

Healthy ATTITUDES

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JANFEBMAR 2024

CAMARILLO HEALTH CARE DISTRICT

TAI CHI PROGRAM pg 8
"...a great experience and very beneficial for mind and body."



WALKING GROUP pg 8
"...feel better every time"



BALANCEfit pg 9
"...I appreciated the experience."



VIRTUAL REALITY pg 7
"...fun, exhilarating, enlightening."



why? not

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why.

“Whether you think you can, or you think you can’t, you’re right.”

—Henry Ford

“Why” is such a big little word. In the very same breath, it ponders the vastness of the Universe, keeps kids occupied for hours, and drives parents crazy (the “why” game . . . kids ask “why” after each answer). But oddly it can be almost instantly derailed, stopped in its tracks, with a simple “Why not?”.

I remember an old Dear Abby column that discussed an age-old question: Should I [fill in the blank] because it’ll take [x number of years] and then I’ll be [x number of years older]? The answer given rings true to this day. . . you’ll be that many years older whether you do the thing or don’t do it, so WHY NOT?!

As another new year rolls in, would you join us in asking more **Why Not** questions? What is that “thing” in your life that you’ve been postponing? What would happen in your life if you did those things? What would happen if you didn’t? Here are some examples, from seemingly banal to potentially life-changing:

- Why not drink more water?
- Why not get that checked with a doctor?
- Why not take that trip?
- Why not take that class?
- Why not talk to that person?

In the pages of this issue of the Healthy Attitudes magazine, we posed another question to our community. We asked them to share their experience when they came to the Camarillo Health Care District. I think you’ll enjoy the responses and we hope you might also be inspired to try some of your “Why not’s”! If you’d like to share your experience with us, we would love to receive it. Please email your experience to micheller@camhealth.com with the word “My Why Not” in the subject line.

You just never know unless you try! Wishing you a great start to a new year!

Always,

Kara

IN THE NEWS

Adult Day Center Staff Enhance Dementia Specialty Knowledge

Congratulations to team members Amy, Rosemary, Yesenia and Ashlyn for completing the “**Dealing with Dementia for Professionals**” module! Team members also participated in Dementia LIVE trainings, a high-impact dementia simulation experience developed by AGE-ucate Training Institute. Dementia LIVE participants enter into a simulated environment that provides examples of what it might feel like to live and function with cognitive impairment and sensory change. The District’s Adult Day Center is intentionally designed for adults age 18 and older who might benefit from additional care and activity during the day due to health conditions including dementia, Alzheimer’s disease, Parkinson’s disease, stroke, brain injury, decreasing mobility, isolation or loneliness.

Staff Certified in Matter of Balance Course

Camarillo Health Care District is proud to share that multiple District team members have become certified in the Matter of Balance course. Matter of Balance is one of 19 nationally recognized evidence-based programs represented by the Evidence Based Leadership Collaborative, which the District has offered over the past several years as a tool to reduce the fear of falling and increase activity levels. Congratulations, to Senior Nutrition Program Coordinator April, and Fall Prevention Specialists Ashlyn and Mikaela. To enroll in the Matter of Balance class, please see details on Page 8.

Autism Society offers office hours

The Autism Society, Ventura County is now an embedded partner with the Camarillo Health Care District and offers



some office hours in the District’s Caregiver Center, on the first Tuesday of each month, from 1-4pm. To make an appointment with the Autism Society representative, please call them at 805-437-9856. The Autism Society, Ventura County offers education, advocacy and a variety of programs that help increase public awareness and collaboration with local agencies. Please visit their website at www.autismventura.org for more information and to download their Autism Resource Guide, Caregiver Welcome Guide, and information on support groups for families and young adults. Welcome, Autism Society!

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Testimonials



Workers are **exceptionally friendly and helpful**. Telephone calls are always appreciated to remind us of upcoming classes registered. Their services are wonderful!

—satisfied client

Very good class on “balance”. The two [staff members] conducting the class were **well prepared and good**.

—satisfied client

The estate attorney was quite **knowledgeable and helpful**, kind and easy to talk with. Keep doing a great job!

—satisfied client

I really appreciate receiving regular phone calls from Cam Health Care District staff. We have **enjoyed** the Balance class as well as the Virtual Reality class. Thank you.

—satisfied client

Thanks for all you do to keep us **strong and moving!**

—satisfied client

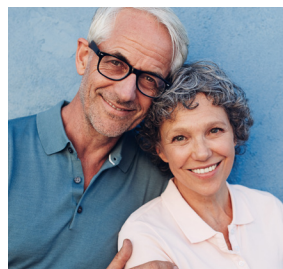
I cannot say enough or thank you enough for all that you do for the Camarillo community. Your programs, services and classes are all **outstanding**. All the staff is always so helpful and caring.

—satisfied client

My food was just delivered and I **thank you so much**. It is so appreciated since I do not cook any longer.

—satisfied client

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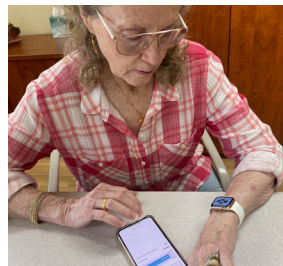


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Healthy ATTITUDES CAMARILLO HEALTH CARE DISTRICT

why? not

ON THE COVER

Each new year is a new opportunity, and asking “why not?” can begin an unexpected journey. Wishing you a happy new year.



we are social

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



The Best Answer to “Why?” is

why? not

have you experienced the services of the Camarillo Health Care District, through classes, programs or a specific service? If you have, congratulations on taking a proactive approach to overall health management. If you haven't yet, we'd love to meet you and help you select services specifically for your needs. Take a look at this list, and if you or someone you know could benefit from them, please let us know:

- Shopping and cooking are difficult (Senior Nutrition Program)
- Don't want to drive as much (Care-a-Van Transportation)
- Difficult to care for my loved one (Adult Day Center, Caregiver Center)
- Loved one has dementia (Dementia Specialty Services)
- Want to improve balance (BALANCEfit, SMARTfit and POWERfit)
- Want to try something new (award-winning Virtual Reality program!)

- Need elder legal services (Advocacy Services)
- Need help with diabetes management (Diabetes Self-Management Program)
- Would love to chat with someone weekly as I'm all alone (Senior Support Line)
- Don't even know where or how to start now that loved one is ill (Care Management Services)

We understand that trying something new can seem overwhelming, and we're here to help you get started, each step of the way. In preparation for this issue of the magazine, we asked people who were using services at Camarillo Health Care District to share their story about how they felt after trying a new class or experience. They chose to say “Why Not?!” and it turns out that they were pleased with their decision!

There is usually never a better time than “right now” to start doing something. In this New Year, we hope you are inspired to try something new, and we hope for the opportunity to meet you!



“I completed the BALANCEfit Program and enjoy the camaraderie while participating in the Walking Group. These programs **keep me safer, connected to others, and more confident** in the activities of my daily life.”

—Mary Louise



“I joined the Walking Group and it makes me **feel better every time** we go walking in the morning, and it keeps me healthy.” —Sal

“I’ve found another outlet to meet new people and engage in topical groups that I am interested in.”



“I joined the walking group and **met new friends**. We share our stories while getting a great walking exercise.

—Carmen



“I learned how to use a virtual reality headset and then bought my own to travel, watch movies, bowl and more! —Matt



“I had the pleasure of participating in the Tai Chi program. This was **a great experience and very beneficial for mind and body**. I also loved participating in the virtual reality program. I don’t have the opportunity to travel, but with this program I was able to see the world and all its wonders.” —Anne-Marie

I also loved participating in the virtual reality program. I don’t have the opportunity to travel, but with this program I was able to see the world and all its wonders.” —Anne-Marie

“These programs keep me safer, connected to others, and more confident in the activities of my daily life.”



“I have participated in BALANCEfit for fall prevention and the one-on-one Digital Bridge appointment for help

with my iPhone. Their virtual reality program is award-winning and I **felt fortunate** to be able attend all these classes and enhance my own reality. The Camarillo Health Care District never fails to impress me!”

—Joanne

“I took a social media class and now I’ve found another outlet to **meet new people** and engage in topical groups that I am interested in.” —Fran

and engage in topical groups that I am interested in.” —Fran



“I took a VR class and enjoyed the trip. It was **fun, exhilarating, enlightening**. I went to the place where I was born and to another place I wanted to visit.” —Max



“I was able to see the world and all its wonders.”



“I took a technology class on how to create photo books and now I have **three books** with fun memories.” —Lydia



“I joined the Walking Group with my wife and met new friends. We walked at our own pace with a group of folks of all ages and got some **sun, air, exercise and good conversation**.” —Mitch



“I loved the VR classes I took. My daughter and I were going to Okinawa for the first time and I **was thrilled** to see some of it via VR. I also participated in the BALANCEfit program. It was most challenging and I appreciated the experience.” —Kathleen

ADULT *day* CENTER

Asha spent much of her career working in medical technology and research. When she retired, she didn't imagine herself in the role of family caregiver – or at least not yet.

But her husband, Ajit, 76, whose engineering career had taken them from Minnesota to Camarillo and back twice, developed some balance issues, which made him wary about driving and visiting friends – which led to social isolation during retirement.

"He is more dependent on me now," Asha says. "He used to help with dishes and laundry. He tries to help, but I don't want him to fall, so I stop him from helping."

While Ajit doesn't have an official diagnosis, he no longer drives and relies more and more on Asha. She has taken over the family finances and other responsibilities Ajit once held, placing a heavier burden on her shoulders.

A friend recommended the Camarillo Health Care District's Adult Day Center to give Ajit that social experience he was missing and to give Asha much needed respite so she could take better care of herself. Ajit now spends three full days a week at the Center, which allows his wife time to invest in causes close to her heart, such as the nonprofit India Friends Association of Camarillo, and explore her personal interests.

"My kids say I have to look at it as I get the free time to go to lunch with a friend, run errands, spend time in my garden – time for myself – and I like that," she says.

Just as satisfying is knowing her husband of 53 years is meeting new people and partaking in activities that stimulate his mind, as well as his creative soul. "As his socialization decreased, I thought this would be a nice way for him to interact."

"He is happier now," Asha says. "When I come to pick him up, sometimes he wants to linger. I joke that I am going to bring his sleeping bag so he can stay the night. He knows the caregivers by name. The staff are awesome. I am so impressed with them. They are happy and encouraging, and they do a fabulous job."

When Ajit returns home, Asha says her husband spends the next 15 minutes or so talking about his day, like singing Elvis Presley's "Love Me Tender" during karaoke, petting therapy dogs, playing musical instruments and making crafts. In fact, Asha has noticed that the Center has helped reignite her husband's passion for oil painting.

Asha says she eventually will have to hire a caregiver to help in the home, but for now the Center is meeting their needs and has reduced her feelings of urgency over finding a long-term solution for Ajit's care. "I say to myself, 'Now I can relax and take my time,'" she says.

"He is happier now."

Asha



Angela says if it weren't for the Camarillo Health Care District, she may have had to quit her job to take care of her 84-year old father, Ignazio, who has been diagnosed with vascular dementia. He attends the Adult Day Center five days a week from 9 a.m. to 3 p.m.

"It takes a village," Angela says. "My husband and I care for my dad when we are not working and his In-Home Support Services caregiver cares for him while we are at work. The program has helped me to continue my career without accumulating substantial debt. The IHSS hours assigned to him are not enough to cover care for 40 hours each week.

"Also, knowing my dad was well cared for allows me time to make my own medical appointments, socialize, and get bits of needed rest."

Ignazio spent his career as a chef until 2017. "We enjoy cooking together," Angela says of her father. He loves reading a daily newspaper and listening to music from the 1940s through 1970s.



"Now he seems to feel free to let his personality shine much more."

Angela

Angela said her father appeared withdrawn and was initially resistant to attending the Adult Day Center. But then he warmed up to staff and other attendees pretty quickly. "Now he seems to feel free to let his personality shine much more," she says. "He comes home in a good mood. I appreciate the staff taking the time to draw him out of his shell."

Ignazio's family has also utilized the Camarillo Health Care District's Senior Nutrition Program to receive Home-Delivered Meals and to connect to resources such as Habitat for Humanity, which helped install grab bars in the bathroom.

They also appreciate the support from District staff. "(Adult Day Center Director) Mary Ann Ratto has been a great listener and offered helpful suggestions many times when I was stuck or trying to find viable solutions to various situations that arise," Angela says.

One of a Kind

The District's licensed Adult Day Center is the only one of its kind in the Camarillo area and receives clients from throughout Ventura County. In 2014, the Center was expanded and redesigned with a person-centered focus and to reflect a home-like environment, with an open-concept living room, kitchen and dining area, game rooms, indoor gardening beds, gathering space with a piano for entertaining, and a special quiet space. In 2015, the Adult Day Center received "Innovative Program of the Year" throughout the state of California from the California Special Districts Association.

Social Setting

The Center is a social model that focuses on providing socialization, mental and physical activities that can be enjoyable for everyone. The services provided at the Center serve as an essential support for many families who care for loved ones at home with dementia and Alzheimer's disease, Parkinson's disease, stroke, brain injury and other cognitive impairments.

The Center touches so many lives on a daily basis and we see that in action each time families refer other families to the Center,

Adult Day Program Director Mary Ann Ratto said. "It's very heartwarming to hear families speak of the Center as 'the greatest blessing' and 'so wonderful'."

Nutrition

Nutritious and well-balanced meals, snacks and beverages are provided and special dietary needs can be accommodated.

Trained Staff

Trained and caring staff provides a wide range of planned activities and socialization for many interests and ability levels.

Custom Care Plan

Customized care plans can be developed to fit schedules and needs (full day or half day, morning or afternoon, single or multiple days per week). A complimentary half-day visit is available upon completion of assessment.

Hours of Service

Monday through Friday, 9am to 3pm. Half-days are available, either in the morning or afternoon.

DIGITAL BRIDGE HELPS REDUCE *technology frustrations*



FREE ONE-ON-ONE Tech Support

Appointments range from 30 minutes to one hour and can be made as often as needed by calling 805-388-1952

Digital Bridge offers free, one-on-one, telephone assistance or in-person visits at the District to help you gain an understanding of the general use of technology such as iPhones, iPads, tablets, and some common applications such as FaceTime, Zoom meetings, and medical Telehealth calls. Learning about these communication opportunities can offer new ways to connect with friends and family, improve access to health services, and alleviate symptoms of isolation, loneliness and depression.

Jessie's life changed in 2020 when she fell from a stepladder and broke her hip. That's when the 85-year-old got a smartwatch. With it always on her wrist, she has peace of mind. But there was an unanticipated challenge; her current cell phone was a different product than the smartwatch, and the two devices couldn't "talk" to each other.

So, Jessie contacted Camarillo Health Care District's Digital Bridge program, initially designed during the COVID-19 pandemic to assist people with telehealth medical appointments. It turns out that this service remains relevant and helpful!

"Not everyone has grandchildren or someone adept at new technology to tell you about these things," Jessie says. "The Camarillo Health Care District is like having a family member you can go to and say, "How do I do this?"

During her appointment, Jessie learned how to add events to her calendar. She tried to do it on her own, but it didn't work. "I would blame it on my phone, but I knew it was me and I needed help." "Elsa [Digital Bridge team member] was so sweet," Jessie said. "She had a way of teaching me so that I understood, patiently walking me through each step." Now, whether it's a doctor's appointment, dental check-up, reminder to pick up medications from the pharmacy or an appointment at the veterinarian, Jessie's phone alerts her and keeps her life on schedule.



SCAM ALERT

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



NATIONAL ELDER FRAUD HOTLINE

1-833-FRAUD-11

1-833-372-8311

HERE'S HOW THEY WORK:

You get a call, email, text, or message on social media that looks like it's from a business you know. It says there's a problem with your account, or you won a prize. It tells you to call a number or click a link.



But the message isn't real; it's from a scammer. If you do call, they tell you to send money or give personal information.

They say you must pay with gift cards, cryptocurrency, or by wiring money, which no legitimate business will do. Or they'll ask for your Social Security number or access to your computer. NEVER GIVE THEM THAT INFORMATION. If you get an unexpected call, email, text, or message on social media, even if it looks like it's from a business you know, STOP! Don't click any links and don't call phone numbers they give you.

SCAM PREVENTION TIP COURTESY OF VENTURA COUNTY DISTRICT ATTORNEY'S OFFICE.



Online Class Registration

Pre-registration and payment is required to secure your reservation. We're happy to assist you over the phone, online, or in person. Notification 48 hours prior to the day of class is required to receive a refund. Class credit of equal value will be offered if cancellations are received less than 48 hours prior to the day of the class. No refunds are allowed for CPR, First Aid, AED and Cooking Classes. Non-district residents include \$4.00 out-of-district fee on fee-based classes.

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

Views expressed by class facilitators are not necessarily those of the Camarillo Health Care District.

Online

camhealth.com

Phone (M-F 8am-5pm)

(805) 388-1952

Walk-in (M-F 8am-5pm)

3639 E. Las Posas Road, Suite 117, Camarillo

Tips for Successful Class Registration & Attendance

- Class registration fees must be paid prior to the day of the class. Please pay by credit card (phone or online)
- Sign-on to your virtual class a few minutes early in order to ensure audio and video are working properly
- Please call (805) 388-1952 if you experience difficulty logging into your class

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

Digital Literacy & Connectivity

Digital Scrapbooking

(805) 388-1952

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

Mar 18 & 25 (M) 9-10:30am | IC | R | \$10/\$14 ND

Social Media Basics

(805) 388-1952

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

Feb 27 & 28 (T&W) 10-11am | IC | R | \$10/\$14 ND

Intro to Adventures in VR

(805) 388-1952

Nature Treks or Ocean Rift: 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, or go scuba diving in an underwater safari park. We'll show you how to use the equipment and discuss the benefits of VR, and then you're off on your adventure. Afterward, we'll chat and document our experiences in our Adventures in VR passport.

Jan 17 or 23, Feb 12 or 16, Mar 7 or 15 | am/pm times avail. | IC | R | \$5/\$9 ND

Intermediate Adventures in VR: BRINK Traveler

(805) 388-1952

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

Feb 6 (T) 9-10:15am | R | \$10/14 ND

Intermediate Adventures in VR: Alcove

(805) 388-1952

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

Mar 22 (T) 10-11:15am | IC | R | \$10/\$14 ND

Intermediate Adventures in VR: Wander

(805) 388-1952

After one of our intro VR classes, join our intermediate class Wander. Go wherever your heart desires, whether the address of your childhood home, your college campus, the streets of your hometown, a tropical or historical destination, or somewhere you've always wanted to explore. We'll discuss the benefits of VR, chat about our experiences and document our travels in our Adventures in VR passport.

Feb 8 (Th) 2-3:15pm or Mar 20 10-11:15am | IC | R | \$10/\$14 ND

Intermediate Adventures in VR: Nat Geo Explore VR

(805) 388-1952

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

Jan 26 (F) 10-11:15am | IC | R | \$10/\$14 ND

Intermediate: Independent Adventures in VR

(805) 388-1952

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

Jan 11 (Th) 1-2pm, Feb 21 (W) 10-11am or Mar 19 (T) 2-3pm | IE | R | \$10/\$14 ND

NEW Intermediate VR: 7 Wonders of the World

(805) 388-1952

Join us for an opportunity to visit the 7 Wonders of the World in VR: The Colosseum in Rome; The Great Wall of China, the Taj Mahal in India; Christ the Redeemer in Brazil; Machu Picchu, Peru; Chichen Itza, Mexico; and Petra, Jordan. This is an intermediate class. You must have taken the introductory class "Nature Treks" or "Ocean Rift" to join. We'll discuss the benefits of VR and participate in a post-survey, chat about our experiences and document our travel adventures in our Adventures in VR passport

Jan 30&31 (T&W) 10-11:15am | 2-part class | IC | R | \$10/\$14 ND

NEW Intermediate VR: For Thrill Seekers Only

(805) 388-1952

Thrill seekers are invited to go on a roller coaster ride, skydiving or stand at the brink of a cliff while looking at the horizon in three different VR applications: Roller Coaster, YouTube and BRINK Traveler. This is an intermediate class. You must have taken the introductory class "Nature Treks" or "Ocean Rift" to join. We'll discuss the benefits of VR and participate in a post-survey, chat about our experiences and document our travel adventures in our Adventures in VR passport.

Mar 14 (Th) 2-3:15pm | IC | R | \$10/\$14 ND

NEW Intermediate VR: In Concert

(805) 388-1952

Join us for an opportunity to rock or mellow out, get down, or go country during a concert in Horizon Worlds or YouTube. Pick your genre, favorite band or singer, or go with whatever is being offered "live." This is an intermediate level class. You must have taken the introductory class "Nature Treks" or "Ocean Rift" to join. We'll discuss the benefits of VR and participate in a post-survey, chat about our experiences and document our travel adventures in our Adventures in VR passport.

Feb 29 (W) 2-3:15pm | IC | R | \$10/\$14 ND per class

Advocacy Services

Dental Screenings

805-388-1952

Schedule a 15-minute dental screening on our campus with Clove Dental at no cost. Oral cancer screenings, dental check-up screenings, and brushing and hygiene fundamentals are being offered.

Jan 17, Feb 21, Mar 20 (M), 2-3pm | 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

Financial Planning Robert Harrell, Financial Planner

(805) 388-1952

Consult with a financial planner on budgeting, retirement planning, and financial problem solving. Discuss how to put all the finance pieces together to solve problems or reach goals in a confidential session.

Third Monday of each month | 1-4pm | A | NC | Must be 60+

Health Insurance Counseling & Advocacy Program (HICAP)

(805) 388-1952

HICAP registered counselors provide free, unbiased options counseling to Medicare beneficiaries. Assistance is available for Original Medicare, Medicare Advantage, Medigap, Part D Prescription Drug Plans.

First and third Thursday | one-hour increments | 9am-12pm | A | NC

Caregiving & Health Management

“Healthier Living” Chronic Disease

Self-Management Program

(805) 388-1952

Do you have a chronic health condition or care for someone who does? The award-winning Chronic Disease Self-Management Program is based on research conducted at Stanford University. Take the first step to manage ongoing health conditions with easy methods to reduce fatigue, anxiety, and sleep loss.

Virtual class with Session Zero scheduled for Jan 16 (T) 3-4pm | R | NC

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

Care Consultations

(800) 900-8582

Care Consultations are confidential, personalized discussions that can help sort out and address issues important to you. Our professional staff can help you prioritize needs, address concerns, and make recommended plans for living independently at home. Plans also include direct assistance in accessing a broad variety of community resources such as nutrition services, transportation issues, caregiver burden, home modifications and assistive devices, relaxation and educational opportunities, legal and insurance services, and more. Appointments available in-person, virtually or telephonically.

A | NC

Chronic Pain Self-Management Program (CPSMP)

(805) 388-1952

This six-week series is designed to teach practical skills for managing chronic pain, moderating symptoms, and staying motivated to overcome the challenges of living with ongoing health conditions. This program is for adults living with chronic pain due to illness or accident.

Virtual class with Session Zero scheduled for Jan 17 (W) 3-4pm | R | NC

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

Dealing with Dementia

(805) 388-1952

The Dealing with Dementia Program was developed by the Rosalynn Carter Institute as an evidence-informed educational support program for caregivers of people living with dementia. This 2-part 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.

Feb 21 & 28 (W) 10am-12pm | Material cost \$30/\$34 ND

Depression and Caregiver Well-Being Screening

(800) 900-8582

Speak with a qualified counselor to learn more about symptoms of depression. Understand more about the moods you are experiencing and learn about resources that can help. Screenings take about 30 minutes.

One-hour by appointment | A | NC

Dementia Live

(805) 388-1952

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

Feb 2 (F) 9am-12pm | R | NC Sign up for one hour

Diabetes Self-Management Program (DSMP)

(805) 388-1952

An award-winning series based on research conducted at Stanford University is designed for anyone with Type 2 Diabetes. Learn methods to reduce fatigue, pain, stress, and fear through exercise and healthy eating, and to effectively manage the disease in order to improve quality and outlook on life.

Virtual class with Session Zero scheduled for Jan 18 (Th) 9:30-10:30am

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

Nutrition Counseling - One-on-One Appointments

(805) 388-1952

Meet with Patti Jaeger, Registered Dietitian from Area Agency on Aging, for one hour to discuss your specific health topic. Topics include controlling blood pressure, lowering cholesterol, enhancing bone health and eating healthy on a budget. Must be 60 or older.

Second Tuesday of each month | 1-4pm | A | NC

Powerful Tools for Caregivers

(805) 388-1952

Caring for a loved one can be overwhelming. This educational program is designed to help caregivers maintain their personal well-being in order to better care for their loved one or friend. This is a virtual class with Session Zero scheduled for Jan 18 (Th) 2-3:30pm

Jan 25-Feb 29 (Th) 2-3:30pm | 6-week series | R | \$25/\$29 ND

UCLA Memory Training

(805) 388-1952

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

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

Moving & Strengthening

Beginners Walking Group

(805) 388-1952

Regular walking can help strengthen your legs, reduce stress, benefit your heart and improve your overall sense of well-being. This group is for any age; minors must be accompanied by qualified guardian. Five-minute warm up; 45-minute walk. Safe, weather-appropriate clothing and footwear are required. Join us. Before you know it, you've met some new friends and enjoyed some exercise!

9-10 am (T&Th) at the Camarillo Health Care District, Building E

Bingocize

(805) 388-1952

“Bingocize” is a fun and interactive program, based on research conducted at Western Kentucky University, combining education with exercise and social engagement. Methods taught in this course focus on health education, such as nutrition and fall prevention, knowledge of fall risks, ways to reduce falls, health activation, and aspects of cognition, while the exercise component focuses on improving functional performance for upper and lower body strength, balance and range of motion.

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

Matter of Balance

(805) 388-1952

Have you fallen? Are you worried about falling? Join us to learn how to prevent falls, discuss safety techniques to reduce concerns, and set goals for increasing activity.

Feb 9-Mar 29 (F) 10 am-12pm | 8-week series | R | NC

Tai Chi for Arthritis

(805) 388-1952

This award-winning series, based on research conducted by Dr. Lam from the Tai Chi Institute in Sydney, Australia, is designed for anyone looking to relieve pain from arthritis or other chronic conditions and improve movement, balance, strength, flexibility, and relaxation. Beginner's welcome!

Feb 5-Apr 15 (M&W) 10:30-11:30am | 10-week series | R | NC

Yoga-Gentle Mikal Rogers, Instructor

(805) 388-1952

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

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

Support Groups

Caregiver Support Group

(800) 900-8582

Intended for those who are on the journey with a parent, spouse, friend, neighbor and others, who have a chronic condition requiring care such as dementia, Parkinson's, or other illnesses. Second and Fourth Friday of each month | 9:30-11am | R | NC | Currently virtual only

Programs & Services

Adult Day Center (805) 388-1952 x111

Schedule a personal tour of our state-licensed, award-winning Adult Day Center. The Center offers support, comfort, and activities five days a week for individuals who may benefit from additional supervision and social interaction during the day. Call for details.

BALANCEfit (formerly Senso balance machine) (805) 388-1952

This twice-a-week, eight-week program that aims to reduce fall risk and improve cognition while progressing participants through a series of games that get more complex and challenging as people move through the program.

30 minutes | twice a week | 8 weeks | NC

POWERfit (805) 388-1952

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

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

SMARTfit (805) 388-1952

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

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

Care-A-Van Transportation Services (805) 388-2529

Care-A-Van offers door-through-door, non-emergency medical transportation service throughout Ventura County for medical visits and other activities of daily living. Call for additional information regarding service area, fees and reservations.

Caregiver Center (800) 900-8582

The Caregiver Center is designed to help caregivers understand that they are a caregiver, and provide a calm and compassionate environment designed for respect and dignified learning. We offer high-quality education, skills training, programs and resources to help caregivers be the best they can be, while also taking care themselves. The center can also assist with Health Promotion and Disease Prevention services.

Care Management Services (805) 388-1952

Care Management Services offer an array of programs designed to help families develop plans that guide them to age successfully and independently in the home setting, manage chronic illness issues, and learn strategies for managing the care of loved ones with dementia and Alzheimer's disease. Person-centered plans are developed.

Digital Bridge Program (805) 388-1952

Schedule your Digital Bridge appointment today. One-on-one, step-by-step assistance, either in-person or over the phone, to help you in the use of various computer, communication devices and applications so that you can participate in virtual health services, medical portals, banking services, Zoom, Facetime and other virtual services. NC

Home Delivered Meals (805) 388-1952 x168

Provides "ready-to-heat" meals to home-bound residents of Camarillo/Somis age 60 and up. Includes main course, bread, butter, apples, oranges, tomatoes, fruit cups and yogurt. Mon, Wed, Fri | 9:30-11:30am | R | \$3 suggested donation

Senior Support Line (800) 235-9980

Senior Support Line is a toll-free telephone number for residents age 60+, that provides compassionate, confidential conversation, emotional support and connection over the telephone. If you or someone you know lives alone, and feels isolated or depressed, please call the Senior Support Line, Monday through Friday, from 8am-5pm. Following your first call, weekly check-in calls can be scheduled.

SHARE (Support • Health • Activities • Resources • Education) (805) 388-1952

SHARE is a program for a person with early- to mid-stage dementia and their care partner. Improve communication, encourage participation in fulfilling activities, reduce stress and relay available resources that may be needed. A care plan will be developed that reflects the person's personal preferences.

Zoom Room Program (800) 900-8582

If you do not have the computer equipment or connectivity at home to conduct online health and medical provider appointments, attorney appointments, family fun and social activities or other online services, the Zoom Room is available at no charge, by appointment, with assistance, at the District.

Special Presentations & Community Outreach Events

NEW "The Aging Spine – Osteoporosis and Spinal Stenosis" (805) 388-1952

Dr. Justin Millard, a board-certified spine surgeon at Community Memorial Healthcare, will present "The Aging Spine – Osteoporosis and Spinal Stenosis." In this presentation, he will also focus on "Care is a Partnership," and communication between doctor and patient. In his practice, he focuses on minimally invasive spine surgery and motion preservation spine surgery. Register in advance for this presentation. Seating is limited.

Jan 23 (T) 2-3pm

"Elder Legal Answers Your Questions On ..." (805) 388-1952

Talks will take place at Camarillo Public Library. Attend a series of free, informational presentations on elder legal issues. Check our website for upcoming topics. Register in advance at 805-388-1952. Doors open at 11:30 am
Jan 22, Feb 26, Mar 25 (M) 12-1:30pm | R | NC



Important Numbers

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

Adult Day Center & Support Services (805) 388-1952 x111

Award-winning, person-centered day program

Autism Society, Ventura County (805) 437-9856

Office hours in our Caregivers Center 1-4 p.m. first Tuesday of the month

Care Management Services (Hospital to Home) (800) 900-8582

Supporting well-prepared transitions from hospital to home

Care-A-Van Transportation (805) 388-2529

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

Caregiver Center (800) 900-8582

No-cost resources for caregivers and their loved ones.

Caregiver Respite, Education & Training (800) 900-8582

Training, resources, respite and options for family caregivers

Counseling Services – Legal & Financial (800) 900-8582

Evidence-Based Programs (800) 900-8582

Rigorously tested programs scientifically proven to show results

Fall Prevention & Home Modifications (800) 900-8582

Home safety through resources and education

Health Education, Promotion & Advocacy Classes (805) 388-1952

Senior Nutrition Program (805) 388-1952 x168

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

Senior Support Line (800) 235-9980

Trained volunteers provide resources and friendly conversation

Resource Specialists (800) 388-1952

Staff connect you with helpful resources within the District



Camarillo
HEALTH
CARE DISTRICT

FREE
Register for
sessions today!
camhealth.com
805.388.1952

Elder Legal Answers

Call for upcoming topics.

January 22, 2024
February 26, 2024
March 25, 2024

12-1:30pm
Doors open at 11:30am

Camarillo Health Care District
3639 E. Las Posas Road, Building F
(Sequoia Rooms)



Camarillo
HEALTH
CARE DISTRICT

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"I appreciate all of you. I was anxious about having radiation, but from day one you made me feel so comfortable."
~ Cancer Patient

Let Our family Care for Your family

Our cancer care team knows that each person's needs matter. We will custom design a treatment plan for you that includes the most innovative and least invasive technologies available. From Image-Guided Radiation Therapy (IGRT) to Stereotactic Body Radiotherapy (SBRT), together we will select the optimal therapy for your cancer diagnosis.

We offer 6D Robotic System for Stereotactic Body Radiotherapy, here in Ventura County.

Call today to schedule a consultation to discuss options for you or your loved one.

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you can trust.**



Timothy A. O'Connor, M.D.



Henry Z. Montes, M.D.

Se habla Español.

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