

Healthy ATTITUDES

camhealth.com

JUL AUG SEP 2024

CAMARILLO HEALTH CARE DISTRICT



Heart of the Community

A MESSAGE FROM

KARA RALSTON, CHIEF EXECUTIVE OFFICER



“Holding the Heart of the Community”

Thanks, Natalie! (you know who you are!) Each issue we try to develop cover art to reflect the essence of the articles we’re sharing and the work we’re doing. We try to ask around for what thoughts and feelings the different images evoke before we choose one, and if we have to spend too much time explaining it, then we know it isn’t quite right. This time it was a homerun! On the very first ask, she said it looks like we’re holding the heart of the community!

We certainly hope you feel that way... that we’ve got your heart and your best interests in mind, because we certainly do!

Over the course of life, we will experience all the things in life... joy, laughter, warmth, strength, hope, fear, sickness, tragedy, anxiety, depression, loss and grief. Please know that we care and that we can help you and your family navigate some of life’s journey. If you have a few minutes, please visit the website at www.camhealth.com and peruse through the different programs and services to see how we can help.

And if you have a few more minutes, please enjoy this issue with stories about how families have managed through sickness and loss and have found new independence through resources and services here at the District.

We’re here for you. We’ve got your back... and perhaps we can earn your heart.

Always,

Kara

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IN THE NEWS

Celebrating Older Americans Month

The Board of Directors joined the nationwide celebration of Older Americans Month in May, with the signing of a resolution recognizing the depth of skills, talents, and life experiences that older Americans contribute to the enrichment of communities. The resolution further noted the need for continued strengthening of services to support older Americans in thriving and living independently as long as possible.

SCAN Health Plan Supports Fall Prevention

Independence at Home, a SCAN Health Plan Community Service, has committed to sponsoring the District’s BALANCEfit and POWERfit fall prevention services. Falls are a threat to the health of older adults and can significantly reduce the ability to remain independent. This grant helps continue the programs at no cost to participants. BALANCEfit is a twice a week for eight weeks series, and POWERfit is an extension of BALANCEfit but incorporates strength training through resistance bands. POWERfit is a twice a week for four weeks series. Both programs focus on reducing fall risks and improving cognition while progressing participants through a series of games that get more complex and challenging as you move through the levels. An assessment evaluates physical and cognitive function, including reaction time, ability to take in information, ability to process, and ability to then do the requested activity. For more information call 805-388-1952.



Medicare Benefits Presentations Scheduled

The District will host three presentations on Medicare benefits in partnership with the Ventura County Area Agency on Aging. The presentations are supported financially by the Administration for Community Living and U.S. Department of Health and Human Services. “Medicare Basics: Parts & Pathways of Medicare” will be offered 1-2:30 p.m. on July 12; “Programs That Can Save You Money,” 1-2:30 p.m. on Aug. 9; and “New To Medicare: Turning 65 or Retiring” will be held 1-2:30 p.m. Sept. 6. The presentations will take place in the Sequoia Rooms, at the District. Registration is not required. For more information, call VCAAA at 805-477-7300 or email HICAP@ventura.org.

Testimonials



We LOVE the Tai Chi for Arthritis class! The instructors are so **patient and kind** with all of us.

[Care-A-Van] Rides, both ways, perfect, with **delightful, friendly** drivers. Reasonable rate and on time. Will do again.

The Adult Day Center program is exceptional. **Great activities, staff, and menu.** My spouse looks forward to participate.

In the VR [class], I was able to **experience** what my grandfather experienced in his neighborhood. I was able to see where my great-grandfather lived...[and] looked at New York and Romania.”

The Classes, Programs and Services are not only fun, but a wonderful way to socialize and meet new friends! The staff is **outstanding!**

My husband and I have been participating in programs since 2023. From SHARE to the machine-based “Fit” programs to VR. We have found them to be **innovative and rewarding.**

All of the staff at the Camarillo Healthcare District that I recently have been in contact with were so wonderful! All were professional, kind, very **helpful and compassionate.**



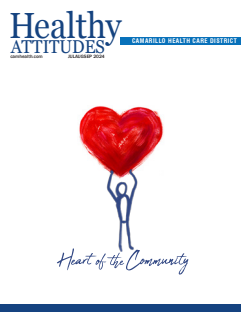
NATIONAL ELDER FRAUD HOTLINE

1-833-FRAUD-11

1-833-372-8311



SCAN TO LEARN!



ON THE COVER

District programs and services are developed with you and our community in mind. Please let us know how we can help!

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we are social

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

Senior Nutrition Deliver

Libby is fiercely independent at the glorious age of 100. She manages her finances, schedules appointments, and has an active social life, affectionately dubbed by neighbors as “the mayor”. There is just one thing holding her back from being completely independent...she no longer drives.

Her children and family had been helping her shop for food, which is listed as an instrumental activity of daily living (ADL). Both of Libby’s daughters had been shopping for and making meals for their mother for years, but when one daughter passed away, Libby’s son called the District for assistance with meals. April Colbert, the District’s Senior Nutrition Program coordinator, says having a family member call the District for assistance for a loved one is not unusual. “A lot of times, family members, neighbors or friends call on behalf of someone they know, to see what kind of assistance is available.”

Libby is grateful for the Senior Nutrition Program. She is among 230 active clients receiving supplemental meals each week, which can include up to five ready-to-heat meals of beef, chicken, fish, turkey or other specialty dishes that provide a diverse and balanced low-sodium diet, as well as, whole wheat bread, shelf-stable milk, fruit and yogurt. On average, about 4,500 meals per month are delivered, and more than 600,000 meals have been distributed since the program’s inception in 2005. Libby is one of four centenarians who receive the meals.

In Camarillo, the Senior Nutrition Program is a contracted partnership with the Ventura County Area Agency on Aging (VCAAA), and the City of Camarillo. As a federally-funded program through the Older Americans Act, it serves District residents who are age 60 and older and homebound, or individuals 18-59 who are homebound due to illness, disability or isolation, such as, needing short-term assistance during or after medical recovery.



April, Senior Nutrition Program Coordinator, helps put away delivery.

**“We enjoy getting to know our clients
and building a relationship”**

—April

on Program rs



As a requirement of the program, quarterly assessments are conducted, alternating between a home visit and a telephone check-in. It's been said that food is only one part of a balanced diet! These assessments check for overall safety and welfare of clients and provide referrals to additional resources or services that may become necessary, such as home care services, medical supplies, services that can assist in independent living, and many other resources the District can help with.

District staff pack and deliver meals on a Monday, Wednesday or Friday each week and can accommodate some special dietary needs or requests (the food is selected by VCAAA nutritional services). Delivery days are the highlights of the week for our staff, as they have an opportunity to meet the clients and get to know them better.

"We enjoy getting to know our clients and building a relationship," April says. "It helps us be able to know if something seems off or they are unwell, and we're able to call for help, either medical response or family contacts."

Libby, whose husband of 58 years passed away, says she enjoys the company and an extra set of eyes watching out for her. "I am always wearing a big smile when they come to my door," she says. "They are all so wonderful, sweet and kind."

**"They are all so
wonderful
sweet
and kind"**
—Libby



For more information, call April at 805-388-1952, ext. 168

Clients Served
Monthly

230

Average number of clients served per month 2023-2024

Meals Delivered
Monthly

4,576

Average number of meals delivered each month

Meals Delivered
Since 2005

604K

Meals delivered since inception

Client Average
Age

89

Oldest: 103 Youngest: 32
May 2024



She Lived WITH ARMS Wide Open

For the last 50 years, Kay has kept handwritten letters, photographs, notes, maps and clippings of her special friendship with Irmi, which developed while she was a foreign exchange student in Austria and spanned decades. She then used the digital scrapbooking class offered at Camarillo Health Care District to help build a photobook and tell this beautiful story.

Although Irmi passed away in 2023 from cancer before the 179-page masterpiece devoted to their friendship was finished, it did arrive by Mother's Day 2024, just in time for Irmi's husband and children to cherish as part of her legacy.

"Every day I worked on the book, it felt like I was reliving those moments we shared together. It was cathartic," Kay said. "The book was designed as a way to remember Irmi,

DIGITAL SCRAPBOOKING CLASS PRODUCES BEAUTIFUL LEGACY

and to show my appreciation to her and her family for opening up a new world to me."

Kay's beautiful book documents their travels, from ski adventures and overnight stays in youth hostels, to the many dances they attended and people they met along the way. It's packed with personal stories and reflects the evolution of their friendship and lives, as well as their special bond.

Making a scrapbook can seem like an overwhelming project, with assembling photos and trying to organize a story in pictures. But Kay focused on the joy she felt while

selecting the photos and reliving each moment in time. "Focusing on the purpose got me through it," she said, "doing a little bit at a time and seeing it as a long-term project that would result in a keepsake for the family."

Kay has made traditional photo albums and scrapbooks in the past, but with the Digital Age she was excited for the possibilities of exploring the creative process online and improving her digital literacy. She appreciated the two-part Digital Scrapbooking class taught by District staff because the first part covered several different online platforms for making photo books. While one platform is recommended for use during the hands-on session, there is flexibility to experiment with some of the other choices.

"It was so helpful having the instructor there. She was very patient with everyone, especially for people not as

computer literate, and asked each of us what our goals were for the class and shared ideas for different types of books (family recipe books, travel, holiday-themed, art and children's books).

The District's Mission is to "promote community health through service, education and empowerment", and our Vision is to "transform lives through inspiration and innovation". Judging from a recent email from Kay expressing gratitude for the class that offered her education and empowerment that inspired her to create a special keepsake, this class checked all the boxes! Thank you, Kay, for sharing your story, and Irmi's story.



SEE PAGE 7 FOR DIGITAL SCRAPBOOKING CLASSES IN JULY AND SEPTEMBER.

IRMI'S FAMILY IN AUSTRIA HOLDS THE PHOTOBOOK



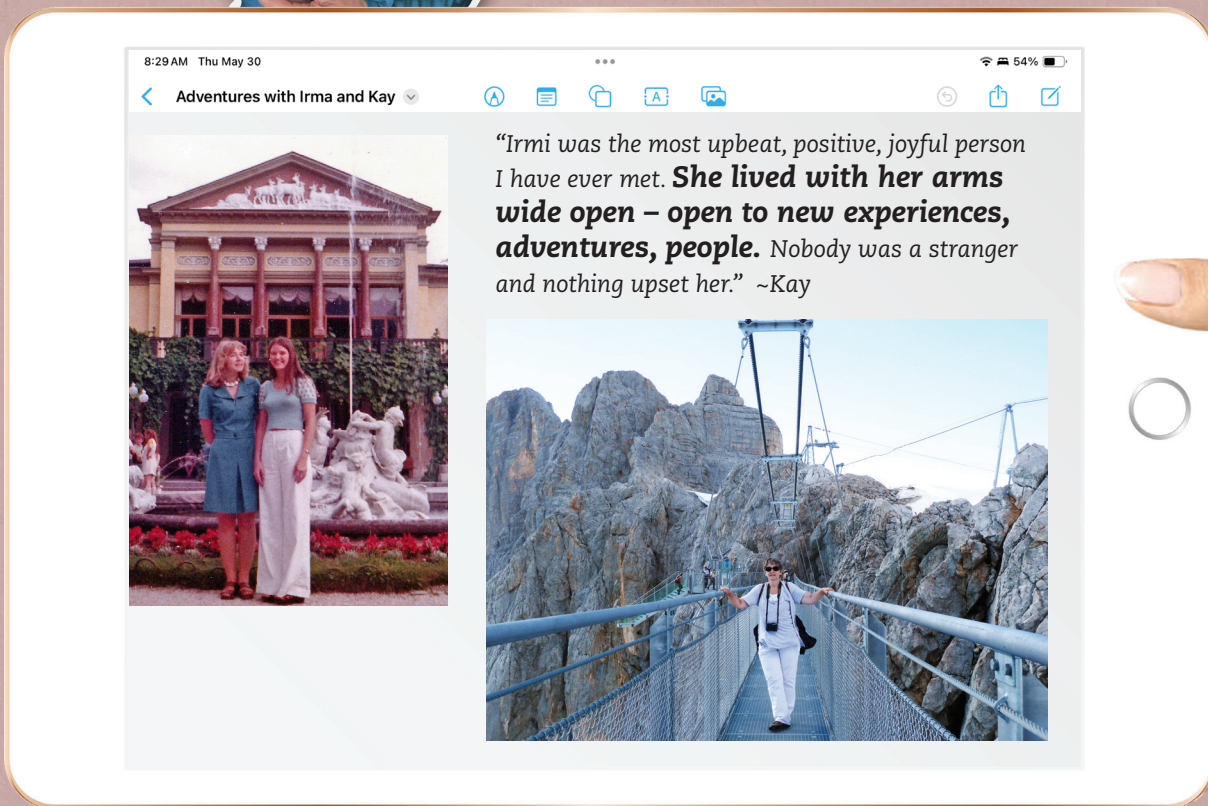
pen

KAY LEARNED TO MAKE A PHOTOBOOK ONLINE WITH HANDS-ON HELP

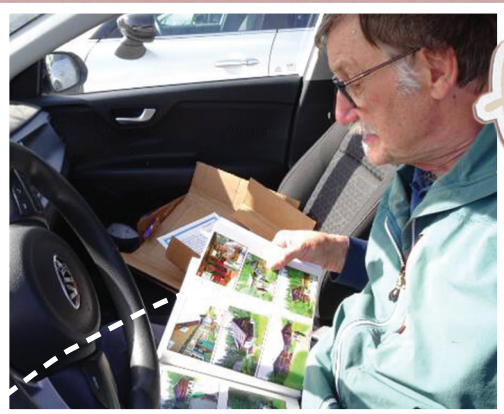


Kay met Irmi in July 1973 at 19 while studying German language at a community college. Irmi and her family lived on a dairy farm in a small village. "It was rustic. Their house was about 100 years old," she recalled.

In the decades between 1974 and 1991, both led busy lives. Irmi became an English teacher, married and raised five children, while Kay worked, traveled and loved a family of her own. In 1991, Kay reunited with Irmi in Austria, and returned a half-dozen more times before the pandemic closed travel and Irmi became sick with cancer.



IRMI'S HUSBAND, RUPERT, WAS SO EXCITED ABOUT KAY'S PHOTOBOOK THAT HE LOOKED THROUGH IT IN HIS CAR AS SOON AS IT ARRIVED



Happy



Memories

TRANSPORTATION

Clients stay engaged in life

Care Van SERVICE

Life doesn't always go as planned. Sometimes we could use a little help getting around, either a hand up, an arm to lean on...or even someone to drive us to medical service appointments!

Camarillo Health Care District offers door-through-door CARE-A-VAN Transportation Services for non-emergency medical appointments and other activities of daily living (ADL). Many calls are to attend District programs, or go to appointments such as dialysis, chemotherapy and physical therapy.

Rides must originate within the District, and costs vary, depending on the destination area and whether it's round trip or one-way. In spite of occasional traffic conditions or unforeseen traffic delays, the team makes every effort to get you where you're going on time.

FROM CAMARILLO TO:	1-WAY	ROUND TRIP
Camarillo	\$20	\$40
Oxnard, Newbury Park, Thousand Oaks	\$25	\$50
Ventura, Port Hueneme, Moorpark, Westlake	\$30	\$60

Rides originate in Camarillo

- Drivers are trained in CPR and first aid, and have additional sensitivity training in transporting frail, elderly, cognitively- and mobility-challenged riders.
- Needs occurring outside of regular business hours may be able to be accommodated under special circumstances. You are encouraged to call regarding a special need.
- Advanced notice for making a ride reservation offers more scheduling opportunities.

RESERVE YOUR RIDE
805-388-2529



Nenagh works full-time, and when her husband needed transportation during the day, she called Camarillo Health Care District's CARE-A-VAN Transportation Services. Nenagh says:

“This service is incredible because I know my husband is safe. For me, it has been peace of mind knowing someone would be here reliably. We have been fortunate to have a driver who is so charming and patient.”

She also appreciates the warm customer service and flexibility needed for their life right now.





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. 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.

July 10 & 17 (W) | 2-3:15pm | IC | R | \$10/\$14

Sep 4 & 11 (W) | 10-11:30am | IC | R | \$10/\$14 ND

Social Media Basics

(805) 388-1952

We'll teach you the basics of all the major social media platforms so you can feel confident using them to connect with friends and family where they are, whether Facebook, Instagram, Snapchat, LinkedIn or TikTok/Clapper. Bring your smartphone or laptop.

Aug 13 & 14 (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.

Jul 8, 11, 16, 30, Aug 14, 19, 26, 29, Sep 10, 12 | am/pm times avail. | IC | R | \$5/\$9 ND

Intro to Adventures in VR: Family & Friends Night

(805) 388-1952

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.

Sep 26 (Th) | 5:30-6:30pm | 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: Postcard-Inspired Natural Landscapes. Travel through national parks and other countries, in an immersive, photo-based experience that makes you feel as if you're there. We'll chat about our experiences and document them in our Adventures in VR passport.

Jul 24 (W) | 9:30-11am or Sep 24 (T) | 10-11:30am | 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 chat about our experiences and document them in our Adventures in VR passport.

Jul 2 (T) | 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.

Jul 2 (T) | 10-11am or Jul 23 (T) or Aug 27 (T) | 10:30-11:30am, or Sep 18 (W) | 2-3pm

IE | R | \$10/\$14 ND

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 chat about our experiences and document our travel adventures in our Adventures in VR passport

Aug 20 & 21 (T&W) | 10-11:15am | 2-part class | IC | R | \$10/\$14 ND

Intermediate VR: Wander (travel)

(805) 388-1952

Go wherever your heart desires, whether the address of your childhood home, your college campus, the streets of your hometown, a tropical destination, winter wonderland or somewhere you've always wanted to explore. This is an intermediate class. You must have taken the introductory class "Nature Treks" or "Ocean Rift" to join. We'll chat about our experiences and document our travel adventures in our Adventures in VR passport.

Jul 9 (T) | 10-11:15am | IC | R | \$10/\$14 ND

Intermediate VR: National Geographic Explore VR

(805) 388-1952

Choose Antarctica or Machu Picchu, Peru. This will be an active, immersive experience in both locations. You must have taken the introductory class "Nature Treks" or "Ocean Rift" to join. We'll chat about our experiences and document our travel adventures in our Adventures in VR passport.

Aug 1 (Th) | 2-3:30pm | IC | R | \$10/\$14 ND

Advocacy Services

Dental and Oral Cancer Screening

(805) 388-1952

Schedule a free, 5-minute dental or oral cancer screening on our campus with Clove Dental.

Jul 17, Aug 21 or Sep 18 (W), 12-1pm | 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.

Every Thursday | one-hour increments | 9am-12pm | A | NC

Scam/Fraud Intervention Coaching

(805) 388-1952

Meet with Debbie Deem, retired FBI victim specialist and fraud prevention coach. Discuss how to avoid such scams as romance imposters, fake lottery and sweepstakes winnings, cryptocurrency investment schemes, technology support scams, fake grandparent or family emergency scams, and government, bank and business imposters.

Fourth Wednesday | one-hour increments | 12pm, 1pm or drop-in 2-3pm | 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 Oct 3 (Th) 3-4pm | R | NC

Oct 10-Nov 14 (Th) 3-4pm | R | NC

Care Consultations

(805) 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 Oct 1 (T) 2-3pm | R | NC

Oct 8-Nov 12 (T) 2-3pm

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.

Dec 4 & 11 (W) 10am-12pm | 2-part class | 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.

Nov 15 | 9am-12pm | one-hour | 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.

Aug 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 Oct 1 (T) 10:30-11:30am

Oct 8-Nov 12 (T) 10:30-11:30am | 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 and fourth 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 Oct 9 (W) 2-3:30pm

Oct 16-Nov 20 (W) 2-3:30pm | 6-week series | R | \$25/\$29 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.

Jul 9-Sep 12 (T&Th) 3-4pm | 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.

Aug 9-Sep 27 (F) 1:30-3:30pm | 8-week series | R | NC

Sep 17-Nov 5 (T) 2-4pm | 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!

Jul 29-Oct 7 (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 or you may join at any time as a drop-in at a special rate.

Jul 1-Sep 9 (M) 3:45-4:45pm | 10-week series | R | \$80/\$84 (ND) (No class Sep 2)

\$15/\$19 (ND) per class for drop-in, if space is available

Jul 1-Aug 6 (T) 9-10am | R | 10-week series underway | \$15 drop-in

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

(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 weeks | 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

(800) 900-8582

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 | 9:30am-12pm | 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 "Medicare Basics: Understanding Parts and Paths of Medicare"

Attend a free, informational presentation by the Health Insurance Counseling and Advocacy Program (HICAP), part of the Ventura County Area Agency on Aging. This presentation is designed for retired seniors and those preparing to retire.

Jul 12 (F) 1-2:30pm | NC | Info (805) 477-7300

NEW "The Aging Ear, Nose and Throat"

(805) 388-1952

Dr. Saranya Reghunathan, a board-certified ENT specialist in Camarillo, will speak about common issues with the aging ears, nose and throat, and updated minimally invasive safe treatment options for those who have been suffering. Some of these conditions include chronic runny nose, ringing in the ears and ear blockage and pressure, nasal congestion, chronic cough, trouble swallowing and hoarseness.

Jul 23 (F) 12-1:30pm | R | NC | Seating is limited

NEW "The Aging Spine – Arthritis and Spinal Stenosis"

(805) 388-1952

Dr. Justin Millard, a board-certified spine surgeon at Community Memorial Healthcare, will present "The Aging Spine – Part 3." In his practice, he focuses on minimally invasive spine surgery and motion preservation spine surgery.

Jul 26 (F) 1-2:30pm | R | NC | Seating is limited

NEW "Benefits Enrollment Center: Programs that Can Save You Money"

Attend a free, informational presentation by HICAP, part of VCAAA. This presentation is designed for seniors 60 plus, caregivers and people living with a disability.

Aug 9 (F) 1-2:30pm | NC | Info 805-477-7300

NEW "New to Medicare: Turning 65 or Retiring?"

(805) 388-1952

Attend a free, informational presentation by HICAP, part of VCAAA. This presentation is designed for seniors 60 plus who are thinking about retiring.

Sep 6 (F) 1-2:30pm | NC | Registration is not required

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

(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

(805) 388-1952

Staff connect you with helpful resources within the District

Share your thoughts and ideas,
WE'RE LISTENING



“ We would appreciate receiving your thoughts and perspective on District programs and services, especially new ideas! ”



✉ Please email us at
info@camhealth.com

 Camarillo
HEALTH
CARE DISTRICT
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camhealth.com



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Radiation therapy is highly effective in curing skin cancer, providing minimal scarring and preserving your healthy tissue. Treatments are painless and take less than 2 minutes. Areas often treated include scalp, neck, nose, cheeks, ears, and hands.

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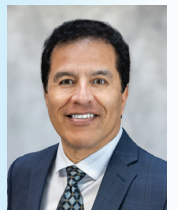
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