

C A M A R I L L O

Health Care District

JANFEBMAR 2025

HEALTH AND WELLNESS SINCE 1969



SEE THE CHANGE

CAMARILLO
HEALTH CARE
DISTRICT'S
ADULT DAY
CENTER

SHARING JOURNEYS

STORIES FROM
THE HEART

A MESSAGE FROM

KARA RALSTON, CHIEF EXECUTIVE OFFICER



SEE The Change!

Our society places a lot of importance on the “ending” of the old year, and the beginning of the new one. Along with representing a fresh start, it also offers a clear deadline to either stop or start something we’d like to do or change in our lives. But more than half of

our good intentions (resolutions) fail, and there is plenty of information about why that is.

A quick Google AI search yielded a couple of theories about why resolutions fail, including:

- The goals aren’t realistic (none of us will lose 50 lbs by next week)
- There is no plan (I can stop/start anytime)
- There is no accountability (no one will know)
- There is no perseverance in the face of obstacles (it’s too hard)

And so, would it follow that the way to make resolutions successful is to reverse the above, but with a positive spin?

- Make realistic goals
- Have a plan
- Have accountability
- Persevere!

At the Camarillo Health Care District, we look forward to meeting you in the New Year and helping your resolutions succeed. The final three words of the Camarillo Health Care District’s mission statement, “*promote community health through **service, education and empowerment***”, offers a wonderful acronym of “SEE”. As you look through the magazine and peruse the website (www.camhealth.com), we hope that the programs and services here can help you “SEE” a path through life’s journey, with strength and hope.

Praying for peace and comfort in the new year.

Kara

The Mountain Fire

#camarillostrong
Camarillo Health Care District joins the community in thanking the many first responders and organizations who helped fight the Mountain Fire, and whose efforts most definitely saved lives. Many families, friends, and colleagues are facing tremendous losses, and our thoughts are with everyone affected. For information and recovery assistance, please visit www.VenturaCountyRecovers.org, the City of Camarillo’s website at www.cityofcamarillo.org/mountainfire

IN THE NEWS

Scam/Fraud Intervention Coaching in 2025

Retired FBI Victim Specialist Debbie Deem, with more than 40 years of working with crime victims, will offer fraud/scam support and information coaching on the District’s campus in 2025. Her scam intervention sessions, which were offered last year for the first time, are on the fourth Wednesday of the month. During these sessions, she listens to your story, answers questions, and focuses on tactics used by fraudsters. Appointments are available at noon and 1 p.m., and a drop-in will be offered 2-3 p.m. Call 805-388-1952 for an appointment.



Storytelling Event Focuses on Life’s Journeys

Register for our “Stories from the Heart” live storytelling event from 6-7 p.m. on Feb. 6 at the Camarillo Public Library, 4101 Las Posas Road, in Camarillo. Five Ventura County residents will share true, first-person stories about life, love and learning with a focus on caregiver and health journeys. The event is free, but registration is required as seating is limited. Call 805-388-1952.

AARP Offers Income Tax Preparation Service

AARP will offer FREE income tax preparation service in 2025 through its foundation’s TaxAide Program. IRS-certified counselors provide free preparation and e-filing of individual federal and state income tax returns, with a focus on the needs of older adults and low-income clients. Call the District at 805-388-1952 for more information or to request an appointment.

New VR Class

A new virtual reality (VR) class incorporates small desk cycles for an even greater sense of mobility! Each class also seats four people who share the adventure of “moving” through a variety of landscapes while safely seated. You can enjoy a leisurely bike ride together or it can become a fun competition among friends! Enjoy the experience and the virtual outdoor space... and get some exercise as well! To register, call 805-388-1952. For more information see page 7.



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Sonia Amezcua, MPPA Chief Administrative Officer	Mary Ann Ratto, BA, CSA Adult Day Center Director	

Testimonials



I am **very impressed** with the customer service at your facility. Everyone is so kind and helpful.

I love that you **stay in touch** with your monthly email. It reminds me to check for anything new.

Michelle was so pleasant and easy to work with when I wrote my story for your "Stories from the Heart" podcast. I've **really enjoyed** listening to the other stories. Thank you for this opportunity!

Tovertafel (Magic Table) is such an **exciting addition** to the Adult Day Care program. How lucky we caregivers are to have our loved ones in such a supportive and stimulating environment.

I received **excellent legal advice**. It was easy to book an appointment by phone and staff even called when earlier appointment was available.

Your staff and facilities are **world class**.

I had never experienced virtual reality before and I discovered that I **really enjoyed it!**



NATIONAL ELDER FRAUD HOTLINE

1-833-FRAUD-11

1-833-372-8311



contents

2

Camarillo Health Care District's ADULT DAY CENTER



6

Sharing Journeys



7

Digital Literacy & Connectivity
Advocacy Services

8

Caregiving & Health Management
Moving & Strengthening
Special Presentations &
Community Outreach Events

9

Programs & Services
Support Groups
Important Numbers



ON THE COVER

What do you see when you look in the mirror? The District offers **Service, Education and Empowerment**. Can you **SEE** the change?!



we are social

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



The Center is intentionally designed to provide a safe, respectful, and compassionate option for adults who benefit from additional care during the day due to health conditions such as Alzheimer’s disease, Parkinson’s disease, stroke, brain injury, decreasing mobility, isolation or loneliness. Additionally, the Center offers important respite time off for family caregivers and other family members.

Clients in Camarillo Health Care District’s award-winning Adult Day Center (Center) look forward to spending time in a warm, inviting and home-like setting where activities are designed for socialization, mental and physical enrichment, recreation for all abilities, and most of all fun!

Dementia is a general term for loss of memory, language, problem-solving and other thinking abilities that are severe enough to interfere with daily life. There are more than 400 types of dementia, and



ADULT DAY CENTER

Alzheimer's disease is the most common cause. Other forms of dementia include vascular dementia, Lewy body dementia and frontotemporal dementia. It often affects older adults, but it is not considered part of the normal aging process.

Socialization is important

For all of us, including those living with dementia, connecting with others helps keep our brain active, maintain memory and manage emotions. Studies have shown socialization can slow the progression of cognitive impairment in some cases. Connecting with others can't make all the challenges of dementia disappear, but it can provide support and stimulation at a time when it's most needed, and the Center is an essential resource for families with loved ones living with dementia and other cognitive impairments.

"Some families share that their loved ones come home in a better mood and with less anxiety and agitation after a day at the Center," said Mary Ann Ratto, director of the Center.

(Continued on page 4)



I am so grateful for the stimulating atmosphere Bill enjoys", one family member shared.



Miniature golf

Brain training exercises

Pet therapy

Interactive gaming system



Physical activity is fun and beneficial

In addition to socialization, the Center incorporates group physical activity as studies have shown exercise may improve some aspects of memory. But what's important is that each moment is enjoyed during those activities, and staff members make an extra effort to ensure everyone is getting the most out of their activity time, whether it's morning stretches, playing bocce ball with bean bags, air soccer, mini shuffleboard, ring toss, balloon swat or axe throwing (don't worry, it's not a real axe!).

A favorite game involves tossing balls into an upside-down hanging umbrella. "It's fast-paced, entertaining and fun."

There's a lot of laughter. It warms my heart to see them enjoying their time together," says Amy, the Center's program coordinator. The Adult Day Center enjoys a person-centered focus regarding individual preferences and abilities. Activities, whether physical or mental, are designed to engage and support each client and to encourage socialization and participation, and staff understand the intangible value of sharing time and life together in a caring environment.

Brain training exercises boost confidence

The District's newest offering, an interactive gaming system called Tovertafel ("Magic Table" in Dutch), is designed to provide "purposeful play" for participants with cognitive and intellectual challenges and was first developed for older adults living with dementia.

Research shows that playing on the Magic Table can break through restless and tense

Tovertafel is such an exciting addition. How lucky we caregivers are to have our loved ones in such a supportive and stimulating environment," a client's family wrote.



behavior, as well as increase positive emotions in people living with dementia. Games are created for a range of cognitive abilities with varying levels of complexity, and can be played individually or as a group, which promotes social bonding.

With more than 40 games, the choices are broad and diverse and include such activities as “baking” a loaf of bread, creating a song by tapping a keyboard, painting a picture or putting together a jigsaw puzzle simply by waving their hands. There is also a picnic spread complete with flies to swat, a pile of autumn leaves to toss while uncovering ladybugs, colorful kites to fly, and fun activities like “Whack a Mole” and “Memory Matching Game.”

Nutritious snacks and meals are delicious and comforting

For a person with dementia or Alzheimer’s disease, poor nutrition may cause behavioral symptoms. While people with dementia don’t necessarily need a special diet, they do, however, enjoy eating familiar foods and favorites. At the Center, lunch and snacks are provided, and you’ll likely recognize many of these staples from your own childhood, including spaghetti and meatballs, tuna casserole, meatloaf with mashed potatoes, tacos and baked ziti with garlic bread.

The Center’s “person-centered” philosophy of care, which includes utilizing important technologies to strengthen and maximize each client’s abilities daily, led to the District’s innovation award in 2015. Because of our Adult Day Program, family caregivers are reaping significant benefit from the respite this day service provides. Additionally, family caregivers remark that both they and their loved ones have seen a decrease in self-reported depression and isolation, and see a marked improvement in mood and personality. ♥

“Thank you for all that you do. I really feel lucky to be in a community that has such a terrific Day Center Program,” a caregiver wrote in an email.

Coffee hour & happy hour

Stretches and exercises

Over 40 games and activities

Nutritious snacks and meals

Gardening

ADULT DAY CENTER *Tour*

Call Director
Mary Ann Ratto
805-388-1952



Sharing Journeys

Personal storytelling event focuses on health and caregiving



DOT



PATTIE



ELIZABETH



LESLIE



DAWN

It wasn't easy. As Dot's parents grew older and faced health issues, juggling her responsibilities became challenging. Pattie found herself in a similar situation when her father had a stroke. Navigating those times with love, patience and understanding helped them through it.

Both Ventura County residents will share their respective journeys along with community members Elizabeth, Leslie and Dawn at Camarillo Health Care District's second storytelling show, "Stories from the Heart: Tales of Life, Love and Learning."

"Growing up, I never considered myself an athlete," said Elizabeth, whose story, "From English Rose to Triathlon Competitor," is about a health journey inspired by her father and nurtured by friends who held her accountable to a healthy lifestyle. "My story is about the importance of friendship and that you have the power to change how you perceive yourself," she said.

Dawn's story is about finding love later in life while experiencing the ups and downs of caring for aging parents. "What I hope listeners take away from my story is that sometimes love comes later in life, and that we should not give up hope of finding our soulmates," she said.

Pattie's story is about becoming a family caregiver for her father and the lessons she learned after she was given the gift of time with him. "All those Saturdays and all those 'Jeopardy' games on TV, I learned more about him as a person than I ever would have if it weren't for our time together.

Watching him manage his physical limitations taught me about patience, acceptance and dignity."

Leslie will talk about family dynamics during times of crisis and changing roles as parents age. She hopes her story conveys "heightened awareness of the need for communication, grace and forgiveness in family relationships."

"To me, relationships are the most important thing in the world. They're also the most vulnerable, especially when we are dealing with an ailing loved one and our own fragile, super-sized emotions. Through the season of caring for our parents, my siblings and I experienced rifts, but also some of the most precious times of connection."

Dot says she was grateful for the opportunity to help her parents during their golden years. "I feel absolutely fulfilled that I was part of their care from when (their need) began until the end of their lives."

Dot had some help from professional caregivers, recognizing she couldn't do it alone and that she also needed to take care of herself, giving herself respite and making "self-care" a priority, too. "It's paramount to be able to function and think clearly when your loved one is relying on you to make decisions and provide them with safety, security and their needs," she said. She hopes by sharing her journey, other family caregivers will understand they are not alone.

Listen to their stories in person at this upcoming event or tune into our podcast, which you'll find on Apple Podcasts, Spotify and our website. ♥

Free Event
Camarillo Public Library
Community Room
4101 Las Posas Road
Camarillo



February 6, 2025
6-7 pm
Doors open at 5:30 pm
Pre-register 805-388-1952
Seating is limited



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.

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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.

Jan 21 & 22 (T&W) 10-11:30am | IC | R | \$10/\$14 ND

Social Media Basics (805) 388-1952

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

Feb 25 & 26 (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.

Jan 6, Jan 15, Jan 28, Feb 4 & Mar 12 | 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.

Jan 17, Jan 30, Feb 12, Feb 21, Mar 4 & Mar 25 | am/pm times avail. | IC | R | \$5/\$9 ND

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

Explore the natural world, choosing different settings in nature at night or during the day, with music or soothing sounds of nature, and encountering 20 different animals, or go scuba diving in an underwater safari park. We'll show you how to use the equipment and discuss the benefits of VR, and then you're off on your adventure. Afterward, we'll chat and document our experiences in our Adventures in VR passport.

Mar 7 (F) 5:30-6:30pm | IC | R | \$5/\$9 ND

Intermediate Adventures in VR: BRINK Traveler (805) 388-1952

After one of our intro VR classes, you're invited to join our intermediate class BRINK Traveler: Postcard-Inspired Natural Landscapes. Travel through national parks and other countries, in an immersive, photo-based experience that makes you feel as if you're there. We'll chat about our experiences and document them in our Adventures in VR passport.

Mar 18 (T) 2-3:30pm | R | \$10/14 ND

Intermediate Adventures in VR: Alcove (805) 388-1952

After one of our intro VR classes, explore the world in the application Alcove. Choose your mode of transportation and experience: a sports car for a U.S. road trip; hot-air balloon over Kenya or the Swiss Alps; or double-decker bus for a guided tour of Paris, Tokyo, Rome and other places. We'll chat about our experiences and document them in our Adventures in VR passport.

Jan 9 (Th) 10-11:15am or Mar 19 (T) 10-11:15am | IC | R | \$10/\$14 ND

Intermediate: Independent Adventures in VR (805) 388-1952

After one of our intro VR classes, you're invited to join Independent Adventures, where the world is your oyster. You'll be assigned a VR headset with pre-loaded apps. You can choose any apps, plus musical concerts, brain training exercises, YouTube and more. A staff member will be available to help.

Feb 10 (M) 10-11am & Mar 10 (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.

Feb 13 (Th) 1-2:30pm | IC | R | \$10/\$14 ND

Intermediate VR: Wander (travel) (805) 388-1952

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

Feb 7 (F) 1:30-2:30pm | IC | R | \$10/\$14 ND

Advocacy Services

Dental and Oral Cancer Screening (805) 388-1952

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

Third Wednesday | 5-minute increments | 12-1pm | A | NC

Elder Legal Services (800) 900-8582

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

In-person or virtual appointments are available.

Mondays | 1-4pm | A | NC | Must be 60+

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 such as nutrition services, transportation issues, caregiver burden, home modifications and assistive devices, relaxation and educational opportunities, legal and insurance services, and more. Appointments available in-person, virtually or telephonically.

A | NC

Dealing with Dementia

(805) 388-1952

The Dealing with Dementia Program was developed by the Rosalynn Carter Institute as an evidence-informed educational support program for caregivers of people living with dementia. This 2-part workshop highlights topics such as: the caregiving experience with an easily understandable explanation of dementia, best practices in caregiving, and problem solving with dementia behaviors. Learn tips for caregivers to find time for self-care and stress management. Completed workshop participants will receive a comprehensive manual for dementia caregivers. Spanish and English available.

Mar 6 & 13 (Th) 1:30-3:30pm | 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.

Mar 21 | 9am-12pm | one-hour | A | NC

Dementia Live

(805) 388-1952

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

Jan 31 (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.

Jan 29-Mar 5 (W) 1:30-3pm | R | Material cost \$30/\$34 | ND

Session 0: Jan 22 (W) 1:30-2:30pm

Moving & Strengthening

Beginners Walking Group

(805) 388-1952

Regular walking can help strengthen your legs, reduce stress, benefit your heart and improve your overall sense of well-being. This group is for any age; minors must be accompanied by qualified guardian. Five-minute warm up; 45-minute walk. Safe, weather-appropriate clothing and footwear are required. Join us. Before you know it, you've met some new friends and enjoyed some exercise!

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

Bingocize

(805) 388-1952

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

Jan 21-Mar 27 (T&Th) 10:30-11:30am | 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.

Jan 29-Mar 19 (W) 10am-12pm | 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!

Jan 27-Apr 7 (M&W) 2-3pm | 10-week series | R | \$60/\$64 ND



Special Presentations & Community Outreach Events

NEW "Addressing the Stigma of Addiction"

805-388-1952

Attend a free, informational presentation by Dr. Jonathan Shirman, a board-certified physician specializing in both family medicine and addiction medicine. Addiction is often shrouded in stigma, leading to misconceptions and barriers to treatment. This presentation will explore the nature of addiction, the impact of stigma, and the vital role of addiction medicine in addressing these challenges.

Jan 16 (F) 2-3:30pm | R | NC

NEW AARP TaxAide Income Tax Preparation Program

805-388-1952

AARP TaxAide provides IRS-certified counselors who provide free tax preparation and e-filing of individual federal and state tax returns. Focus is primarily on the needs of seniors and low-income clients. The appointment involves a personal intake form, interview, computer preparation, e-filing, and a personal copy for your records.

Feb 4-Apr 8 (T) 12:30, 1:30 & 2:30pm | R | NC

NEW "What you need to know about dental implants"

805-388-1952

Attend a free, informational presentation by Dr. Charles Scholler, DDS, on dental implants, which is becoming the alternative of choice to dentures and bridges. He will speak to the benefits of dental implants, the different types of dental implants, who is not a candidate, and success rate. Registration is required in advance.

Feb 7 (F) 11:30am-1pm | R | NC

NEW Stories from the Heart storytelling event

805-388-1952

A free storytelling event featuring five of your neighbors sharing true, first-person stories about caregiver and health journeys, as well as tales about life, love and learning. All of their stories are featured on the District's podcast. This in-person event will be held in the Community Room at Camarillo Public Library.

Feb 6 (Th) 6-7pm | 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. 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

Important Numbers

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

Adult Day Center & Support Services Award-winning, person-centered day program	(805) 388-1952 x111	Evidence-Based Programs Rigorously tested programs scientifically proven to show results	(800) 900-8582
Care Management Services (Hospital to Home) Supporting well-prepared transitions from hospital to home	(800) 900-8582	Fall Prevention & Home Modifications Home safety through resources and education	(800) 900-8582
Care-A-Van Transportation Door-through-door non-emergency service throughout Ventura County	(805) 388-2529	Health Education, Promotion & Advocacy Classes	(805) 388-1952
Caregiver Center No-cost resources for caregivers and their loved ones.	(800) 900-8582	Senior Nutrition Program Nutrition and socialization for home-bound residents age 60+	(805) 388-1952 x168
Caregiver Respite, Education & Training Training, resources, respite and options for family caregivers	(800) 900-8582	Senior Support Line Trained volunteers provide resources and friendly conversation	(800) 235-9980
Counseling Services – Legal & Financial	(800) 900-8582	Resource Specialists Staff connect you with helpful resources within the District	(805) 388-1952

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
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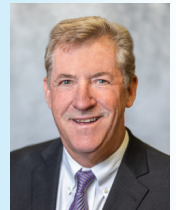
Alongside first-class radiotherapy treatments, our highly experienced cancer team provides well-rounded, compassionate care for the whole patient. This includes providing every resource that could possibly contribute to a full restoration of health during treatment and through recovery.

Schedule a consultation to learn about your treatment options

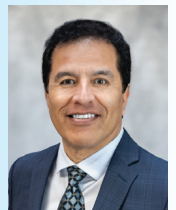
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Timothy A. O'Connor, M.D.



Henry Z. Montes, M.D.

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