



Healthy ATTITUDES

camhealth.com

APRMAYJUN 2022

CAMARILLO HEALTH CARE DISTRICT

A MESSAGE FROM KARA RALSTON, CHIEF EXECUTIVE OFFICER



Why do we tend to clean in the Spring? Historians say that Spring cleaning started as a way to clean away Winter's mess. Back in the day, when homes were heated by hearth fires and doors were kept tightly shut to keep in the warmth, soot and grime accumulated during the cold months. When the warmer weather of Spring arrived, an all-out cleaning would take place to remove Winter's grime.

There are many parallels to this in life; many situations where we tend to clean out and start over, like, New Year's Eve, an anniversary of some sort, a certain milestone reached... and Springtime! It's as good a time as any to commit to a change. If you're contemplating a Spring clean in your life, we hope it will include a commitment to healthy choices and habits, and maybe you'll join us as we sweep out old habits, and welcome in new ones!

With that said, we became curious about what it takes to make a new habit. Turns out, what it takes to make a new one is very similar to what it takes to break an old one! Things like, know what "triggers" you, have an accountability buddy, be mindful, make reminders, stay consistent. If you're game to join us, here is a brief compilation of some common habit-making/habit-breaking steps (from a broad google search). Not everything works for everyone in every situation, but perhaps these can serve as a starting point:

Make a Habit

- Commit to doing the new "habit" every day for at least 30 days
- Start simply and keep it simple
- Be consistent
- Know what triggers you
- Get a buddy to do it with you

Break a Habit

- Know what triggers you
- Investigate why it is a trigger for you
- Get a buddy to do it with you to help keep you accountable
- Be mindful about why you do the habit you're trying to break
- Prepare for slipups
- Celebrate progress

If you're "cleaning" and making some changes in your life, we'd love to hear about your goals, motivation and progress! You can share your story by visiting our website at www.camhealth.com, and on the home page, select "Share Your Story: Making New Habits... Breaking Old Ones!". You'll see where to click to email your story. We look forward to hearing from you!

Kara

IN THE NEWS

District is Hiring

If you, or someone you know, is looking to join a fantastic team of dedicated health, wellness and support service professionals, please consider looking at our website for job opportunities at www.camhealth.com... then select, "Join our Team". We would love to see your application and resume! You may also call Human Resources directly at 805-388-1952 ext.125 and speak with Sonia Amezcua, Human Resources.

Mask Mandate Lifted

On March 16, 2022, Ventura County Public Health lifted the local Health Officer Order requiring masking in indoor public places. The order continues to require masking in certain environments, which includes at the Camarillo Health Care District inside the Adult Day Center and inside the Care-a-Van vehicles.



Public Health, in alignment with the California Department of Public Health, continues to strongly recommend masks to be used as an effective tool to prevent the spread of the virus especially when case rates are high, or when additional personal protection is needed. Continuing to mask in indoor public settings, especially crowded or poorly ventilated spaces, remains the safest choice for an individual and protects those who are medically vulnerable or are not able to get vaccinated, like young children.

Community members are encouraged to follow prevention strategies, such as wearing well-fitted masks; staying home and testing when symptomatic; testing before gatherings; and improving indoor ventilation in situations where these strategies can add protection for themselves or others. Staying up to date on vaccinations, meaning primary series and boosters when eligible, remains the most important way to prevent severe illness, hospitalization and death (the full press release is available at www.vcrecovers.org).

BOARD OF DIRECTORS

Thomas Doria, MD
President
(805) 482-3232

Martin Daly
Vice President
(805) 443-4215

Mark O. Hiepler, Esq.
Clerk of the Board
(805) 988-5833

Richard S. Loft, MD
Director
(805) 484-4651

Christopher Loh, MD
Director
(805) 386-4539

STAFF

Kara Ralston, MBA, SDA
Chief Executive Officer

Sonia Amezcua, MPPA
Chief Administrative Officer

Lynette Harvey, RN, BSN, CCM
Clinical Services Director

Mary Ann Ratto, BA, CSA
Adult Day Center Director

Blair Barker, MPH
Care Services Director

Testimonials



*I attend the CCOA [Camarillo Council on Aging] monthly meetings... and I was **impressed** with the presentation by Lynette [Camarillo Health Care District] ...and was reminded of all the wonderful programs you offer seniors and folks with disabilities. Keep up the good work!*

—satisfied community member

*Monica is great! She is our Walking Group Leader...I have been with the group for approximately five months now. It's a **great and fun** group of people. I took the Matter of Balance Class...Casey and Leslie were also great leaders. I'm scheduled to take the UCLA Memory Class next month in April. Keep up the great work Camarillo Health Care District!!!!*

—satisfied activity client

*The HUR [Balance Machine] trainers are **wonderful!** They are patient and supportive. Thank you all!*

—satisfied balance client

*I really **enjoyed** Casey & Leslie doing the Matter of Balance class.*

—satisfied balance client

*Leslie was very **helpful and patient** with our class in July and succeeding months. I would like to join the class again in Tai Chi. It helped me in my arthritis. Thank you.*

—satisfied exercise client

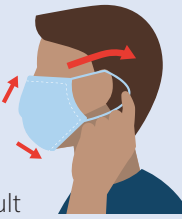


ON THE COVER

We hope this beautiful image conveys the hope we feel as we continue to move forward in difficult times.

Mask Mandate Lifted

Following guidelines issued by the Ventura County Public Health Officer, masks are no longer required to enter the Camarillo Health Care District, however some services still require masking under different guidelines. Masks are still required to enter the Adult Day Center and to enter the Care-a-Van vehicles. Please wear a mask in any setting if it makes you feel more comfortable.



Follow these guidelines to properly wear your face mask

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

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

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

www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/proper-mask-wearing-coronavirus-prevention-infographic

connect with us!

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



FACEBOOK

CamarilloHealthCareDistrict

TWITTER

@changing_aging

INSTAGRAM

@camarillo_health_care_district



It seems as if Springtime is full of newness. . . new blooms, new foliage, new baby birds. It also seems as if Springtime offers people a sense of renewal and opportunity to make changes in lifestyle, choices and priorities. If that is the case for you, we encourage you to read through the following pages and see if some of the programs and services at the Camarillo Health Care District can assist you and your loved ones.

PROGRAMS & SERVICES

Adult Day Center



The Adult Day Center at the Camarillo Health Care District (District) is a state-licensed social model providing a person-centered focus on individual preferences and abilities. Clients look forward to spending time in the warm, inviting and home-like setting where activities are designed to engage and support each client and to encourage socialization and participation in a safe, respectful, and social environment that provides mental and physical enrichment, recreation and fun for all abilities.

The Adult Day Center at the District offers a compassionate option for adults who benefit from additional care during the day due to health conditions such as Alzheimer's disease, Parkinson's disease, dementia, stroke, brain injury, decreasing mobility, isolation or loneliness. Additionally, the Center

offers important respite time off for family caregivers and other family members.

Nutritious and well-balanced meals, snacks and beverages are provided in a home-like setting throughout the day, while also accommodating many special dietary needs. Trained and caring staff provide assistance with personal care needs along with planned activities and socialization for many interests and ability levels.

Full or half-day services, single or multiple days a week, and other options can help develop a plan to meet the needs of your family. We encourage you to schedule a visit and tour (no fee/no obligation).

Mary Ann Ratto, Director
maryr@camhealth.com | 805.388.1952 x111

Care-A-Van Transportation

Camarillo Health Care District provides door-through-door transportation for non-emergency medical appointments and other activities of daily living, including to and from District programs, and throughout Ventura County. Drivers are trained in CPR and First Aid, and have additional sensitivity training in transporting frail, elderly, cognitively-challenged and mobility-challenged riders; caregivers are welcome to ride along at no charge. Vehicles are equipped with hydraulic lifts to accommodate wheelchair clients, oxygen canisters, and other assistive mobility devices. If you require wheelchair transport, a standard wheelchair can be provided for use during your ride; please inform the scheduling office of your needs when making a reservation (*vehicles are not prepared to transport scooters, other similarly heavy chairs, or medical gurneys*). Rides are generally available from 8:00 a.m. to 4:00p.m. Service outside of these hours of operation may be able to be accommodated occasionally and under special circumstances.

When you make a ride reservation, you will be asked to provide the following information:

- Credit card payment can be received by telephone for a convenient, cash-free ride.
- You will be asked to provide your name, telephone number, pick-up location, destination, what time you need to be there, if you need wheelchair assistance and what type of wheelchair.
- Traffic conditions and other unfortunate/unforeseen circumstances can affect timing of rides. Please know the drivers are sensitive to your needs and concerns and have your best interest in mind. Every attempt at planning and timing will be made to get you to your appointment on time. Drivers may appropriately and safely pull off the roadway in compliance with law to contact the office for safety, assistance or to call your appointment destination.



**To make
a ride
reservation,
please call
(805)
388-2529**

It is best to make a reservation at least two or three days in advance; same-day service can sometimes be difficult to fulfill. We understand that things can change rapidly so please call anyway, but as much notice as you can give is always helpful. We also understand about changes in daily health challenges. If you need to cancel your ride, kindly inform the office with as much notice as you can give. Sometimes there will be enough notice that we might be able to help someone else who needs that time slot. Thank you for your consideration.

(Continued on next page)



PROGRAMS & SERVICES

Care Consultations are confidential, personalized discussions, offered to family members and loved ones, that can help sort out and address issues important to you. The process can help you prioritize needs, address concerns, and make a plan. Your plan may 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 similar needs, including referrals to Care Management for those situations requiring greater intervention.

The consultation process has been designed for your convenience and preference...either on the phone or virtually or in-person at the District. We appreciate the strength it takes to approach these issues, and we're here to support you...we look forward to meeting you!

Caregiver Center Services

Sometimes life can be very confusing and different from the "normal" you once knew, and it can be difficult to know where to start when seeking assistance. Camarillo Health Care District understands that life transitions can be complicated, frightening and can bring a sense of being overwhelmed.

Additionally, the District provides a broad range of other programs and services that offer professional and practical help for you and your family. This list gives you a brief idea of the depth of District dementia services, including dementia friendly training for businesses. If you don't see exactly what you're looking for, please call...we look forward to meeting you!

- ▶ Dealing with Dementia Workshop
- ▶ Dementia Live Interactive Experience
- ▶ Dementia Education, including dealing with difficult behaviors
- ▶ Community Resources
- ▶ Legal Services (No Charge)
- ▶ Library Services
- ▶ Powerful Tools for Caregivers
- ▶ Memory Screening
- ▶ Nutrition Services
- ▶ Senior Support Line (Telephone Support Line)
- ▶ Support Groups
- ▶ Dental Screening
- ▶ Depression Screening
- ▶ Caregiver Well-being Screening

Blair Barker

Care Services Director
blairb@camhealth.com
800.900.8582

Care Management

Care Management Services provide a more in-depth array of education, training, resource and referral options that can help you and your family develop a plan to age as successfully and independently as possible in your own home. A Health Promotion Coach will work one-on-one with you to conduct an in-home assessment regarding ability to perform activities of daily living (such as eating, bathing and dressing) and support activities (such as transportation, laundry, cooking), review of medications, and any need for assistance with financial, legal, insurance and caregiving. A variety of screenings are used in this process (such as depression, fall risk and cognitive impairment). All these items affect your ability to live independently at the highest level of health for you.

A person-centered plan is then developed based on the goals that matter to you. This is accomplished by trained staff members working with you in person and on the phone, making referrals, and encouraging your participation in evidence-based educational activities that help guide you toward your goals. The Health Promotion Coach will also work with you and your physician to ensure you understand your diagnosis and plan of care, your medications, and other educational tips for healthy living.

Cognitively Impaired Care Management services are also available. Cognitive impairment is caused by multiple factors such as traumatic brain injury, stroke, Alzheimer's disease or other dementias, and the goal of Care Management Services for Cognitively Impaired is to identify, address and prioritize your needs, and develop a personalized plan to address those priorities.

(Continued on next page)



Weekly calls can be scheduled to strengthen community connections and address isolation. We look forward to chatting with you!

Senior Support Line
1-800-235-9980
Monday-Friday 8am-5pm

24/7 CRISIS RESOURCES
Ventura County Behavioral Health Crisis Line
1-866-998-2243

National Suicide Prevention Lifeline
1-800-273-8255

Crisis Text Line
Text "HOME" to 741741 to connect

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

The **Senior Support Line** here at the District is a tollfree telephone number for residents age 60+, that provides compassionate, confidential conversation and emotional support over the telephone. Personnel trained in 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, the 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

Dementia Specialty Services

As specialists in Alzheimer's disease and other related dementias, Camarillo Health Care District understands the challenges and adjustments families experience while living with this diagnosis. Making decisions about such things as daily care, home safety and wandering, difficult behaviors, or the timing of other hard decisions, can be overwhelming.

In partnership with the Arthur M. Rupe Foundation, the Rosalynn Carter Institute for Caregiving (RCI), and the Benjamin Rose Institute, District staff are trained in the *Dealing with Dementia* program and the SHARE program. *Dealing with Dementia* provides practical strategies and best



practices for caregivers, for family caregivers to gain a better understanding of dementia, manage problem behaviors, and handle caregiver stress and burnout.

The SHARE program, which stands for *Support – Health – Activities – Resources – Education*, is based on the Benjamin Rose Institute on Aging research, support and resources for people with early to mid stage diagnoses of dementia. Sessions with trained dementia staff help develop a custom care plan highlighting personal preferences, discussing symptoms, communication, and values, and planning for the future.

Lynette Harvey, RN, Clinical Services Director
lynetteh@camhealth.com | 805.388.1952 x107

Senior Nutrition



Currently serves an average of 4,400 meals each month

Eating a balanced and healthy diet is important at every age, and especially for older adults. The District, in partnership with the Ventura County Area Agency on Aging (VCAAA) and City of Camarillo, provides a home-delivered meal option for residents age 60 and over through the Senior Nutrition Program. Enrollment is required for this program, and qualified applicants must generally be age 60 or over and be unable to prepare or procure food for themselves. Similar to a "meals on wheels" program, supplemental, ready-to-heat entrees are delivered to the home multiple times a week. Entrée selections vary to include beef, chicken, fish, turkey and other specialty dishes that provide a diverse and balanced low sodium diet designed by a Ventura County Area Agency on Aging Registered Dietitian. Sides such as whole wheat bread, fruit, yogurt, cheese and milk are also included. In addition to nutrition, the program also assists in the overall safety of clients with periodic visits to assess welfare and to provide referrals to additional services as needed. The program currently serves an average of 4,400 meals each month... we would love to serve you as well!

Mayra Tapia, Senior Nutrition Program Coordinator
mayrat@camhealth.com | 805.388.1952 x168

How to Register for Online Classes



Pre-registration and payment is required to secure your reservation. We're happy to assist you over the phone, online, or in person. Notification 48 hours prior to the day of class is required to receive a refund. Class credit of equal value will be offered if cancellations are received less than 48 hours prior to the day of the class. No refunds are allowed for CPR, First Aid, AED and Cooking Classes. Non-district residents include \$4.00 out-of-district fee on fee-based classes.

The information in this publication may not be copied for commercial use or distribution without the express written consent of the 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, Ext. 100

Walk-in
(M-Th 8am-7pm • Fri 8am-5pm)
3639 E. Las Posas Road, Suite 117
Camarillo, California

Tips for Successful Class Registration & Attendance

- Class registration fees must be paid prior to the day of the class. Please pay by credit card (phone or online)
- Sign-on to your virtual class a few minutes early in order to ensure audio and video are working properly
- Please call 805-388-1952, ext 100 if you experience difficulty logging into your class

During the COVID-19 pandemic, many classes and services offered virtual or hybrid platforms. Some of those options remain. Please read the class description carefully. Some virtual classes offer a "Session Zero" with a date indicated. "Session Zero" is a practice session for virtual participants to ensure proper connection to the Microsoft Teams platform, and to send pre-class information and materials. If you have any questions about connecting virtually through your computer, please call for assistance.

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

Moving & Strengthening

Bingocize

(805) 388-1952x100

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

Jul 12-Sept 15 (T&Th) 2:30-3:30pm | 10 week series | R | NC

Massage: Swedish, Pregnancy & Deep Tissue Therapy

(805) 298-3202

Lisa Ball, LMT, provides therapeutic massages that have been proven beneficial for chronic conditions, including low back pain, arthritis, fatigue, high blood pressure, depression, and everyday stress.

Tuesdays, Thursdays, Sundays | A | 1 hour: \$75 - 1 1/2 hour: \$100

Matter of Balance

(805) 388-1952x100

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 26-Jun 14 (T) 9-11am | 8 week series | R | NC

Tai Chi for Arthritis

(805) 388-1952x100

This award-winning series, based on research conducted by Dr. Lam from the Tai Chi Institute in Sydney, Australia, is designed for anyone looking to relieve pain from arthritis or other chronic conditions and improve movement, balance, strength, flexibility, and relaxation. Beginner's welcome!

Jul 5-Sept 8 (T&Th) 9:30-10:30am | 10 week-series | R | NC

Regular walking can help strengthen your legs, reduce stress, benefit your heart and improve your overall sense of well-being.

TUESDAYS AND THURSDAYS FROM 9-10AM

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!
This group meets at the Camarillo Health Care District, Building E. (805) 388-1952x100

Beginner's Walking Group



Caregiving

Care Consultations

(800) 900-8582

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

A | NC

Powerful Tools for Caregivers

(805) 388-1952x100

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

Session Zero scheduled for: Apr 27 (W) 3-4pm | R | NC

May 4-Jun 8 (W) 2-3:30pm

In Person: Jul 20-Aug 24 (W) 11am-12:30pm | 6-week series | R | NC

Health Management

"Healthier Living" Chronic Disease

Self-Management Program

(805) 388-1952x100

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

May 16 -Jun 27 (M) 2-4:30pm | 6-week series | R | NC

Chronic Pain Self-Management

Program (CPSMP)

(805) 388-1952x100

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

Session Zero scheduled for: May 10 (T) 3-4pm

May 17-Jun 21 (T) 3-4pm | 6-week series | R | NC

Dealing with Dementia

(805) 388-1952x100

The Dealing with Dementia Program was developed by the Rosalynn Carter Institute as an evidence informed educational support program for caregivers of people living with dementia. This 4-hour workshop highlights topics such as: the caregiving experience with an easily understandable explanation of dementia, best practices in caregiving, and problem solving with dementia behaviors. Learn tips for caregivers to find time for self-care and stress management. Completed workshop participants will receive a comprehensive manual for dementia caregivers. Spanish and English available.

May 6 (F) 12:30-4:30pm | \$25 (cost of materials)

Dementia Live

(805) 388-1952x100

Dementia Live is a high impact, dementia simulation experience that immerses participants into life with dementia, resulting in a deeper understanding of what it's like to live with cognitive impairment and sensory change. Participants are outfitted in specialized gear and given a series of tasks to perform, the challenges and struggles one face become very real to the participant, triggering heightened empathy and understanding, creating a catalyst for meaningful communication and improving quality of care.

May 20 (F) 9am-12pm | R | NC

Dental Screenings Dr. Eric Tamsut, DMD

(805) 388-1952x100

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

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

Depression and Caregiver Well-Being Screening

(805) 388-1952x100

Speak with a qualified counselor to learn more about symptoms of depression.

Understand more about the moods you are experiencing and learn about resources that can help. Screenings take about 30 minutes.

Apr 29 (F) 9:30-11:30am | A | NC

Diabetes Self-Management Program (DSMP)

(805) 388-1952x100

An award-winning series based on research conducted at Stanford University is designed for anyone with Type 2 Diabetes. Learn methods to reduce fatigue, pain, stress, and fear through exercise and healthy eating, and to effectively manage the disease in order to improve quality and outlook on life.

Session Zero scheduled for: Apr 21 (Th) 11am-12pm

Apr 28-Jun 2 (Th) 11am-12pm | 6 week series | R | NC

Nutrition Counseling- One-on-One Appointments

(805) 388-1952x100

Meet with Patti Jaeger, Registered Dietitian from Area Agency on Aging, to discuss your specific health topic. Topics include controlling blood pressure, lowering cholesterol, enhancing bone health and eating healthy on a budget. Participants must be 60 or older.

Second Tuesday of each month | 1-4pm | A | NC

UCLA Memory Training

(805) 388-1952x100

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

Jun 15-Jul 6 (W) 2-4pm | 4 week-series | R | \$40/\$44 material cost

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) 388-1952x100

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

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

Health Insurance Counseling &

Advocacy Program (HICAP)

(805) 388-1952x100

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

Second Tuesday of each month | A | NC

Support Groups

Caregiver Support Group

(800) 900-8582

Intended for those who are on the journey with a parent, spouse, friend, neighbor and others, who have a chronic condition requiring care such as dementia, Parkinson's, or other illnesses.

Second and Fourth Friday of each month | 9:30-11am | R | NC | District Offices

Virtual Only: Apr 8, 22, May 13, 27 Jun 10, 24

Programs & Services

Adult Day Center

(805) 388-1952x111

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

Care-A-Van Transportation Services

(805) 388-2529

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

Caregiver Center

We understand how difficult it is to have a loved one suffering with a chronic illness or significant change in health status, and we understand that it can be overwhelming. The Caregiver Center is intentionally designed to:

- help caregivers understand that they ARE a caregiver
- provide a calm and compassionate environment designed for respect and dignified learning
- support the emotional, physical, mental and financial needs of family caregivers

The Caregiver Center offers high-quality education, skills training, programs and resources to help caregivers be the best they can be, while also taking care themselves. The Center is friendly, professional, and intentionally designed to provide practical, compassionate and reality-based support for caregivers, with a variety of services available either at the Center, in your own home, or over the phone. Many services are provided at no charge. The Center can also assist with Health Promotion and Disease Prevention services

Care Management Services

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

Digital Bridge Program

805-388-1952 x100

Schedule your Digital Bridge appointment today. One-on-one, step-by-step assistance, either in-person or over the telephone, to help you in the use of various computer, communication devices and applications so that you can participate in virtual health services, medical portals, banking services, Zoom, Facetime and other virtual services. No charge.

Home Delivered Meals

(805) 388-1952x168

Provides "ready to heat" meals to home-bound residents of Camarillo and Somis age 60 and up. Meals include ready-to-heat main course, bread, butter, apples, oranges, tomatoes, fruit cups and yogurt.

Mon, Wed, Fri | 9:30-11:30am | R | \$3 suggested donation

Senior Support Line

800-235-9980

Senior Support Line is a tollfree telephone number for residents age 60+, that provides compassionate, confidential conversation, emotional support and connection over the telephone. If you or someone you know lives alone, and feels isolated or depressed, please call the Senior Support Line, Monday through Friday, from 8am-5pm. Following your first call, weekly check-in calls can be scheduled. We look forward to chatting with you!

NEW SHARE (Support • Health • Activities • Resources • Education)

(805) 388-1952x107

SHARE is a program for a person with early to early-mid stage dementia and their care partner. Utilizing a trained health coach and an intuitive SHARE iPad application, the program engages them in discussions about symptoms, communication, healthy activities, and planning for the future while keeping their own values and preferences in mind. These 5 sessions with an optional 6th family session will 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. Please call (805) 388-1952, ext. 107 to schedule.

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 (online birthdays, anniversaries, births, weddings) or other online services, the Zoom Room is available at no charge, by appointment, with assistance, at the District. The room is confidential, and appropriately sanitized between uses. Please call 800-900-8582 to schedule.

Important Numbers

The District focuses on maximizing health and wellness through evidence-based, effective and innovative services, including:

Adult Day Center & Support Services

(805) 388-1952 x111

Award-winning, person-centered day program

Care Management Services (Hospital to Home)

(800) 900-8582

Supporting well-prepared transitions from hospital to home

Care-A-Van Transportation

(805) 388-2529

Door-through-door non-emergency service throughout Ventura County

Caregiver Center

(800) 900-8582

No-cost resources for caregivers and their loved ones.

Caregiver Respite, Education & Training

(800) 900-8582

Training, resources, respite and options for family caregivers

Counseling Services – Legal, Financial, & Emotional

(800) 900-8582

Evidence-Based Programs

(800) 900-8582

Rigorously tested programs scientifically proven to show results

Fall Prevention & Home Modifications

(800) 900-8582

Home safety through resources and education

Health Education, Promotion & Advocacy Classes

(805) 388-1952 x100

Health Screenings

(805) 388-1952 x100

Variety of screenings

Lifeline Personal Help Button

(805) 388-1952 x201

Enhanced safety and independence, at the touch of a button

Senior Nutrition Program

(805) 388-1952 x168

Nutrition and socialization for home-bound and active residents age 60+

Senior Support Line

(800) 235-9980

Trained volunteers provide resources and friendly conversation



PHILIPS
Lifeline
OF VENTURA COUNTY

**Personal Emergency
Response System**

FOR AS LITTLE AS

\$21⁹⁵
A MONTH

**For all active military,
veterans and their
caregivers**

805-388-1952 x120

Not valid with other promotions or offers.
Coupon Expires: 6/30/22

**Camarillo
HEALTH
CARE DISTRICT**



**Camarillo
HEALTH
CARE DISTRICT**

3639 E. Las Posas Road, Suite 117
Camarillo, CA 93010
camhealth.com



**RADIATION
ONCOLOGY**



Your Deserve the Best Prostate Cancer Treatment Available.

Retaining your current lifestyle and potency is important and we want you to know all your treatment options. We are here for you!

Our cancer team will design a personalized, non-invasive and precise radiation therapy plan, that targets cancer cells, while preserving healthy tissue.

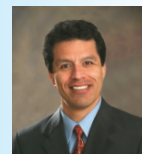
6D Robotic SBRT Prostate Cancer Treatment Available right here in Ventura County!
Schedule a consultation to find out the best treatment option for you.

OXNARD CENTER 805-988-2657 ■ CAMARILLO CENTER 805-484-1919 ■ ROCVC.COM

**The cancer care team
you can trust.**



Timothy A. O'Connor, M.D.



Henry Z. Montes, M.D.

Se habla Español.