

C A M A R I L L O

Health Care District

APR MAY JUN 2026

HEALTH AND WELLNESS SINCE 1969



Move Well. Live Well.

Innovation, Prevention and the Power of Community

A MESSAGE FROM

CEO BLAIR BARKER



Redefining Aging in Camarillo

"Aging is not 'lost youth' but a new stage of opportunity and strength." -Betty Friedan

For generations, we have seen countless ad campaigns talking about ways to fight aging as if aging is something to run from like the big, scary monster hiding underneath your bed. It has been described in terms of limitation – what has slowed us down, what we've lost and what becomes harder. At the Camarillo Health Care District, we see something much different.

Aging is about:

Strength. Possibility. Movement. Community.

This issue is centered on a simple-yet-powerful idea: Move Well. Live Well. And in many ways, that idea captures how we are choosing to define aging. Aging is not the opposite of living – aging is living. How we choose to live every day matters. The steps we take, the strength we build, the connections we nurture, the joy we share and the ways we challenge ourselves, shape our future selves. They shape the quality of years ahead.

Our teams and programs featured in this edition exemplify that philosophy. We are not working to prevent decline but rather promoting confidence and building strength. When someone feels steadier on their feet, less fearful of falling, and more assured in their balance, there is a ripple effect. That confidence ripples outward and touches on all aspects of life – our daily routines, social connection and engagement and overall independence.

As we look ahead, our vision remains clear. We will continue to build on community health and engagement through education, empowerment, service and partnership. We will continue investing in prevention, and we will continue to work to ensure that you have the tools and opportunities to age with strength, purpose and dignity.

Redefining aging in Camarillo means embracing a mindset of possibility. It means choosing connection over isolation, movement over fear and proactive wellness over reaction.

It means committing – together – to MOVE WELL. LIVE WELL.

Warmly,

BOARD OF DIRECTORS

Neal Dixon, MD Paula Feinberg Lydia Dixon, PhD Thomas Doria, MD Cris Loughridge
President Vice President Clerk of the Board Director Director

IN THE NEWS

VR Cycling Goes On Road Trip

Camarillo Health Care District has taken its "Pedaling the Planet" VR cycling program on the road. The city awarded a Community Development Block Grant to the District for fiscal year 2025-26 to help cover the cost, making it free to participants identified through community outreach.



"Pedaling the Planet" has a goal of bringing VR to at least 130 older adults – some of whom may be at risk for social isolation, loss of physical strength and mobility, or depression.

While the District has hosted many classes on campus, our VR facilitators are now taking the equipment to senior living communities and senior apartments located within the city of Camarillo to give homebound older adults an opportunity to have this unique experience.

Learn more using our QR code.



District highlighted in industry magazine

The California Special Districts Association (CSDA) featured Camarillo Health Care District's dementia specialty services, Adult Day Center and Caregiver Center in the January/February edition of its magazine. The article appeared in the "Solutions and Innovations" section, which spotlights programs that demonstrate creativity, effectiveness and measurable community impact.

This is the second time in three years that the District has been recognized in CSDA's publication. In fall 2024, the magazine highlighted our award-winning Fall Prevention Program, showcasing our commitment to safety and wellness for older adults.

As a recognized leader in community-based health services, Camarillo Health Care District continues to set the standard in its category for innovation in wellness and aging programs. Our recognition by CSDA underscores our ongoing commitment to improving the quality of life for the communities we serve.

To view the article, use the QR code.



STAFF

Blair Barker, MPH, CSDM Mary Ann Ratto, BA, CSA Asa Vaughn-Burnett, MPA
Chief Executive Officer Adult Day Center Director Care Services Director
Sonia Amezcua, MPPA
Chief Administrative Officer

Testimonials



The Caregiver Symposium panelists were **very informative**.

Staff always make it a **smooth process** to register and attend classes.

Hearing from your panelists at the Caregiver Symposium was **validating and comforting**.

I appreciated the **opportunity** to try VR Meditation.

Thank you for **caring for us**.

Dementia Live was very **insightful**. I highly recommend it.

AARP TaxAide Tax Preparation Program is a **great and welcoming** service you provide the community.

Thank you for providing very important classes, programs and services to the community.

The Elder Legal attorney was **very generous** with his time and advice.



**NATIONAL ELDER
FRAUD HOTLINE**

1-833-FRAUD-11

1-833-372-8311



**SCAN TO
LEARN!**



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**we
are
social**

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

Fall Prevention

After highlighting our Senior Nutrition Program in Winter 2026, this issue's "Heart of the District" feature turns to the Fall Prevention Team and their role in supporting healthy aging.



Bingocize

A fun and interactive program combining education with exercise and social engagement.

Tai Chi for Arthritis

Designed for anyone looking to relieve pain from arthritis or other chronic conditions and improve movement, balance, strength, flexibility and relaxation.



Walking Group

Helps you strengthen your legs, reduce stress, benefit your heart and improve your overall sense of well-being.

Matter of Balance

Focuses on managing concerns about falls through discussions about safety techniques and setting goals for increasing activity.



From Our Specialists



“Our clients are a constant source of inspiration. Their resilience and commitment to their wellbeing make this work incredibly rewarding.”

— Lesa



“Seeing clients gain confidence, improve their balance, and reengage with life brings me the most joy — especially when they share their success later.”

— Mikaela



“I focus on listening, adapting, and working together as a team so every client feels supported, heard and safe.”

— Junette



“These classes empower people to move with greater confidence, independence and joy.”

— Asa

BALANCEfit

BALANCEfit focuses 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.



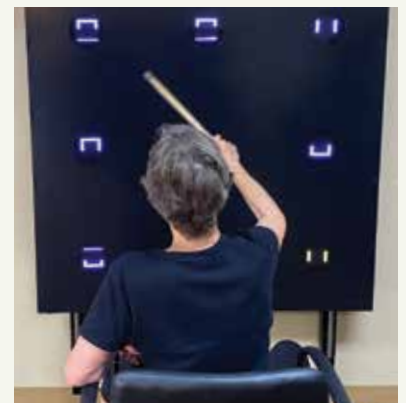
POWERfit

POWERfit combines additional rounds of BALANCEfit games with the use of resistance bands to help strengthen the upper body while building on the success of the previous BALANCEfit work.



SMARTfit

SMARTfit is physical and cognitive training disguised as fun games that make you think while you move.



REGISTER FOR CLASSES



Scan for dates, time and registration details or see pages 7-9.

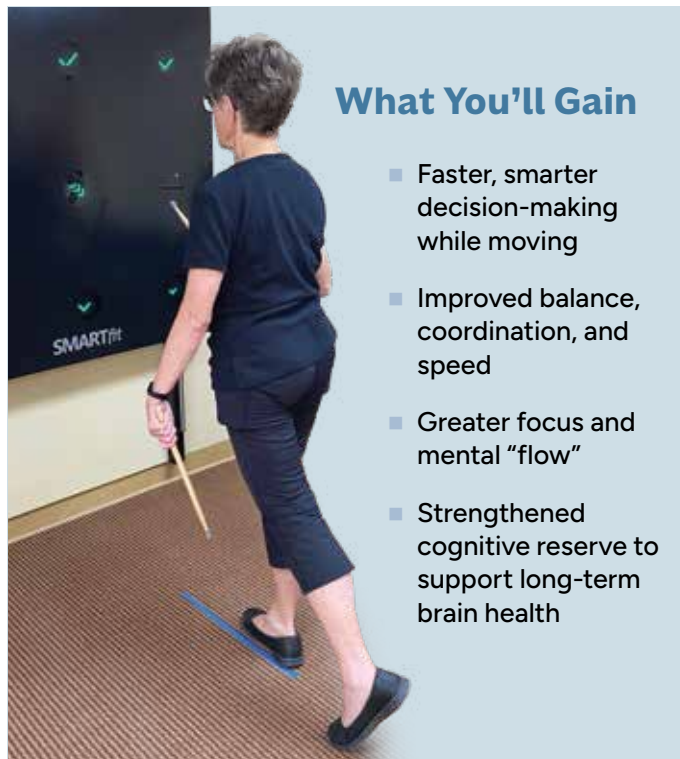


Aging Well

When we think about living, we don't always correlate it with aging. But every day we age and how we choose to LIVE – our choices like diet, exercise, sleep, relationships, activities – shapes how we age.

It's never too early (or late) to make small lifestyle changes. If you are physically able, climb the stairs instead of riding the elevator, park a little farther from the entrance, eat the rainbow (not the candy but put more color on your plate like vegetables, fruits and whole grains), sleep a few minutes longer, or accept a friend's invitation to socialize. These simple steps can impact your well-being for the better.

Camarillo Health Care District's classes, programs and services are designed to help put these choices into action – to put you in the driver's seat, on your way to a healthier future. You can meet with a nutrition counselor, register for a 10-week Tai Chi or yoga series, join our Walking Group, or participate in *BALANCEfit*, *POWERfit*, and *SMARTfit* training. Programs like Bingocize and Pedaling the Planet VR offer additional ways to stay active while engaging your mind.



What You'll Gain

- Faster, smarter decision-making while moving
- Improved balance, coordination, and speed
- Greater focus and mental "flow"
- Strengthened cognitive reserve to support long-term brain health

Physical activity is a cornerstone of healthy aging.

SMARTfit RESULTS

72

PARTICIPANTS COMPLETED THE PROGRAM

100%

Very satisfied with their SMARTfit experience

86%

More comfortable increasing physical activity

86%

Improved ability to understand and process directions

Increasing your daily movement supports mobility, balance, strength and overall wellness. That's why we've incorporated SMARTfit, a program that uniquely combines cognitive and physical training to help you stay sharp in both mind and body.

SMARTfit is part of our Activate Program, which also includes BALANCEfit and POWERfit. Using engaging, game-like exercises, SMARTfit strengthens neural pathways, improves coordination, enhances decision-making and helps participants process information more efficiently.

The system is designed for all ages and abilities and delivers preventive and rehabilitative benefits for both cognitive and motor functions.

SMARTfit is safe, motivating, and fun – exercise disguised as a game, so participants remain engaged while building physical and cognitive resilience.

To join the SMARTfit interest list, call 805-388-1952. A fall prevention specialist will contact you to schedule your one-on-one appointment. The cost is \$25 for the six-week series. ♥

See page 6 for personal stories from our clients.

Fit to Think

How Older Adults Feel About Aging

Pew Research Center, 2025

48%

Adults 65+ say they are aging very or extremely well

67%

Feel they have control over physical health

60%

Feel confident in their mobility

47%

Feel they have control over mental sharpness

SMARTfit training strengthens physical health, mobility and cognitive sharpness.

Reza's Story

Reza's mobility is limited, and he uses walking sticks to stay active. But that hasn't slowed him down. Exercising at least three times a week, he has participated in all of Camarillo Health Care District's fall prevention programs to remain engaged, independent and confident in his daily life. He has even taken some programs (like SMARTfit) more than once!



by using his thinking skills while working on coordination and movement. This is the focus of SMARTfit and what sets it apart from other classes. Like its counterparts, BALANCEfit and POWERfit, SMARTfit offers dual-task training, which combines cognitive challenges with physical activity to improve balance, response time and reduce fall risk. Each participant completes a baseline assessment, and a personalized program is developed with recommended training games.

District fall prevention staff approach each session with a person-centered focus. When Reza began SMARTfit, the staff tailored each session to his capabilities. His wife, Lynne, says, "It's not just exercise," noting that the program provides an opportunity for Reza to

“stay sharp, strong and engaged at the same time”

Patty's Story

Patty, an avid hiker who has stayed active her whole life, turned to SMARTfit at 75 to maintain her coordination and balance. She attends 30-minute sessions twice a week and plans to add BALANCEfit next. "I thought to myself,



“I need to do anything I can to keep my balance and continue hiking. I'm also interested in programs that help improve my mental capacity and memory.”

The makers of SMARTfit emphasize that repeated practice builds the neural networks necessary for efficient physical performance. By combining cognitive challenges with movement, the program stimulates the entire brain-body system, helping participants perform at their best, both mentally and physically.

Reza and Patty's stories show how personalized, engaging programs like SMARTfit help older adults stay active, confident and connected, keeping both mind and body strong for the life they want to live. ♥



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 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

NEW iPhone Tips & Tricks

(805) 388-1952

This class for iPhone users covers downloading applications, streaming music, finding and listening to podcasts, storing and sharing documents, blocking phone numbers and reporting spam calls, conference calling, FaceTime, use of emojis and adding effects.

May 19 (T) 10-11:30am | IC | R | \$10/\$14 ND

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. Bring your laptop computer or smartphone for hands-on learning.

May 20 & 27(W) 9:30-11am | 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 computer.

Jun 29 & 30 (M&T) 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. Document your adventures in a VR passport.

Apr 8 (W) 10-11:15am | Ocean Rift

May 18 (M) 10-11:15am | Nature Treks | IC | R | \$5/\$9 ND

Intro VR: Pedaling the Planet

(805) 388-1952

It's off to the races in the first half of this introductory virtual reality class, which incorporates desk cycles, so it feels like you're truly outdoors biking.

Apr 6 (M) 2-3pm | Apr 15 or 17 (W&F) 10-11am | May 11 (M) 2-3pm

May 15 or June 3 (F & W) 10-11am or Jun 8 or 17 (M&W) 2-3pm

Jun 26 (F), 2-3pm | IC | R | NC | ND

Intro 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 so you can advance to other VR classes.

Jun 24 (W) 5:30-6:30pm | IC | R | \$5/\$9 ND

Intro VR: Mindfulness & Meditation

(805) 388-1952

Relax in this virtual reality class where you'll focus on being intensely aware of what you're sensing and feeling in the moment. Use breathing methods, guided imagery and other practices to relax the body and mind to help reduce stress while in a serene 3D environment.

Apr 20 (M) 10-11am or May 8 (F) 10-11am | 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. Includes Snack & Chat.

Apr 22-May 13 (W) 10-11:15am | May 26-June 16 (T) 10-11:15am

or Jun 22-Jul 13 (M) 10-11:15am | 4-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 snack and chat.

Apr 21-May 12 (T) 10-11:15am or Jun 25-Jul 16 (Th) 4-wk series | R | \$30/\$34 ND

Intermediate: Independent Adventures in VR

(805) 388-1952

You'll be assigned a VR headset with pre-loaded apps and can choose any adventure, game or experience, including travel, concerts, brain training exercises, immersive videos and more. A staff member will be available to help. You must have taken the introductory VR class first.

Apr 10 (F) 2-3pm | May 1 (F) 10-11am | May 28 (Th) 2-3pm or

Jun (Th) 11 | 10-11am | IE | 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. Up to two per calendar year.

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

Health Insurance Counseling and Advocacy Program (HICAP)

(800) 900-8582

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. 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.

A | NC

Counseling for Family Caregivers

(805) 388-1952, ext. 215

Caring for a loved one can be rewarding, but it also can be overwhelming. The District now offers counseling to help family caregivers navigate stress, strengthen family relationships and find balance in their caregiver role. Services are provided by Ellen Louise Hood, Registered Associate Marriage and Family Therapist (AMFT 160759), supervised by Jenica Polakow, LCSW 79623. Call for an appointment. Cost is \$75.

Dealing with Dementia

(805) 388-1952

The Dealing with Dementia Program 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.

Apr 29 & May 6 (W) 1-3pm or Jun 2 & 9 (T) 9-11am | 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.

Call for an appointment | 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.

Apr 27 (M) 9am-12pm, May 22 (F) 1-3pm or Jun 19 (F) 12-2pm | R | NC

Sign up for one hour*

*Call to inquire about alternative dates or to schedule a large group

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 an in-person class.

Apr 23-May 28 (Th) 9:30-11am | R | Material cost \$30/\$34 (ND)

The Kroll Resource Library

(805) 900-8582

The Kroll Resource Library is a comprehensive collection of specialty selected resources related to caregiver duties and chronic disease. Enjoy a tranquil, relaxed environment while you learn more about your health or the health of a loved one.

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. Five-minute warm up; 45-minute walk. Safe, weather-appropriate clothing and footwear are required.

9-10 am (T&Th) at the Camarillo Health Care District, Building E

Bingocize

(805) 388-1952

"Bingocize" is a fun and interactive program with a focus on health education, such as nutrition and fall prevention, knowledge of fall risks, ways to reduce falls, health activation, and aspects of cognition. The exercise component focuses on improving functional performance for upper and lower body strength, balance and range of motion.

Apr 7-Jun 11 (T&Th) 2-3pm | 10-week series | R | \$50/\$54 ND

A Matter of Balance: Managing Concerns about Falls

(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 7-May 26 (T) 10:30-11:30am | 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!

Mar 30-Jun 8 (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 3:45pm on Mondays and 9am on Tuesdays.

Mar 17-May 19 (T) 9-10am | 10-week series | R

May 4-Jul 13 (M) 3:45-4:45pm | 10-week series | R | no class May 25

May 26-Jul 28 (T) 9-10am | 10-week series | R

Cost: \$80/\$84 ND or \$15/\$19 ND drop-in

Special Presentations & Community Outreach Events

NEW "What's New for Shoulder Replacement and Rotator Cuff Repair Surgery"

805-388-1952

Dr. Stephan Sweet, a board-certified orthopedic surgeon, will be giving a talk on "What's New for Shoulder Replacement and Rotator Cuff Repair Surgery." His innovative approach allows patients to return to their regular activities quickly.

April 16 (Th) 2:30-3:30pm | R | NC

NEW "Lifestyle Psychiatry"

805-388-1952

Dr. Seyed Hosseini Navid, associate program director and consultation-liaison psychiatrist at the Psychiatry Residency at Community Memorial Healthcare, will speak on the topic of Lifestyle Psychiatry.

April 23 (Th) 2:30-3:30pm | R | NC

NEW "Demystifying Oncology Treatment"

805-388-1952

Dr. Kay Anand will present "Demystifying Oncology Treatment." She is a medical oncology graduate from Albert Einstein University in New York, and has worked in the field for 25 years. She has a special interest in the treatment of lung cancer and the medical management of gynecological cancers.

May 4 (M) 3:45-4:45pm | R | NC

NEW "Doctor Talks"

805-388-1952

Physicians from Community Memorial Healthcare offer presentations on a variety of topics. Additional topics will include heart surgery and Multiple Sclerosis. Call for dates and times.

R | 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.
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.
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 more information.

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 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.

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.

Digital Bridge Program (805) 388-1952
One-on-one, step-by-step assistance to help you in the use of various digital communication devices and applications so that you can participate in virtual health services, medical portals, banking services 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.
M, W, F | 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, call the Senior Support Line, M-F, 8am-5pm. Regular check-in calls can be scheduled.

SHARE Program (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.
Virtual: Second and Fourth Friday of each month | 9:30-11am | R | NC
In person: First Monday of each month | 1-2:30pm | R | NC

Al-Anon Family Support Group
Al-Anon Family Support Group is a 12-step mutual-help group for families and friends of alcoholics.
Every Tuesday | 6:30-8pm | NC | 3639 Las Posas Road, Building E, Suite 115

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 Specialist (805) 900-8582
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
3639 E. Las Posas Road, Suite 117
Camarillo, CA 93010
camhealth.com



PRSR STD
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Plan for Success with Precise Prostate Cancer Treatment

6D SBRT Cancer Treatment Available Close to Home

If you or a loved one has prostate cancer, it's important to know all your treatment options. Our cancer team will design a personalized, non-invasive, precise radiation therapy plan that targets cancer cells, while preserving your healthy tissue.

Schedule a consultation to learn about your treatment options

Compassionate Care and Precise Cancer Treatment in Ventura County

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

The cancer care team
you can trust.



Timothy A. O'Connor, M.D.



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