those goals with the simple push of a button! Lifeline is a life-saving alert service that connects you, through the push of a button, with an emergency-trained operator who will immediately contact a neighbor, caregiver, or emergency service provider depending on the specific need. For more than 30 years, Lifeline has enabled millions of people to live with greater independence, peace of mind and dignity in their own homes. Camarillo Health Care District is the contracted partner for Philips Lifeline. A variety of product models are available, and to speak with someone about the needs of your family, please call (805) 388-1952, ext. 120, or email Community Outreach Manager Lynn Jones at lynnj@camhealth.com.



After completing the 8-week "Matter of Balance"^[1] plan, 99% of participants to continue exercising

97% of participants feel more comfortable talking about their fear of falling

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

(M-Th 8am-7pm • Fri 8am-5pm)

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 pandemic safety protocols, some classes and services will continue on a virtual platform, some will be offered in-person, and some will have the option to participate either in-person or virtually. Please read the class description carefully. Some of the virtual classes will have a "Session Zero" with a date indicated. "Session Zero" is a practice session for virtual participants to ensure proper connection to the Microsoft Teams platform, and to send pre-class information and materials. If you have any questions about connecting virtually through your computer, please call for assistance.

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

Moving & Strengthening

Beginner's Walking Group

Regular walking can help strengthen your legs, reduce stress, benefit your heart and improve overall sense of well-being. This beginner's walking group is for every age; minors must be accompanied by qualified guardian. Five-minute warm up; 30 minute walk. Safe, weather-appropriate clothing and footwear are required. Please join us... before you know it, you've met some new friends and enjoyed some exercise! This group meets at the Camarillo Health Care District, Building E. Tuesdays and Thursdays 9-10am beginning July 20

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.

Aug 31-Nov 4 (T & Th) 3-4pm | 10 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.

Aug 4-Sept 22 (W) 2:30-4:30pm | 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. Beginners welcome!

Sept 7-Nov 16 (T & Th) 9:30-10:30am | 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

More information and registration available at camhealth.com

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 | N

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

NEW 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. HICAP provides help with billing problems, benefits screening, enrollment, and Long Term Care Insurance.

First Thursday of each month | A | 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 (CDSMP) 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.

Session Zero scheduled for: Aug 11(W) 11am-12pm

Aug 18-Sept 22 (W) 11am-12pm | 6-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.

Session Zero scheduled for: Jul 29 (Th) 10-11am

Aug 5-Sept 9 (Th) 10-11am | 6-week series | R | 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. Extended one week due to holiday.

Session Zero scheduled for: Aug 16 (M) 2-3pm

Aug 23-Oct 4 (M) 2-3pm | 6 week series | R | NC

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. In person and virtual dates are offered.

Session Zero scheduled for: Aug 5 (Th) 2-3pm

Aug 12 (Th) 12:30-4:30pm | \$25 (cost of materials)

In person: Oct 6 (W) 12:30-4:30pm | \$25 (cost of materials)

Dementia Live (805) 388-1952x100

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

Session Zero scheduled for: Sept 13 (M) 2:30-3:30pm

Sept 17 (F) 9:30am-12pm | R | NC

Depression and Caregiver Burden 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.

Aug 26 (Th) 2-4pm | 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.

Aug 10-Aug 31 (T) 10:30am-12:30pm | 4 week-series | R | \$40/\$44 material cost

NEW Dental Screenings Dr. Eric Tamsut, DMD (805) 388-1952x168

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 | 12-2pm | A | NC

NEW Nutrition Counseling- One-on-One Appointments (805) 388-1952x100

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

Caregiving

NEW Am I a Caregiver? (805) 388-1952x100

Are you caring for a loved one, friend or neighbor? Do you find yourself thinking that you're "not" a caregiver? Does this changing role bring up new questions and/or concerns? Do you need some guidance on steps to care for your loved one in a new way? Do you find you're experiencing some stress with this changing role? This lecturette will discuss ways to help identify what this new role means to you, while managing these changes and exploring ways to care for yourself while caring for your loved one.

Aug 19 (Th) 2:30-3:30pm | R | \$12

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. 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

NEW Caring for the Caregiver (805) 388-1952x100

Are you finding that you're putting yourself on the back burner? Does it feel like the care you provide for a loved one, friend, or family member leaves with little to no time for yourself? Are you feeling frustrated, anxious, or irritable? Join this lecturette to learn ways to care for yourself while caring for another...caring for yourself is no longer an option!

Sept 14 (T) 11am-12pm | R | \$12

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. (Six-week series) Extended one week due to holiday.

Aug 30-Oct 11 (M) 11am-12:30pm | 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 or to schedule a tour.

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

Caregiver Center

We understand how difficult it is to have a loved one suffering with a chronic illness or significant change in health status, and we understand that it can be overwhelming. The Caregiver Center is intentionally designed to:

- help caregivers understand that they ARE a caregiver
- provide a calm and compassionate environment designed for respect and dignified learning
- support the emotional, physical, mental and financial needs of family caregivers

The **Caregiver Center** offers high-quality education, skills training, programs and resources to help caregivers be the best they can be, while also taking care themselves. The Center is friendly, professional, and intentionally designed to provide practical, compassionate and reality-based support for caregivers, with a variety of services available either at the Center, in your own home, or over the phone. Many services are provided at no charge. 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 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.

Digital Bridge Program

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. Please call Health Promotion Coach Luis Morales, III at 805-388-1952 or email at luis@camhealth.com.

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 tollfree 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. We look forward to chatting with you!

Zoom Room Program

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 (online birthdays, anniversaries, births, weddings) 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. Please call 800-900-8582 to schedule.

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 | District Offices
Virtual Only: July 9, 23, Aug 13 | In-Person Only: Aug 27

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 x120

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

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 x120

Not valid with other promotions or offers.
 Coupon Expires: 9/31/21





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CARE DISTRICT
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RADIATION ONCOLOGY
centers of
Ventura County

These innovative technologies, currently used at UCLA, Image-Guided Radiation Therapy (IGRT) & Stereotactic Body Radiotherapy (SBRT), are available for lung, brain, spine and prostate cancers.

Compassionate care and advanced cancer technology are here for you.