

Healthy ATTITUDES

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SPECIAL EDITION 2020

Camarillo Health Care District QUARTERLY MAGAZINE

SERVING DURING COVID-19

A MESSAGE FROM

KARA RALSTON, CHIEF EXECUTIVE OFFICER



Leon On Me.

*Lean on me, when you're not strong
And I'll be your friend
I'll help you carry on*

The lyrics of this iconic song, by the late Bill Withers, resonate even more deeply in so many lives and circumstances during this COVID-19 pandemic.

On March 13, 2020, along with organizations throughout Ventura County and in keeping with CDC and Ventura County Public Health recommendations, Camarillo Health Care District temporarily closed the facilities to on-site services, knowing that the families we serve would need support now more than ever before.

As those recommendations rapidly turned into executive orders and mandates to shelter in place, quick action was needed to establish new and immediate ways to continue essential services to the vulnerable clients and families we serve. It has been amazing to see how dedicated and creative the staff have been in coming up with ways to continue serving! Within hours of the closure, the Senior Support Line staffing was ramped up and prepared for a surge in calls. Within days, "Home Activity" care packages were prepared to assist Adult Day Center clients and families in maintaining routines with activities and crafts to move through the days. And within weeks, the Senior Nutrition Program was revamped to receive double the number of clients. . . currently serving 250 home bound older adults with nearly 5,000 meals a month.

This abbreviated version of the *Healthy Attitudes* magazine is dedicated to highlighting the essential services that remain available during this time of crisis. The next pages will discuss those services and how to use them to assist you and your family. Although the buildings are closed, and in-person and in-home visits are temporarily stopped, our staff is working even harder to serve you during this crisis.

Your health and safety remain our top priority and we continue to closely monitor the situation. Precautions, sanitizing and disinfecting efforts continue, and when the doors open once again, we will welcome you into a safe and healthy environment. How we look forward to that day!

In the meantime, we encourage you to review the next pages for telephonic services that are available to you during the temporary closures. Stay home. Stay safe.

Kara

IN THE NEWS



District Gives Masks to First Responders

In March, the Camarillo Health Care District was proud to provide 1,000 N95 masks to the Office of Emergency Services (OES), for use by first responders and frontline health care providers throughout Ventura County. The District applauds the heroic and selfless service of all frontline medical providers, hospital and clinic workers and other first responders during this COVID-19 crisis. Stay home. Stay safe.

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.

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Hearing From You During the COVID-19 Crisis

Talking with you makes me **feel less anxious** and distracts me from the virus.

—Senior Support Line caller

Thank you for your **wonderful program**...café and senior lunch program. Thanks for all the work you do...you are a great bunch!

—Senior Nutrition client

I really miss [you], and look forward to **coming back**... Hope to see you all soon”.

—Adult Day Center volunteer

You remembered my birthday?! I didn't expect to receive a call from anyone today. Thank you for calling me.”

—Senior Support Line caller

Hello All! Thank you so much for our **card and magazines**. We are doing well. Miss you all!

—Adult Day Center family

Your calls **make my day** go faster, thank you for remembering me.

—Senior Support Line caller

How to Wear Cloth Face Coverings

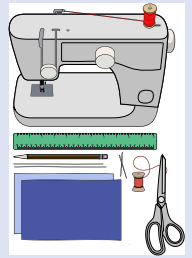


Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape



Homemade Cloth Face Coverings



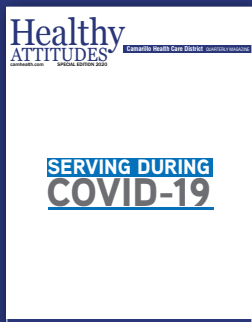
CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

The cloth face coverings recommended are not surgical masks or N-95 respirators and should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.



For instruction on how to sew your own face mask visit www.cdc.gov/coronavirus.



ON THE COVER

The Camarillo Health Care District continues to serve during the COVID-19 public health crisis. *Stay home. Stay safe.* For general resources and referrals, please call 800-900-8582 or the front desk at 805-388-1952, ext. 100 • camhealth.com • vcemergency.com • cdc.gov

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



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SERVING YOU DURING



Caring for a loved one at home is challenging and even more so during this health crisis. Care routines are disrupted by societal restriction and temporary closures of the support systems you are used to relying on. The Camarillo Health Care District recognizes that these current circumstances are indeed challenging, and while there is no substitute for the hands-on care and respite provided through such services as the Adult Day Center, the Caregiver Center, or attending screenings, classes and educational sessions, please know that the staff continue to develop new ways to communicate with and serve our clients and their families. A broad range of services has been modified and developed to be accomplished by telephone, and consultation calls can offer feedback, ideas for new activities, guidance on dealing with difficult behaviors associated with dementia care, or sometimes simply encouragement and support. Please read through each of the following pillars of information to see how we can support you and your family. We are truly just a phone call away.

THE COVID-19 CRISIS



A D U L T D A Y S E R V I C E S
DIRECTOR MARY ANN RATTO
805-388-1952, ext. 111 maryannr@camhealth.com

Weekly Care Packages

Care packages are prepared and mailed to the home of Adult Day Center clients, and include arts and crafts ideas, project supplies and other ideas for activities that can be done at home. Additionally, activities such as free word puzzles and coloring sheets are available on our website in a printable format. Topped off with a handmade, personalized card for an extra special (virtual!) touch, we think the staff gets as much enjoyment from these as we hope you do!



Adult Day Center Consultation Calls

Please know that we're as close as a phone call. We understand the challenges involved in caregiving, and specifically in caring for dementia and Alzheimer's disease clients. Those challenges can be compounded by lack of access to routine support systems and respite opportunities, such as attending the Center. Please take advantage of regular, confidential support conference calls (or Zoom calls) with the Director of the Adult Day Center. We would enjoy hearing how you and your family are doing, offering feedback or assistance with challenges you're facing, offering new ideas for activities, or just listening as you talk with someone who understands what you're experiencing. We look forward to hearing from you!

Adult Day Services "Plus" Program

Camarillo Health Care District's Adult Day Center was selected to participate in the ADS Plus Study, conducted by Johns Hopkins University and the University of Minnesota. ADS Plus is a specially designed, five-year program that seeks to study the success of an evidence-based support program for family caregivers caring for older adults with dementia who are also enrolled in a participating adult day service site. Participation in the study is no-charge, and includes telephone interviews with research staff from Johns Hopkins, followed by meetings with District staff to discuss your care concerns and develop care plans tailored to your family specific needs. This service continues during the COVID-19 closure. Please call if you would like more information.



SENIOR NUTRITION PROGRAM
 SENIOR NUTRITION COORDINATOR JENNIFER YOUNG
 805-388-1952, ext. 168 jennifery@camhealth.com



Adequate and appropriate nutrition plays a critical role in maintaining your health and a sense of wellbeing. During this COVID-19 crisis, following quick adaptations required to comply with social distancing orders and other precautionary protocols, the District continues providing Senior Nutrition Services by delivering meals to homebound older adults (age 60+), and by adapting the congregate/community meal site program. Please know that your health and safety continue to be the foremost priority, and precautions continue to be taken in packaging and delivering your meals.

Congregate Meal Site

Apple-a-Day Café

The once-a-month Community Meal has been revised for COVID-19 safety precautions and adapted into a “take-out” meal opportunity. This occurs as usual on the third Thursday of each month, beginning at 11:30am. The sidewalk has been marked with safe spaces to wait in line, staff utilizes gloves and mask to bag and hand out the meals, and the service takes place outdoors. Please call to reserve your “to-go” meal.



Home Delivered Meals

With your health and safety as our top priority, you’ll notice a very visible home-delivered meal program adaptation required during the COVID-19 crisis is that the delivery drivers are now



wearing gloves and masks. Another change in the meal delivery service is that when the driver arrives at the home, they call your telephone and place the food at the door. They then step back and wait while the door is being answered. Food deliveries can also be placed into multiple bags in order to lighten the load since the drivers are not entering the homes during this time. This program is currently assisting more than 225 residents, with more than 4,000 home-delivered meals each month. The meals include ready-to-heat main course, bread, butter, apples, oranges, tomatoes, fruit cups and yogurt. Please call for enrollment information.



Care Management Services

Care Management Services offer a broad 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, assistance with utilizing those resources, and focused work to accomplish your care plan and your health goals. During this health crisis these services, which typically include a home assessment, have been adapted to work telephonically. Please call if you and your family are considering new plans and discussing what the future may look like given these new circumstances.

DIRECTOR BLAIR BARKER
 805-388-1952, Ext. 133
 blairb@camhealth.com



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 can relate to any of the following criteria, Senior Support Line is here for you:

- Live alone and feel isolated or depressed
- Have few or no connections to family and friends
- At risk of losing independence
- Recently been discharged from a hospital setting or other health setting

Please call Senior Support Line, Monday through Friday, from 8:00am-5:00pm, and make a new friend! Following your first call, weekly check-in calls can be scheduled. We look forward to chatting with you!

If you feel you are in crisis, please dial 9-1-1.

Due to increased calls on this line, you may get a recorded message if all the lines are busy, but please leave your message and your call will be returned as soon as possible.



Care Consultation Services 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.



REACH Program for Caregivers 800-900-8582

REACH is a specially designed caregiver intervention program developed by the Rosalynn Carter Institute (RCI) to focus on the emotional, health, financial and other burdens and challenges faced by family caregivers who are caring for Alzheimer's disease patients. REACH stands for Resources for Enhancing Alzheimer's Caregiver's Health. Services are tailored to individual caregiver needs, and during the COVID-19 health crisis, are being provided telephonically.

The REACH program works with a family caregiver over a six-month period, and sessions are customized to address the areas that the caregiver feels are their most challenging. The goal of the REACH program is to improve the caregiver's experience by:

- Reducing caregiver burden scores by 15%
- Improving caregiver self-reported health by 10%
- Reducing depression scores by 16%

CARE COORDINATOR SHARON STONE, MSW
805-388-1952, Ext. 215 sharons@camhealth.com

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