

Healthy ATTITUDES

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MAYJUN 2021

Camarillo Health Care District QUARTERLY MAGAZINE



A MESSAGE FROM KARA RALSTON, CHIEF EXECUTIVE OFFICER



A journey of a thousand miles begins with a single step —Lao Tzu

Fighting the COVID-19 pandemic has truly been a journey of a thousand miles, with some of those miles feeling like “two steps forward, one step back”.

When the first step was taken to shelter in place, no one could have fully imagined what the journey would look like, how long it would be, the toll it would take, and the heroes it would create. Being a part of our community in stepping up, leaning in and coming together with creative business solutions and compassionate service options has been inspiring.

Since those first steps, thousands more have been taken as Ventura County leaders developed testing sites, established service and support sites, implemented vaccination sites, and successfully moved from Purple Tier into Orange Tier. Businesses, organizations, and service agencies are beginning to reopen, and a new “normal” is blossoming.

Just as businesses and services had to be re-imagined in order to serve during the shelter in place restrictions, they will likely have to continue re-imagining services as restrictions lift. The health care district looks forward with great anticipation to reopening the Adult Day Center, the Caregiver Center, and the chronic disease management classes. As we continue to monitor and develop safety and mitigation protocols, services will reopen keeping client and staff safety a priority.

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

We look forward to the Orange Tier and continue to wish you health and safety.

Kara

IN THE NEWS

District Partners with City of Camarillo for Transportation Services

The Camarillo Health Care District is honored to partner with the City of Camarillo, demonstrating the City's commitment to supporting seniors in the community by financially supporting Care-A-Van Transportation Services, from March 2020 to July 2021. In February, 2021, the City Council approved the provision of \$57,000 of general CARES Act funding to the Camarillo Health Care District to provide non-emergency transportation rides at no charge. “This is an essential partnership at exactly the right time and provides much-needed relief,” shared Kara Ralston, Camarillo Health Care District's CEO. “We appreciate the Council's vision during this pandemic and their commitment to serving every sector of the community.



“We're very honored to be part of the City's plan in meeting the needs of the community, and we look forward to helping people get to the health services they need,” stated Christopher Loh, MD, Board President of the Camarillo Health Care District. The City's contribution to the District will help provide door-through-door transportation to District residents for non-emergency medical appointments, activities of daily living, preventive health and other health maintenance appointments, including to and from District programs, throughout Ventura County. To make a ride reservation please call 805-388-2529, or visit www.camhealth.com for more information. There is no charge for rides while funding lasts.

Please see pages 4-5 for more information!

Orange Tier Offers Service Restoration

As Ventura County moves into the Orange Tier, many programs and services of the Camarillo Health Care District will become available onsite again. Capacity limitations, social distancing, and other safety and mitigation protocols will continue to limit some services, but we are pleased to begin the reopening process! Although some services will revert to in-person/on campus, other services will remain available both virtually and in-person. Please watch for the latest news in the July/Aug/Sept 2021 issue of the Healthy Attitudes magazine, or visit our website at www.camhealth.com, as restrictions continue to lift.

BOARD OF DIRECTORS

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STAFF

Sonia Amezcua, MPPA Chief Administrative Officer	Mary Ann Ratto, BA, CSA Adult Day Center Director
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Hearing From You During the COVID-19 Crisis

Thank you for all of your help...I'm **seeing a light** at the end of the tunnel.

—satisfied client

I just wanted to express my **heartfelt thanks** to your lovely staff. I recently used the Zoom Room. I needed a form only available online...I have no place to go for internet access. Janette from the start put me at ease and helped me set up my appointment, and Luis was so helpful in navigating and printing. What a wonderful district!

—satisfied client

I love how Camarillo district [has] concerns for us as a senior; important inclusive programs. I get to **enjoy programs** that fit me personally.

—satisfied client

I love the weekly chats. Being isolated and having multiple disabilities is so NOT GOOD!! [They] talk with me...and help me feel that I am not alone in this crazy world. Thank you!!

—satisfied client

I appreciate all the regular employees for their **kindness, concern, and professionalism** in their work. Thanks for being a great organization.

—satisfied client



ON THE COVER

We look forward to serving you during the re-opening phase of the Orange Tier.

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

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

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

Evidence-Based Programs

NEW Arthritis Foundation's® Walk with Ease-Walking Group

(800) 900-8582

Virtual Class Series - Walking is done independently. Virtual/Telephonic check-ins are once a week for 6 weeks. Learn to customize a walking plan to boost energy, keep muscles strong and joints stable while controlling weight. Go at your own pace.

May 4-Jun 8 (T) 2-3:30pm | 6 week series | R | NC

NEW Bingocize

(805) 388-1952x100

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

Session Zero scheduled for: May 6 (Th) 11am-12pm

May 11-Jul 15 (T & Th) 11am-12pm | 10 week series | R | NC

Chronic Pain Self-Management Program (CPSMP) (805) 388-1952x100

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

Session Zero scheduled for: Apr 29 (Th) 2:30-3:30pm

May 6 - Jun 10 (Th) 2:30-3:30pm | 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: May 14 (F) 2-3pm

May 19-Jun 23 (W) 1:30-2:30pm | 6 week series | R | NC

"Healthier Living" Chronic Disease

Self-Management Program

(805) 388-1952x100

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

Session Zero scheduled for: Apr 21 (W) 2-3:30pm

Apr 27-Jun 1 (T) 2-3:30pm | 6-week series | R | NC

Session Zero scheduled for: Jun 1 (T) 9:30-10:30am

Jun 7-Jul 19 (M) 10-11:30am | 6-week series | R | NC

Matter of Balance

(800) 900-8582

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

Session Zero scheduled for: Jun 1 (T) 2:30-3:30pm

Jun 8 - Jul 27 (T) 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!

Session Zero scheduled for: Apr 28 (W) 3-4pm

May 3 - Jul 14 (M & W) 3-4pm | 10 week-series | R | NC

UCLA Memory Training

(805) 388-1952x100

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

Please call for date of next session.

Family Caregivers

Adult Day Center (805) 388-1952x111

Schedule a personal tour of our state-licensed, award-winning Adult Day Center. The Center offers support, comfort, and activities five days a week for individuals who may benefit from additional supervision and social interaction during the day. Call for details or to schedule a tour. On-site tours are currently on hold due to COVID-19.

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

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

Care Consultations (800) 900-8582

Care Consultations are confidential, personalized discussions that can help sort out and address issues important to you. A professional social worker can help you prioritize needs, address concerns, and make recommended plans for living independently at home. Plans also include direct assistance in accessing a broad variety of community resources such as nutrition services, transportation issues, caregiver burden, home modifications and assistive devices, relaxation and educational opportunities, legal and insurance services, and more. During the COVID-19 health crisis, Care Consultations have been adapted to serve you over the telephone. We appreciate the strength and courage it takes to approach these issues, and we're here to support you.
A | NC

Dealing with Dementia (805) 388-1952x100

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

Session Zero scheduled for: Jun 4 (F) 10-11am
Jun 11 (F) 8:30am-12:30pm | R | \$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. This results in creating a catalyst for meaningful communication, improving quality care.

Session Zero scheduled for: Apr 30 (F) 9:30-10:30am
May 7 (F) 9:30am-12pm | A | 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. The telephone screenings take about 30 minutes.

Jun 18 (F) 9:30am-12pm | 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. (six-week series)

Session Zero scheduled for: May 19 (W) 10-11am
May 26-Jun 30 (W) 9:30-11am | R | NC
Session Zero scheduled for: Jul 7 (W) 2:30-4pm
Jul 12-Aug 16 (M) 2:30-4pm | R | NC

REACH Program for Caregivers (805) 388-1952x100

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

More information and registration available at camhealth.com

Advocacy

Elder Legal Services (800) 900-8582

Schedule a confidential appointment with an elder law and estate planning expert. Virtual or telephone appointments are available.
Mondays | 1-4pm | A | NC

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

Consult virtually or telephonically 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. Telephone counseling provided during COVID-19.
Call for more information.

Home Delivered Meals (805) 388-1952x168

Provides "ready to heat" meals to home-bound residents of Camarillo and Somis age 60 and up.
Mon, Wed, Fri | 9:30-11:30am | R | \$3 suggested donation

FREE TRANSPORTATION ASSISTANCE AVAILABLE

Partnership with City of Camarillo Results in Free Rides

Navigating traffic, finding a close enough parking space, or even having enough energy to accomplish activities of daily living can seem overwhelming when you're struggling with health issues, or trying to help someone else who has health issues. Daily dialysis treatments, weekly radiation visits or wound care, preventive health visits...even a trip to the bank or grocery store multiplies in effort when a health condition is involved.



Since it began more than 25 years ago, the Care-A-Van Transportation Service at the Camarillo Health Care District has focused on making it easier for people to get around and to access health services. And thanks to a determined and visionary Camarillo City Council, transportation just got easier!

We are pleased to announce a funding agreement to provide residents with Care-A-Van transportation services, at no charge, through June 30, 2021.

The City's contribution of CARES Act funding to the District will help provide free, door-through-door transportation rides for residents for non-emergency medical appointments, activities of daily living, preventive health and other health maintenance appointments, including to and from District programs, throughout Ventura County.

Camarillo City Manager Greg Ramirez explained, "This one-time budget adjustment demonstrates the City's commitment to supporting seniors in the community by financially supporting the Camarillo Health Care District's Care-A-Van Transportation

Services, from March 2020 to July 2021." "The City Council wants money to go to the greatest need in the community, and this is one service that can have a great impact directly to Camarillo residents in need."

"This is an essential partnership at exactly the right time," shared Kara Ralston, Camarillo Health Care District's CEO. "We appreciate the Council's vision during this pandemic and their commitment to serving every sector of the community."

"We're very honored to be part of the City's plan in meeting the needs of the community, and we look forward to helping people get to the health services they need," stated Christopher Loh, MD, Board President of the Camarillo Health Care District.

MEET OUR STAFF



Evaristo Ambriz Zavala
Driver



Audree Duncan
Driver



Tanvir Walele
Transportation Coordinator

For more information about this service, please contact the Camarillo Health Care District at (805) 388-2529 or visit www.camhealth.com.

Digital Bridge Program

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

Zoom Room Program

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

Home Delivered Meals

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

The delivery process during COVID-19:

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

Senior Support Line 800-235-9980

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

Care Management Services

Care Management Services offer an array of programs designed to help families develop plans that guide them to age successfully and independently in the home setting, manage chronic illness issues, and learn strategies for managing the care of loved ones with dementia and Alzheimer's disease. Person-centered plans are developed utilizing a variety of screenings (such as depression, fall risk, and cognitive decline), speaking with trained social workers, participating in evidence-based educational activities, resources and referrals, and more.

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

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It's important to understand all of your treatment options, so you can make an informed decision. Call our office today or visit rocvc.com to request a consultation.

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Timothy A.
 O'Connor, M.D.



Henry Z.
 Montes, M.D.