

# Healthy ATTITUDES

camhealth.com

OCTNOVDEC 2021

Camarillo Health Care District QUARTERLY MAGAZINE



*Together We*  
**ENGAGE**

Master Plan For Aging





# A MESSAGE FROM

KARA RALSTON, CHIEF EXECUTIVE OFFICER



***“The future is always beginning now.”***

*—Mark Strand, US Poet Laureate, 1990*

Time changes everything. Whether we think we have too much or not nearly enough, it nonetheless marches on. The bajillion

dollar question is, what does the future look like for you . . . for your community . . . for the world? No one knows all that the future will hold, but we do know that making a plan to address the many transitions of life, can help ease the journey..

To that end, in March of 2020, the Camarillo Health Care District was pleased to participate in an alliance that brought community and statewide stakeholders together for a forum to discuss California Governor Newsom’s executive order calling for the creation of a California **Master Plan for Aging (MPA)**, in light of California’s over-65 population which is projected to grow to 8.6 million by 2030.

This MPA has now been formed and offers a significant road map into what the future might look like for Californians. The plan’s opening statement speaks to a *“California for all ages”* and *“affirms the priority of the health and well-being of older Californians and the need for policies that promote healthy aging”*. It includes five bold goals and twenty-three strategies, a data dashboard to measure progress and a local playbook to help establish and drive partnerships.

As you might imagine, the full report is larger than we can fully address here so I encourage you to visit [mpa.aging.ca.gov](http://mpa.aging.ca.gov). At their website, you can download the entire report, read the first progress report, and signup for MPA updates. In the meantime, we have briefly shared their “five bold goals” (see page 4).

An essential element for the success of the MPA is everyone’s involvement. There are a variety of steps you and your family can take now to help prepare for the future. It includes some of the basics such as, eat right, sleep right, balance your work and your life, and it also includes some intentional, proactive planning.

The Camarillo Health Care District continues to plan for the future, and we hope to encourage and support you and your family as well!

*Kara*

## IN THE NEWS

### Home-delivered Meal Program Receives Grant

The Camarillo Health Care District is honored to receive a three-year grant in the amount of \$150,000, from the City of Camarillo Community Development Block Grant (CV3) funding. This grant will assist in staffing augmentation required from the significant growth in the program since the COVID-19 pandemic began. Prior to March 2020, the nutrition program was delivering nearly 2,500 meals per month. Within just a few months after the COVID-19 closures began, the program ballooned to more than 7,000 meals per month.

The District operates the Senior Nutrition Program for Camarillo area for residents who are age 60 and over, and who are unable to procure or prepare their own food. The meals provide a ready-to-heat main course, and include bread, butter, apples, oranges, tomatoes, fruit cups and yogurt. If you or someone you know could benefit from this nutrition program, please call 805-388-1952, ext 168 for enrollment information, or email Mayra at [mayrat@camhealth.com](mailto:mayrat@camhealth.com).

### Health Insurance Counseling and Advocacy Program (HICAP) Returns

The Camarillo Health Care District reminds readers that HICAP appointments are available to help prepare for Medicare’s annual “Open Enrollment” period. HICAP, which stands for “Health Insurance Counseling and Advocacy Program”, is funded through the Older Americans Act, and is a free service. HICAP is a national volunteer Medicare program that gives free, unbiased counseling and community education on Medicare A, B, C, & D. HICAP compares products of C & D, retiree/employer Group vs. Medicare, resolves billing issues, and helps apply for appeals, along with advice regarding healthcare insurance options for those contemplating retirement.

Appointments are available on October 22, November 5 and 19; please see page 8 for more appointment detail. Reservations are required, and appointments fill quickly. Please call 805-388-1952, ext 100 to schedule.

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# Testimonials



Juliann was **very helpful, compassionate** and **understanding** when I reached out for help for my mom. I appreciate her very much. —satisfied client

I'm grateful Camarillo has the [adult] day care for this community! I'm very **pleased** with the care my husband receives! —satisfied Adult Day Center family

We like working with the staff at Camarillo they are always helpful and timely. They **really care** about the senior community they serve. —satisfied client

In February you gave us respite care services [through a contract company], which was VERY MUCH **appreciated** by me, the caregiver. Thank you. —satisfied caregiver

So **grateful** for having this facility in our neighborhood! —satisfied client

The entire staff was **kind** and **professional**. —satisfied client

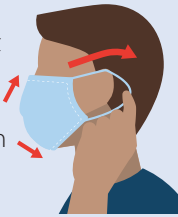


## ON THE COVER

California poppies; vibrant and resilient. Wishing you peace through the holiday season.

## How to Properly Wear a Face Mask

Wearing a face mask in public helps prevent the spread of COVID-19 — but only if worn properly, covering both your nose and mouth. Read our mask-wearing tips to get the maximum protection for yourself and others.



### Follow these guidelines to properly wear your face mask

- **Wash your hands** before and after touching the mask.
- **Touch only the bands** or ties when putting on and taking off your mask.
- **Make sure the mask fits** to cover your nose, mouth and chin. If you adjust the mask to cover those areas, wash your hands before and after.
- **Make sure you can breathe** and talk comfortably through your mask.
- **Wash reusable masks** after each use. If the mask is disposable, discard it when visibly soiled or damaged.

### To protect yourself and others, avoid these common mask-wearing mistakes

- **We do not recommend** wearing bandanas, gaiters, masks with exhalation valves or clear shield-like face masks\* as face coverings.
- **Don't touch your or your child's mask** while it is being worn.
- **Don't wear the mask under your chin** with your nose and mouth exposed.
- **Don't leave your nose** or mouth uncovered.
- **Don't remove the mask** while around others in public.
- **Don't share your mask** with family members or friends.

[www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/proper-mask-wearing-coronavirus-prevention-infographic](http://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/proper-mask-wearing-coronavirus-prevention-infographic)

## 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



# Together We ENGAGE

## Master Plan For Aging

[mpa.aging.ca.gov](http://mpa.aging.ca.gov)

In 2019, a gubernatorial executive order (EO N-14-19) asked for a coordinated response and plan to address aging in California. In the March 2020 issue of the Healthy Attitudes magazine, we discussed the California Master Plan for Aging. Since then, and even through the pandemic of 2020, the California Master Plan for Aging has been developed and refined and will serve as a sort of blueprint to be utilized by communities to help build environments that promote an age-friendly California. The World Health Organization (WHO) defines age friendly as a *“world enable[ing] people of all ages to actively participate in community activities and treats everyone with respect, regardless of their age. It is a place that makes it easy for older people to stay connected to people that are important to them. And it helps people stay healthy and active even at the oldest ages and provides appropriate support to those who can no longer look after themselves.”*

Having been part of the local effort to give input into the California Master Plan for Aging, we're pleased to offer an update. During the 2019 local event, the audience was provided a crowd-polling software by which to indicate their top priorities and offer comments in a



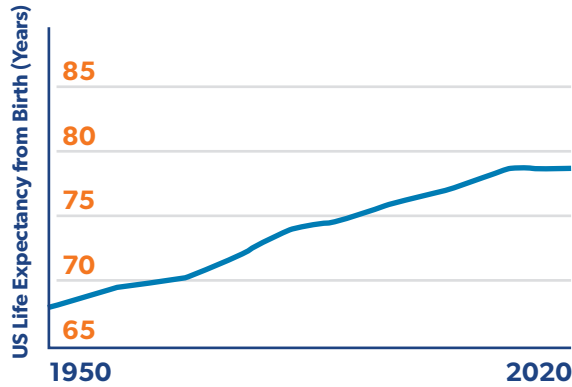
variety of sectors and categories. Those priorities were compiled and sent to the State for hopeful consideration and inclusion in the California Master Plan for Aging. As with many good ideas, the more it was considered, the better it became! Although the original idea may have targeted older adults, now one of the extraordinary elements of this master plan is that it is a plan for *aging across the whole lifespan, not just towards the end of life.*

In January of this year, the **California Master Plan for Aging** was released, and takes on even more urgency as

the nation, California and Ventura County continue to recover through the COVID-19 pandemic. This master plan includes what they are calling “five bold goals”, and a variety of strategies for building a *“California For All Ages”* by 2030, and is designed to remain a dynamic guideline that can adapt through the passage of time to meet ongoing and ever-changing community needs. The following briefly highlights the **California Master Plan for Aging’s** five goals and statements, and you can see the entire Plan by visiting this website: [mpa.aging.ca.gov](http://mpa.aging.ca.gov).



## Californians are living longer than ever before



At 81.9 years, California has the second highest average life expectancy in the nation

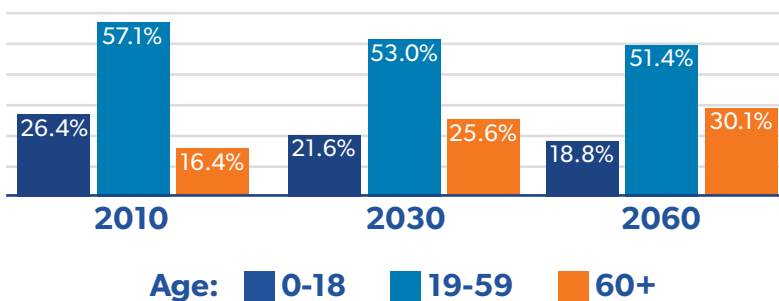
81.9

Source: www.macrotrends.net

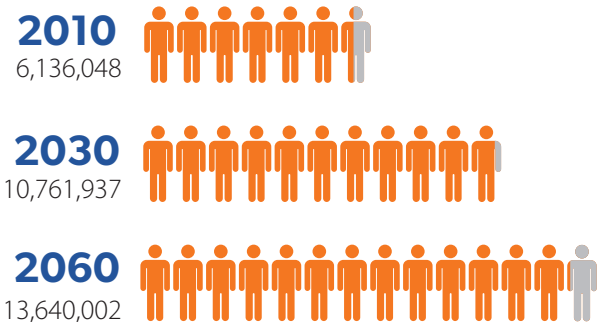


## California's overall population is rapidly becoming older

Distribution of the CA population



Number of Californians age 60+ by year



By 2030 adults age 60 and over will make up 30% of California's population.

Source: CA Department of Finance

# Master Plan for Aging

## Five Bold Goals

[mpa.aging.ca.gov](http://mpa.aging.ca.gov)

# 1

### HOUSING FOR ALL AGES AND STAGES

*We will live where we choose as we age in communities that are age, disability and dementia-friendly and climate and disaster ready.*

This goal includes addressing affordable housing options for all stages of life, age and disability-friendly transportation, outdoor parks and spaces that work for all ages, and climate, emergency and disaster readiness.



# 2

### HEALTH REIMAGINED

*We will have access to the services we need to live at home in our communities and to optimize our health and quality of life.* This goal includes improving access to healthcare, development of different care options and prevention programs, increasing geriatric care, increasing dementia-friendly communities, and renewing our commitment to quality in nursing home care.



# 3

### INCLUSION AND EQUITY, NOT ISOLATION

*We will have lifelong opportunities for work, volunteering, engagement and leadership, and will be protected from isolation, discrimination, abuse, neglect and exploitation.*

This goal encompasses increased opportunities for older adults and people with disabilities, as well as new work and volunteer opportunities to engage across generations, increasing access to the internet to improve communication and decrease isolation, protection from abuse, neglect and exploitation, and strategies to connect the public to resources in a concise manner.



# 4

### CAREGIVING THAT WORKS

*Caregiving that Works - We will be prepared for and supported through the rewards and challenges of caring for an aging loved one.*

As the need for caregiving increases, strategies under this goal include expansion of virtual caregiving and telehealth, financial supports for family caregivers, increasing the professional caregiving workforce (so there are workers available) through caregiver training, livable wages, and improved job quality.



# 5

### AFFORDING AGING

*We will have economic security for as long as we live.*

Strategies under this goal include investing in innovative solutions to decrease older adult homelessness, expanding economic security of all ages, and protections from poverty and hunger. Planning for aging when younger can help build a financially secure future!



## How To Be Part of the Plan

The success of the **California Master Plan For Aging** requires engagement from every sector and every citizen. Ideas for community engagement include business owners developing local business plans that include Master Plan ideas; charity and service organizations developing strategic plans that are in alignment with Master Plan goals; and even volunteer and service groups who ask themselves if their stated goals and decisions are in line with the Master Plan. Additionally, individual citizens can also help propel the master plan by engaging in activities such as creating a household emergency plan, completing an advance directive, preparing financially for the future, and becoming a "dementia friend", to name just a few.

The state's Master Plan ([mpa.aging.ca.gov/LocalPlaybook/](http://mpa.aging.ca.gov/LocalPlaybook/)), states "Collaborative and cross-sector, partnerships are the key to implementing successful projects, policies, and initiatives...local government, community planners, aging and disability advocates, and subject matter experts are all important players." Ventura County's Area Agency on Aging is in the process of developing an official Master Plan specifically for Ventura County, and you can follow their efforts at [www.vcaaa.org](http://www.vcaaa.org).

### California's households are changing

**1.8M**

Californians age 60 and over who live alone<sup>1</sup>

**746,000**

California households that consist of three or more generations<sup>2</sup>

**95,000**

Californians living in nursing homes<sup>3</sup>

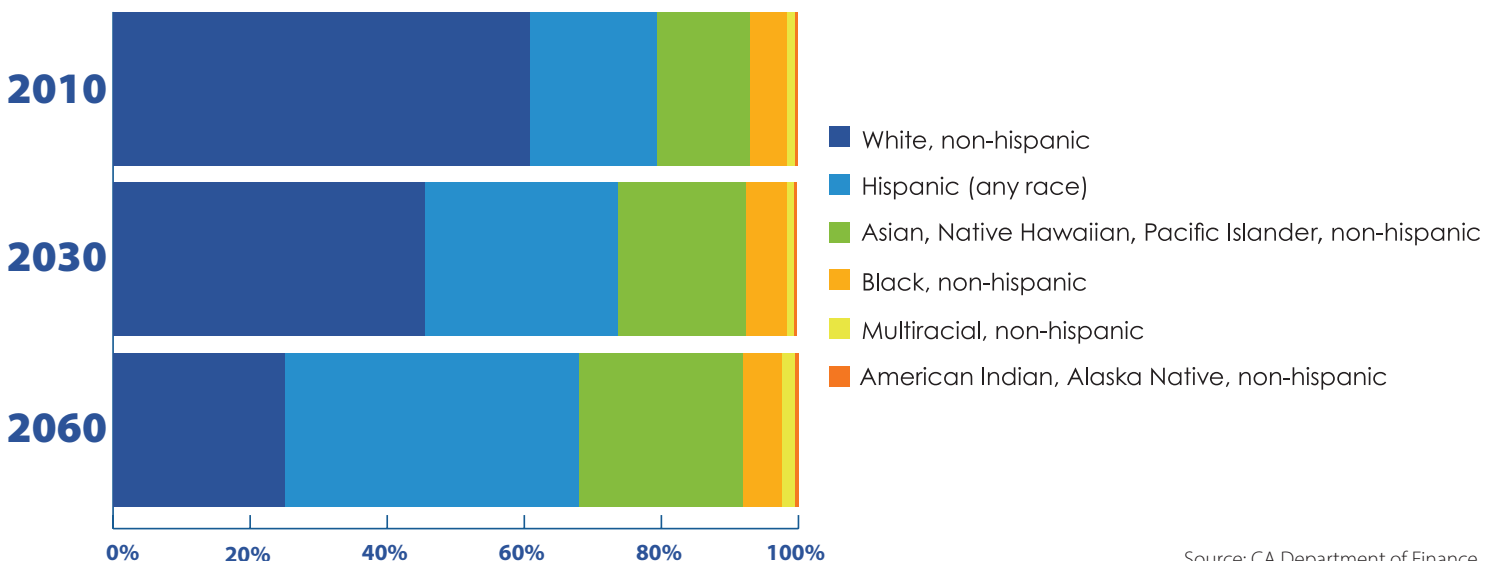
**300,000**

The number of people that long-term care and residential care facilities for the elderly are licensed to serve in California<sup>4</sup>

[1] U.S. Census | 2019 California Health Interview Survey [2] Pew Research [3] California Department of Social Services [4] California Office of Statewide Health Planning and Development [5] Sacramento Steps Forward 2019 Point-In-Time Count

## California's older population is becoming more racially and ethnically diverse

California's 60+ population by race/ethnicity, by year



Source: CA Department of Finance

# Are **YOU** Ready?

## EMERGENCY PREPAREDNESS

### Personal Planning

Each new year offers a good time to check your emergency preparedness plan. Please enjoy this revision of an article from the Summer 2019 Healthy Attitudes (full article at [camhealth.com](http://camhealth.com)). As you review your plan, perhaps also consider that there are families around you who may have bed-bound or electricity-dependent loved ones who could use extra help in times of crisis.

Preparing ourselves and our families to be as safe as we can during an emergency requires thinking ahead, planning strategically and personally, and then actually putting the plan into action with packing and practicing. The following information is intended as a gentle reminder!

### A Go-Bag

A Go-Bag is a packed bag, kept in a handy place at home, at the office, or in your car, that has necessary supplies to support you for at least three days. When packing a Go-Bag, you will need to be able to carry it or at least move it to a vehicle, so consider weight and ease of mobility. Many Go-Bags resemble a backpack, a shoulder-strap duffel, or a bag on wheels. Keep in mind that rolling a suitcase may be difficult over rough or altered terrain during natural disasters. Pre-planning is critical as there may be no time to stop and look for medications or important documents. Each person in a household should have their own Go-Bag with items specific to their needs. The following are some industry standards for home Go-Bag contents:

- **Medications**
- **Eyeglasses/content lenses**
- **Bottled water**; 1 gallon per person per day
- **Non-perishable foods** for 3 days such as energy bars or granola bars, trail mix, etc
- **Clothing for 3 days**, plan for layering, sturdy shoes, coat and work gloves
- **Travel size toiletries** that you use every day, including toilet paper and moist towelettes
- **Cash** in small bills and rolls of quarters
- **Pets** with leash, food, medications, and water
- **Water proof bag** (plastic sandwich bags work nicely) with photocopies of important documents
- Battery powered or hand crank **radio**
- **Cell phone charger** as well as a portable battery pack charger
- **Flashlight and batteries**
- **First aid kit**

### A Communication Plan

Since there is no telling where we might be when an emergency of any sort happens, family member might be in multiple locations... school, work, airport, stuck in traffic. Also, usual "check in" methods can be disrupted either through power outages, damage or system overload. Establishing a plan for alternative ways to communicate can help reassure each other and help facilitate reunification. Review your family plan for how to check-in with each other during a crisis, and perhaps even conduct an emergency practice drill.

### A Family Caregiver's Plan

During an emergency, family caregivers can find themselves in an immediately critical situation, and are faced with considering some uncommon topics such as special evacuation assistance, medical and life-sustaining devices, and even the emergency plans for assisted living and other health facilities that might be housing a loved one. Caregivers who live with the one they're caring for will want to plan and pack for any medical needs, prepare medical supplies and needed equipment, or request special evacuation assistance. If your loved one lives alone but requires assistance you may consider organizing a support network in close proximity who will agree to go and help in an emergency.

There are many valuable resources available on the internet regarding preparedness, one of which is [www.aarp.org/caregiving/basics/info-2019/preparing-for-emergency.html](http://www.aarp.org/caregiving/basics/info-2019/preparing-for-emergency.html).

Emergencies, disasters and crises of any type are frightening and disruptive, and planning for emergencies can be overwhelming. We encourage you to review your plans and update as needed.





# 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

(805) 388-1952x100

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; 45 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

### 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. \*

Extended two sessions due to District holiday closure.

Jan 10-Mar 23 (M&W) 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.

Oct 27-Dec 15 (W) 10:30am-12:30pm | 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. Beginner's welcome!

Jan 11-Mar 17 (T & Th) 2-3pm | 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](http://camhealth.com)

## Caregiving

### 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

### Powerful Tools for Caregivers

(805) 388-1952x100

Caring for a loved one can be overwhelming. This educational program is designed to help caregivers maintain their personal well-being in order to better care for their loved one or friend. In person and virtual dates are offered. (Six-week series)

Session Zero scheduled for: Oct 5 (T) 1:30-3:00pm | R | NC

Oct 12-Nov 16 (T) 1:30-3:00pm

In person: Nov 1-Dec 6 (M) 2-3:30pm | R | NC

## Health Management

### “Healthier Living” Chronic Disease

#### Self-Management Program (805) 388-1952x100

Do you have a chronic health condition or care for someone who does? The award-winning Chronic Disease Self-Management Program (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: Oct 14 (Th) 11:30am-12:30pm

Oct 21-Dec 2 (Th) 11:30am-12:30pm | 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: Oct 20 (W) 9:30-10:30am

Oct 27-Dec 1 (W) 9:30-10:30am | 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.

Session Zero scheduled for: Oct 8 (F) 2-3pm

Oct 15-Nov 19 (F) 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.

Dec 9 (Th) 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: Oct 29 (F) 9:30-10:30am

Nov 5 (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.

Oct 27 (W) 2:30-4:30pm | 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.

Nov 10-Dec 1 (W) 2:30-4:30pm | 4 week-series | R | \$40/\$44 material cost

#### Dental Screenings Dr. Eric Tamsut, DMD (805) 388-1952x100

Good oral health is related to good overall health. Regular dental screenings can help recognize issues and provide opportunity for proactive and preventive care. During your 15-minute screening, Dr. Eric will visually examine your teeth, mouth and gums, and answer your dental questions.

Fourth Tuesday of each month | 12-2pm | A | NC

#### 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 | A | NC

[More information and registration available at camhealth.com](http://camhealth.com)

## Advocacy Services

### NEW 2022 Medicare Changes Presentation

Health Insurance Counseling and Advocacy Program (HICAP) community educators will discuss changes to Medicare 2022. Learn how to save money on healthcare and avoid late enrollment fees.

Oct 8 (F) 1:30-3pm | A | NC

### Elder Legal Services (800) 900-8582

Schedule a confidential appointment with an elder law and estate planning expert. In-person or virtual appointments are available.

Mondays | 1-4pm | A | NC

### Financial Planning Robert Harrell, Financial Planner (805) 388-1952x100

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

Third Monday of each month | 1-3pm | A | NC

### Health Insurance Counseling &

#### Advocacy Program (HICAP) (805) 388-1952x100

HICAP registered counselors provide free, unbiased options counseling to Medicare beneficiaries. Assistance is available for Original Medicare, Medicare Advantage, Medigap, Part D Prescription Drug Plans. HICAP provides help with billing problems, benefits screening, enrollment, and Long Term Care Insurance.

Will resume January 2022

### NEW HICAP Open Enrollment for 2022

A counseling opportunity for all Medicare concerns, including pre-Medicare, Medicare disabled, Medicare beneficiaries, and changes to Medicare prescription Part D.

Oct 22 (F) 10am-2pm | Nov 5 (F) 10am-2pm | Nov 19 10am-2pm | A | 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](http://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 [luism@camhealth.com](mailto:luism@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: Oct 8, 22, Nov 12, Dec 10

## 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**  
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**Personal Emergency  
 Response System**  
**FOR AS LITTLE AS**  
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 caregivers**  
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**Henry Z. Montes, M.D.**  
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