

C A M A R I L L O

# Health Care District

APRMAYJUN 2025

HEALTH AND WELLNESS SINCE 1969

## VIRTUAL REALITY

**BOOST WELLNESS  
WITH VR FITNESS**

**GLOBAL ESCAPES  
AWAIT IN THE  
VR TRAVEL CLUB**

## A MESSAGE FROM

KARA RALSTON, CHIEF EXECUTIVE OFFICER



**The world is full of magic things,  
patiently waiting for our senses  
to grow sharper.** —W.B. Yeats

I guess I'm what people call "old school". As staff would explain, I am the only remaining employee hired in the late 1900s (LOL! Hired in 1998) and when you put it that way... I agree that I probably

am old school in many ways!

But not so much with technology! I have truly enjoyed the development of our many programs with virtual reality and this column is intended to encourage you to try it if you haven't yet. It's fantastic. It's not scary. It's beyond anything that can be explained; it just simply must be experienced.

We were right there with you when the world "closed" during the COVID19 pandemic... hard to believe it's already nearly five years ago. With health services and schools and banking and other activities of daily living cut off from in-person interactions, it became imperative to learn and use new technologies. During the work to re-emerge and reopen from the pandemic, we were committed to helping people fit back into a very changed world. That was the genesis of our research and development of ways to enhance the community's digital literacy and help people become more comfortable using special technologies.

In addition to helping people accomplish daily tasks, there is also now plenty of data showing how virtual reality education, relaxation, and exercise offer tremendous opportunities to teach digital literacy, offer new experiences, increase socialization and reduce symptoms of depression (which unfortunately became a new highlight of serious social and emotional health during the pandemic).

In addition to the VR Activity Club and the VR Travel programs highlighted in this issue, we also offer a broad selection of super fun and effective technologies with a variety of applications for cognitive strengthening, fall reduction, upper and lower extremity strengthening, and cognitive sharpening.

I truly hope that you'll register for some of these classes and programs and experience it personally. We look forward to helping you find the magic things in your life!

Always,

*Kara*

### BOARD OF DIRECTORS

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## IN THE NEWS

### District Receives Bridge to Recovery: COVID 19 Mitigation & Resilience Grant

The Camarillo Health Care District is pleased to receive grant funding through the Bridge to Recovery for Adult Day Services: COVID 19 Mitigation and Resilience Grant. This grant funding provides an upgrade in the heating, ventilation and air conditioning (HVAC) system in the Adult Day Center, along with modifying the system to utilize MERV 13 filters which offer a high level of filtration leading to improved indoor air quality in the day center. This grant stems from the California Department of Aging working with the Centers for Disease Control and Prevention to add or improve ventilation systems following the COVID19 pandemic. THANK YOU!

### District Receives VCCIE Grant Funding

The Camarillo Health Care District is pleased to announce the receipt of funding from the Ventura County Community Information Exchange (VCCIE) to participate in their collaborative programming to help navigate health and social services through information sharing and coordinated care. The VCCIE seeks to create multidisciplinary partners utilizing a shared resource database and integrated technology, and to improve real-time care coordination to promote progress in quality-of-life indicators. THANK YOU!

### District Hosts Focus Group

The District was pleased to host a focus group recently for older adults and caregivers in collaboration with the Ventura County Community Health Improvement Coalition's (VCCHIC) work on the triennial Community Health Needs Assessment. The District was selected as a host due to its leadership in those populations. The health needs assessment takes place every three years.

### STAFF

Kara Ralston, MBA, SDA   Blair Barker, MPH   Luis Morales, III, RN, BSN  
Chief Executive Officer   Program Officer   Care Services Director  
Sonia Amezcua, MPPA   Mary Ann Ratto, BA, CSA  
Chief Administrative Officer   Adult Day Center Director

*Changing Aging.*

# Testimonials



My husband and **I LOVE** the BALANCEfit class.

**Thank you** for your hard work and these opportunities!

I used the **AARP tax service** and it was very successful.

The combination and **quality of resources** for the caregiver and care receiver are an essential part of the lives of a caregiver such as I. Pleasure working with you!

We are **really pleased** with the attention that is provided to all the seniors who spend the day at the Centre, be it getting a cushion to sit on, or special way coffee is prepared etc. [The] transportation drivers are so very helpful and caring!

The Health District is doing a **great job helping seniors** like me to live a healthier and safer life.

Thank you for another **great (storytelling) event**. Inspiring speakers for love and caring for their loved ones.

Thanks to all of you! I have taken many classes and have **enjoyed all** of them.

My class was **great learning** and great fun.



**NATIONAL ELDER  
FRAUD HOTLINE**  
**1-833-FRAUD-11**  
**1-833-372-8311**



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**we  
are  
social**

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

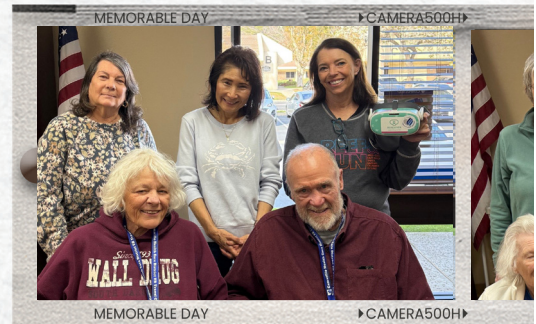
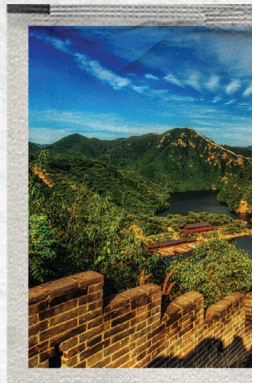
CAMARILLO HEALTH CARE DISTRICT'S

# VR TRAVEL CLUB

Virtual Tour

Makes Friends

Memories



**THE DIGITAL AGE** has literally changed the way we experience life, and now, thanks to virtual reality (VR), even traveling has taken on a new meaning!

Many people enjoy traveling but perhaps now have circumstances that prevent them from going very far or even at all.

# ourism riends and ories



**PARTICIPANTS WHO USED THE VR SYSTEM REPORTED BEING LESS SOCIALLY ISOLATED, BEING LESS LIKELY TO SHOW SIGNS OF DEPRESSION, EXPERIENCING POSITIVE AFFECTS MORE FREQUENTLY, AND FEELING BETTER ABOUT THEIR OVERALL WELL-BEING.**

In the new VR Travel Club, participants are in the same virtual place at the same time, which makes for a lot of fun, camaraderie and conversation. Between each destination, the group pauses briefly to share some laughter, connect with each other and build relationships. Each “travel day” ends with an awe-inspiring virtual excursion, like the Rise of the Lantern Festival, or a tour of Buckingham Palace, and on the last day of the series you’ll experience special encounters such as “Surrounded by Elephants,” “Toucan Encounter,” “Wild African Animals” and “Swimming with Whale Sharks”.

“The District’s award-winning virtual reality program continues to evolve, and this is the next exciting expansion,” says the District’s Program Officer, Blair Barker.

According to the study “Impact of Virtual Reality Experience on Older Adults’ Well Being” published by the Massachusetts Institute of Technology Design and Management and MIT AgeLab, “VR is believed to be beneficial to older adults due to its immersive interaction capabilities.”

Over the course of the six-week series, participants really get to know their travel companions and the feedback from participants has been rewarding. “It was fun to see places that we had already been to and to relive those memories,” said Rima, a participant in the “Global Trips” VR Travel Club. “Everyone has such an interesting background and different (real-life) travel experiences.”

“The beauty of this program is that it can bring up memories of past travels,” says Mariana Gutierrez, the District’s health promotion coordinator and “travel” facilitator, “and provide an opportunity to visit places you’ve never been. You may have a ready-made friend group, or you may make new friends,” she says. “We can’t wait to meet you!”



**VIRTUAL REALITY HELPS IMPROVE QUALITY OF LIFE AND A SENSE OF WELL-BEING IN OLDER ADULTS BY REDUCING LONELINESS, ADDRESSING DEPRESSION, AND REDUCING BARRIERS TO SOCIALIZATION THROUGH COMMON EXPERIENCES.**

Call 805-388-1952

to join a travel club

**SIX-WEEK SERIES \$30**  
Scan QR Code below for details

**Thursdays April 10 - May 15**  
10-11:15am

**Tuesdays May 20 - June 24**  
10-11:15am

**Wednesdays June 4 - July 9**  
2-3:30pm



Center the QR code in your phone’s camera, making sure it’s lit. Once detected, tap the link to visit the website.

# VIRTUAL EXERCISE

## CYBER-CYCLING AND MORE!



Imagine pedaling a bicycle across different landscapes, with three friends, but in the safety of an indoor chair! That's exactly what Camarillo Health Care District's new "Off to the Races and More" virtual reality (VR) class offers! This introductory VR class incorporates seated cycling with virtual travelling.

**“VR cycling combines cycling movements and virtual reality,”**

*says Luis Morales, III, RN, the District's Care Services Director.*

“Participants are experiencing various games in a virtual setting while getting the benefits of moving their bodies and working their cardiovascular system. Further, because it's with three other participants, they not only enjoy low-impact cycling movements but also get to socialize and enjoy different virtual reality experiences with friends.”

According to the National Institute of Health, studies show that physical activity among older adults reduces the risk of numerous diseases and chronic conditions, delays the onset of dementia and improves overall health. Participants of “Off to the Races and More” may boost brain health, increase self-esteem and strengthen their sense of holistic purpose if they participate regularly, according to the makers of the system.

VR cycling promotes motivation and brings a gamified experience to one's workout routine, which can encourage consistency and make exercise feel more enjoyable and accessible.

**“Virtual Reality cycling offers a safe, engaging and adaptable workout experience that benefits both the physical and mental well-being of participants,”**

*says Blair Barker, the District's Program Officer.*

“This low-impact exercise is customizable to accommodate various fitness and mobility levels. Additionally, research has shown that it enhances mood, creates a sense of togetherness, and reduces feelings of isolation through these immersive environments and interactive experiences.”

“It was an out-of-body experience,” said Harriet, who participated in one of the first classes offered this year. “I felt relaxed, and so happy and enthusiastic. After the class, I had a serotonin high (mood boost) and was so excited to sign up for every other VR experience you offer. Everybody should do this!”

The program includes hand-eye coordination tasks, physical exercise, cognitive drills and socialization. In the first half



# CISE



of the class, pop balloons that appear in front of you as you make your way down different trails improving your hand-eye coordination and cognitive skills through color and pattern matching tasks. In the second half of the class, an infinite canvas offers creative sketching skills of whatever sparks your imagination..

Studies also show that loneliness and social isolation are associated with higher risks for health problems such as heart disease, depression, and cognitive decline in older adults, and the World Health Organization (WHO) declared loneliness a global health threat in November 2023. Take a Loneliness Quiz, Page 9.

**“The reaction from participants to this class has been very positive. It has been fun to see their competitiveness while racing each other and playing paddleboard,”**

*said Mariana, Health Promotion Coordinator for the District.*

The District introduced “Off to the Races and More” in January 2025 as an extension of its award-winning Adventures in VR program. According to the maker of the system, one study found that use of the seated cycles, combined with the VR activities, resulted in a 48% decrease in fall worry and a 9% increase in movement speed. The social engagement element of this new program is also beneficial.



## INTRO TO ADVENTURES IN VR: CYCLING & MORE

**Friday April 18 or  
Monday, June 23**

10:00-11:15am

\$5 / \$9 non-district

*Scan QR Code for more details*

**REGISTER NOW!**

**Call 805-388-1952**

*Center the QR code in your phone's camera, making sure it's lit.  
Once detected, tap the link to visit the website.*

**SCAN ME**



# VR ACTIVITY CLUB

The VR Activity Club is tons of fun and designed to encourage socialization, reduce symptoms of depression and create a sense of belonging.

## EACH CLUB ACTIVITY OFFERS THE OPPORTUNITY FOR SOCIAL CONNECTIONS THROUGH THE USE OF VIRTUAL REALITY ACCOMPANIED BY IN-PERSON ACTIVITIES.

According to John Hopkins Medicine, depression is more common thought with nearly 1 out of every 10 adults reporting being depressed at any given time, and about half of them reporting severe depression.

VR Activity Clubs consist of six individuals who meet once a week for four consecutive weeks, and experience virtual reality adventures. These experiences are in one-hour sessions with an additional 30 minutes set aside for an optional Snack & Chat in which participants may bring their own nibbles and snack while getting to know each other better, building what we hope will be fun connections and possibly new friendships.

Members of the very first VR Activity Club celebrated Irish culture on St. Patrick's Day by virtually touring the Emerald Isle, exploring natural wonders and taking a private (virtual) tour of the Guinness Factory. After the virtual traveling, the activities included writing an Irish limerick, solving a St. Patrick's Day word search and virtually hiking the Dingle Way.

### VR ACTIVITY CLUB 1

Tuesdays | 10-11:30am | \$30 four-week series

- April 22 Celebrating Earth:** We'll explore our wonderful planet in honor of Earth Day. Activity: How many bird species we can identify?
- April 29 Blast from the Past and Reminiscing:** Let's travel back in time. Activity: "Name the Disco Tune."
- May 6 Mental Health is Everything:** We'll kick off Mental Health Awareness Month by indulging in nurturing and restorative experiences. Activity: Positive affirmations and powerful phrases using the words "I am."
- May 13 Motherhood:** Enjoy a playdate with a happy granddaughter, touring a colorful flower field, and learning about Princess Diana's endless love for children. Activity: Write a Mother's Day poem.

### VR ACTIVITY CLUB 2

Fridays | 11am-12:30pm | \$30 four-week series

- June 20 Perfect Summer Day:** Venture deep into the Sierra Nevada Mountains of California. Activity: Develop a Beach Day playlist.
- June 27 A Day at the Museum:** Let's explore museums around the world! Activity: Draw a portrait in infinite space with VR Paint.
- July 11 Scenic Safari:** Virtual tours of Patagonia, the Galapagos Islands and Grey Glacier. Activity: Mimic movements of animals.
- July 18 Revitalized by Nature:** Virtual tour of Sapa, Vietnam. Activity: Reflect on nature as we journal together.

### SCAN QR CODE FOR MORE DETAILS

PLEASE CALL  
805-388-1952  
TO REGISTER

Scan me





# Online Class Registration

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

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.*

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.

Apr 28 & 30 (M&W) 2-3:30pm | 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.

May 13 & 14 (T&W) 2-3:15pm | 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.

Apr 8, Apr 15, May 7, May 21, Jun 5 & 9 | am/pm times avail. | IC | R | \$5/\$9 ND

### Intro to Adventures in VR: Cycling & More (805) 388-1952

It's off to the races in the first half of this introductory VR class, which incorporates desk cycles, so it feels like you're truly outdoors biking. And the best part is you're not alone! Join three others in races across the different landscapes while safely seated. Pop balloons that appear in front of you as you make your way down the trail improving your hand-eye coordination and thinking skills. In the second half, showcase your artistic skills as you paint on an infinite canvas.

Apr 18 (F) 10-11:15am | IC | R | \$5/\$9 ND

Jun 23 (M) 10-11:15am | IC | R | \$5/\$9 ND

### Intro to Adventures in VR: Family & Friends Night (805) 388-1952

Go scuba diving in an underwater safari park. Choose your sea creature — a shark, whale, sea turtle, dolphin, sea lion and more. Interact with them virtually while learning about the creature and their habitat. We'll show you how to use the equipment and discuss the benefits of VR. Afterward, we'll chat and document our experiences in our Adventures in VR passport.

May 21 (W) 5:30-6:30pm | IC | R | \$5/\$9 ND

### Intro: VR Travel Club (805) 388-1952

Explore the world virtually as part of a core group that meets weekly for six weeks. You'll visit various countries, cities, check out landmarks, go on excursions and make friends along the way. We'll chat about our experiences and document our travel adventures in our Adventures in VR passport. A Travel Club lanyard with your club's photo gains you entry to this unique VR travel experience. Includes an optional Snack & Chat.

Apr 10-May 15 (Th) 10-11:15am | 6-week series | R | \$30/\$34 ND

May 20-Jun 24 (T) 10-11:15am | 6-week series | R | \$30/\$34 ND

Jun 4-Jul 9 (W) 2-3:30am | 6-week series | R | \$30/\$34 ND

### Intro: VR Activity Club (805) 388-1952

Explore the world virtually as part of a core group that meets weekly for four weeks. You'll visit various countries and cities, participate in activities together and make friends along the way. Includes an optional Snack & Chat.

Apr 22-May 13 (T) 10-11:30am | 4-week series | R | \$30/\$34 ND

Jun 20-Jul 18 (F) 11am-12:30pm | 4-week series | R | \$30/\$34 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.

Jun 12 (Th) 9-10:15am | 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.

May 28 (W) 10-11am & Jun 2 (M) 2-3pm or | 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

May 5 (M) 2-3:15pm | IC | R | \$10/\$14 ND

## Advocacy Services

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

Schedule a confidential appointment with an elder law and estate planning expert.

In-person or virtual appointments are available.

Mondays | 1-4pm | A | NC

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

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

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

### Health Insurance Counseling & Advocacy Program (HICAP) (805) 388-1952

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

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

### 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

### Care Consultations (800) 900-8582

Care Consultations are confidential, personalized discussions that can help sort out and address issues important to you. Our professional staff can help you prioritize needs, address concerns, and make recommended plans for living independently at home. Plans also include direct assistance in accessing a broad variety of community resources. Appointments available in-person, virtually or telephonically. A | NC

### Dealing with Dementia (805) 388-1952

The Dealing with Dementia Program is 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 caregiver self-care and stress management. Receive a comprehensive manual.  
Jun 11 & 18 (W) 10am-12pm | Material cost \$35/\$39 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.  
Jun 6 | 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. The challenges and struggles one faces become very real to the participant, triggering heightened empathy and understanding, creating a catalyst for meaningful communication and improving quality of care.  
May 2 (F) 9am-12pm | R | NC Sign up for one hour

### 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  
May 20-Jun 24 (T) 10-11:30am | R | Material cost \$30/\$34 (ND)  
Session 0: May 13 (T) 10-11am

### The Wellness Hour: Practical Tips for Healthy Aging (805) 388-1952

Join us for Practical Tips for Healthy Aging. We will discuss strategies for maintaining a healthy diet, staying active, managing pain, and enhanced overall well-being. Learn simple, effective habits to boost energy, improve mobility, and support a vibrant, independent lifestyle.  
May 16 (F) 10-11am | R | \$10/\$14 ND

### The Wellness Hour: Caring for Yourself While Caring for Others (805) 388-1952

Are you a family caregiver putting others before yourself? Are you feeling frustrated, anxious or irritable? Come to this lecturette to learn ways to care for yourself while caring for another.  
Jun 25 (W) 10-11am | R | \$10/\$14 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.  
9-10 am (T&Th) at the Camarillo Health Care District, Building E

### Bingocize (805) 388-1952

"Bingocize" is a fun and interactive program combining education with exercise and social engagement. Methods taught in this course focus on health education, knowledge of fall risks, health activation, and aspects of cognition, while the exercise helps with upper and lower body strength, balance and range of motion.  
Apr 22-Jun 26 (T&Th) 11am-12pm | 10-week series | R | \$50/\$54 ND

### 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.  
Apr 30-Jun 18 (W) 1:30-3:30pm | 8-week series | R | \$40/\$44 ND

### 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. Beginners welcome!  
Apr 21-Jun 30 (M,W) 10:30-11:30am | 10-week series | R | \$60/\$64 ND

### 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. Drop-in is currently underway 3:45-4:45 pm on Mondays and 9-10 am on Tuesdays.  
May 27-Jul 29 (T) 9-10am | R | 10-wk series | R | \$80/84 ND or \$15/19 ND drop-in  
Jun 16-Aug 18 (M) 3:45-4:45pm | R | 10-wk series | R | \$80/84 ND or \$15/19 ND drop-in

## Special Presentations & Community Outreach Events

### NEW "Burn Injuries and Treatment" 805-388-1952

Attend a free, informational presentation on burn injuries and treatment by Dr. Rachel Williams, a board-certified general and critical care surgeon specializing in burn and wound care. She will discuss the different degrees of burn injury, how to treat a burn at home and when to go to the hospital for treatment, and advances in treatment.  
Apr 17 (Th) 9-10:30am | R | NC

### NEW "The Aging Ear, Nose and Throat" 805-388-1952

Dr. Saranya Reghunathan, an ENT specialist in Camarillo, will speak about common issues with aging ears, nose and throat, and updated minimally invasive safe treatment options for those who have been suffering chronic runny nose, ringing ears and blockage, nasal congestion, chronic cough, trouble swallowing and hoarseness.  
Apr 30 (F) 12:30-2pm | R | NC

### NEW "Addressing the Stigma of Addiction" 805-388-1952

A free presentation by Dr. Jonathan Shirman, a board-certified physician specializing in family medicine and addiction medicine. This presentation will explore the nature of addiction, the impact of stigma, and the vital role of addiction medicine.  
May 1 (Th) 2:30-3:30pm | R | NC

### NEW "Inside Robotic-Assisted Knee Surgery" 805-388-1952

Attend a free, informational presentation by Dr. Petros Frousiakis on robotic-assisted total knee arthroplasty. Learn the technology behind robotic systems and review clinical data comparing and patient selection criteria and postoperative rehabilitation considerations.  
May 7 (W) 12:30-2 pm | R | NC

### NEW New to Medicare: Turning 65 or Retiring? 805-388-1952

Attend a free, informational presentation by HICAP, part of VCAAAA. This presentation is designed for seniors 60 plus who are thinking about retiring.  
May 23 (F) 1-3:30pm | NC

## 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 award-winning program 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 award-winning 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 | \$4 suggested voluntary contribution

**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) 388-1952x107  
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.

## 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

### LONELINESS QUIZ

- ANSWERS: **1** HARDLY EVER **2** SOME OF THE TIME **3** OFTEN
- > How often do you feel that you lack companionship? **1 2 3**
  - > How often do you feel left out? **1 2 3**
  - > How often do you feel isolated from others? **1 2 3**

Researchers have grouped people who score 3-5 as "not lonely", and people with a score from 6-9 as "lonely".



## 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 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](mailto:info@camhealth.com)



Camarillo  
**HEALTH**  
CARE DISTRICT

3639 E. Las Posas Road, Suite 117  
Camarillo, CA 93010  
[camhealth.com](http://camhealth.com)



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Our radiation oncologists work closely with you to create a customized treatment plan.

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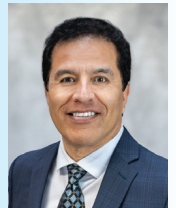
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