

C A M A R I L L O

Health Care District

JANFEBMAR 2026

HEALTH AND WELLNESS SINCE 1969

a path to
living well



The Community Cure: How Support and Service Extend Life

Every new beginning, comes from some other beginnings end. ~Seneca

As we welcome a new year, many of us take time to reflect — on the lessons learned, the past year's accomplishments and challenges,

but more importantly, to set intentions. . . for better health, deeper connections, and renewed purpose. At the Camarillo Health Care District (District), we believe that those goals assist in forming the foundation of longevity. Living longer is a gift; living well while doing so is our shared mission.

Ageing gracefully isn't about resisting time — it's about how we approach our time. Embracing life with purpose, community, and resilience, while also creating connection and adapting to change. The most powerful "cure" for aging well isn't found in a prescription, but in the people, choices, resources, and programs that surround us.

The services that we offer at the District — from wellness classes and caregiver support to fall prevention, health education, to our Senior Nutrition Program — strengthens the foundation for vibrant living. Our nutrition program delivers more than meals; it delivers connection, care, and a reminder that no one should age alone. Nutritious meals and friendly visits nourish both body and spirit — these are the essential ingredients for longevity.

As we step into this new year, I encourage all of us to think of wellness not as a single resolution, but as momentum — small steps that build resilience and lasting change. Sometimes that momentum begins with the simple act of service: checking in on a neighbor, sharing a meal with a friend, helping a family member navigate care, or offering kindness in the community. These gestures of connection are at the heart of longevity.

At the District, you'll find the support you need to move forward with confidence, compassion, and hope. Together, we're proving that the real secret to longevity isn't just living longer — it's living better, through connection, service, and the community we share.

Here's to positive change, resilience, and many more years of thriving — together.

Warmly,

BOARD OF DIRECTORS

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

IN THE NEWS

AARP returns with its Tax-Aide Program

AARP Tax-Aide IRS-certified counselors return to the District on Tuesdays, Feb. 3-April 7, offering free tax preparation and e-filing of individual federal and California state tax returns. Appointments are available at 12:30, 1:30 and 2:30 p.m. The program serves primarily seniors and low-income individuals with an adjusted gross income of \$85,000 or less. The appointment includes a personal questionnaire, interview, computer preparation, e-filing and a printed copy for your records. To schedule an appointment, call 805-388-1952.

District Looking for Stories

Do you have a story about perseverance, caregiving, navigating grief or lessons learned from life? The District is seeking residents to share inspirational stories for our podcast, "Stories from the Heart: Inspiring Tales of Life, Love and Learning." To learn more about recording your story, call 805-388-1952, ext. 116.



Three Presentations Planned in The New Year

Join the District for three NEW and engaging presentations this winter:



Write Your Memoir Jan 23 | 11am -1pm

Everyone has a story tell! Join memoir writer Pat Kramer to explore 10 key values for capturing your life story.

Osteoporosis Jan 27 | 3-4:30pm

Learn from Dr. Hossein Aziz, a board-certified spine surgeon with specialized training in spinal endoscopy, minimally invasive techniques, and complex reconstructive spine surgery.

What to Know about Heart Surgery Feb 25 | 3:30-4:30pm

Dr. Ryan J. Vela, a board-certified cardiothoracic and aortic surgeon, will discuss everything you need to know about heart surgery. He has expertise in endovascular and hybrid repairs for aneurysms, dissections, penetrating aortic ulcers and intramural hematomas.

STAFF

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

Testimonials



The ENT presentation was excellent!

Clear, direct and easy to understand. I recommend it!

Everyone needs to take **Powerful Tools for Caregivers.**

You may not need it today, but someday you will.

I love listening to **Stories from the Heart (podcast)!**

Keep them coming, please!

Thank you for all the programs, classes and services you provide the Camarillo community!

The Camarillo Health Care District is **awesome!**

Using Virtual Reality, I got to see lots of places I would probably never see otherwise. The facilitators were **super nice and good at what they do.**

I did a balance class and found that **it really does work!**

The Stories from the Heart show was **truly inspiring.** Each speaker spoke from their heart. Thanks for organizing it. It was great!



**NATIONAL ELDER
FRAUD HOTLINE**

1-833-FRAUD-11

1-833-372-8311



**SCAN TO
LEARN!**



ON THE COVER

Aging gracefully isn't about resisting time – it's about how we approach our time.

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**we
are
social**

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

Watch

What's the secret to a longer, more fulfilling life?

FILMMAKER CHRIS KONDO, a member of the Emeriti and Osher Lifelong Learning Institute at CSU Fullerton, explores that question in "The Longevity Diaries: About Aging Gracefully," now available on YouTube.

The 25-minute documentary features Camarillo Health Care District CEO Blair Barker (in her former role as Care Services Director) alongside gerontology experts from CSU Fullerton and CSU Long Beach. Focusing on five remarkable individuals, ages 81 to 103, the film examines the habits and mindsets that promote living long and living well.

The film highlights key elements of longevity: adaptability, stress management, healthy diet, regular exercise, friendship, and lifelong learning.

"Education plays a role in successful aging in several different ways," Laura Zettel-Watson, professor of psychology at CSU-Fullerton, says in the film. "Continued curiosity and learning keep us mentally engaged and resilient as we age."

tips



1

physical activity
22 minutes daily—
walk, lift, bike,
garden



2

eat healthy
fruits, vegetables,
nuts, whole grains,
fish; limit red and
processed meat



3

get enough sleep
protect your energy
with steady sleep



Learn

real stories of longevity

Desiree Engel, who at the time was 103, and Dorothy Heide, who at the time was 91, share their secrets: positivity, balance training and purposeful living.

“

Diet and exercise are absolutely pivotal pieces of the puzzle of aging well,

said Maria Carpiac, professor of gerontology at CSU-Long Beach.

In the documentary, Barker emphasizes the power of relationships: “When families and friends are supportive and connected, we see that positively impacts our ability to age well,” she said.

“

Our chosen family, our tribe, helps us feel part of something bigger.

Experts agree that while genetics plays a role, lifestyle choices have great impact. How we eat, move, connect and care for ourselves is crucial. It's not just about how long we live, but how well we live. It's up to us individually to recognize our own journey in aging – to find purpose – in order to live our best lives. ♥

The District will host two **Watch Parties**

with a conversation facilitated by Blair Barker
Camarillo Health Care District CEO

Thursday, February 5
11am-12pm

Wednesday, March 4
10-11am

Longevity Diaries: Tips and conversation on living longer

To reserve a seat at the Camarillo Watch Party, call 805-388-1952
Cost is \$10



4

manage stress
take a few minutes of quiet daily to reset stress



5

avoid smoking
skip smoking to protect heart, lungs, and lifespan



6

build social relationships
keep up meaningful conversations and shared activities



7

drink in moderation
choose low or moderate alcohol use



8

find a sense of purpose
pursue activities that matter to you

food *for* thought

Nutrition, exercise and social connection contribute to longevity

AS MANY OF US SET HEALTHIER GOALS in the new year, the District is Spotlighting its Senior Nutrition Program – delivering nutritious meals and much more to homebound older adults, their caregivers and individuals with disabilities.

“Our staff also deliver connection, care and a reminder that no one should age alone,” Camarillo Health Care District CEO Blair Barker notes in her column.

Each week, 215 clients receive up to five ready-to-heat meals, including beef, chicken, turkey or other specialty dishes – all low-sodium and balanced, with whole-grain bread, yogurt, milk and fruit.

3,500 average meals per month **660,000+** meals served since 2005



Longevity

Nutrition, exercise and staying socially connected all play a vital role in living a long and fulfilling life.

Rikki, 99, is a living example of how healthy habits fuel longevity. "A lot of the energy that I have now is due to my diet," she says.



Eating well has helped Rikki stay mentally sharp. While she makes her own healthy meals, she appreciates the support through the District's **Senior Nutrition Home-Delivered Meals Program**.



Gracia, 94, receives supplemental meals through the program and calls them her healthiest habit. For exercise, she pedals a floor cycle while seated in the comfort of her home.

She finds joy — and social connection — in the District's virtual reality classes. Her new favorite? The **Pedaling the Planet VR** class, a perfect mix of movement and connection (see page 6).

Candelaria, 83, focuses on moderation, mindfulness and healthy foods. She eats plenty of fruits and vegetables, grows kale, spinach, bitter melon and Swiss chard in her garden — a hobby she started after the passing of her husband. Since 2016, she's attended **Bone Builders** classes, where exercise and camaraderie keep her energized and engaged.



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

Quarterly assessments, alternating between a home visit and a telephone check-in, help ensure clients' safety, wellness, wellbeing and connection to additional resources, like home care services, medical supplies, services that can assist in independent living, and many other resources the District can assist with.

District staff pack and deliver meals Monday through Friday, often accommodating special dietary needs or requests.

"We enjoy getting to know our clients and building relationships," says Senior Nutrition Program coordinator April Colbert. "That connection, helps us notice if someone seems unwell and we can call for help right away." ❤️



MORE INFORMATION
805-388-1952
ext. 168



Pedaling *the planet*

STUDIES SHOW THAT MAINTAINING cardiovascular health and social connection are two of the strongest predictors of longevity. A healthy heart reduces the risk of chronic disease, and social engagement is linked to longer life and improved well-being. The Camarillo Health Care District is combining both benefits in a unique way — through its new virtual reality fitness program, “*Pedaling the Planet.*”

With *Pedaling the Planet*, participants use desk cycles while immersed in virtual adventures — pedaling through lush pine forests, sunset lighthouses, rocky fields, and endless ocean boardwalks. The combination of movement, exploration, and technology brings a sense of play and purpose to exercise.

As research shows, combining VR with exercise can increase engagement and add that touch of playfulness to fitness.

decline. Virtual reality enhances motivation by turning exercise into an interactive experience — helping participants stay active, consistent and connected.



free program
REGISTER AT 805-388-1952

“

pedaling the planet
offers participants a safe, engaging, and adaptable workout that benefits both physical and mental well-being. This low-impact exercise can be customized for different fitness and mobility levels.

BLAIR BARKER, DISTRICT CEO

Research from the National Institutes of Health shows that regular physical activity reduces the risk of chronic disease, supports brain health, and delays cognitive

Beyond fitness, *Pedaling the Planet* fosters social interaction, digital literacy and a sense of community. Participants often share their experiences afterward, creating conversation, laughter and camaraderie. Classes are offered at various times throughout the week (see page 7). ♥

Pedaling the Planet is funded in part by a Community Development Block Grant from the City of Camarillo, the program offers free classes to eligible participants identified through community outreach. Officially titled “*CardioFit – Pedaling the Planet: Virtual Reality Meets Cycling,*” this initiative builds on the District’s award-winning *Adventures in VR* series, which has provided nearly 700 individual virtual experiences since its launch in Fall 2022 for participants ages 22 to 101.



Online Class Registration

Online

camhealth.com

Phone (M-F 8am-5pm)

(805) 388-1952

Walk-in (M-F 8am-5pm)

3639 E. Las Posas Road, Suite 117, Camarillo

Tips for Successful Class Registration & Attendance

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

Pre-registration and payment is required to secure your reservation. We're happy to assist you over the phone, online, or in person. Notification 48 hours prior to the day of class is required to receive a refund. Class credit of equal value will be offered if cancellations are received less than 48 hours prior to the day of the class. Non-district residents include \$4.00 out-of-district fee on fee-based classes.

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

Views expressed by class facilitators are not necessarily those of the Camarillo Health Care District.

KEY: A=Appointment R=Register NC=No Charge D=Donation ND=Non-District Resident IC=Individual Classes IE=Independent Experience

Digital Literacy & Connectivity

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.

Feb 24 (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.

Mar 12 & 13 (Th) 2-3:30pm | IC | R | \$10/\$14 ND

Social Media Basics

(805) 388-1952

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

Feb 25 & 26 (W&Th) 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.

Jan 20 (T) 2-3:15pm | Jan 30 (F) 10-11:15am | Feb 18 (W) 10-11:15am

Mar 4 (W) 2-3:15pm | 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.

Jan 8 or 15 (Th) 2-3pm | Feb 2 (M) 10-11am | Feb 12 (Th), 10-11am

Mar 11 (W) 2-3pm | Mar 23 (M) 10-11am | 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.

Mar 31 (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.

Jan 26 (M) 10-11am or Feb 19 (Th) 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.

Jan 21-Feb 11 (W) 2-3:15pm | Feb 23-Mar 16 (M) 10-11:15am

Mar 24-Apr 14 (T) 10:30-11:45am | 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 & Chat.

Mar 26-Apr 16 (Th) 10-11:15am | 4-week series | R | \$30/\$34 ND

Intermediate Adventures in VR: BRINK Traveler

(805) 388-1952

Using virtual reality, travel through national parks and other countries, in an immersive, photo-based experience that makes you feel as if you're there. Must have taken Ocean Rift or Nature Treks first.

Jan 23 (F) 2-3pm or Mar 20 10-11am | R | \$10/14 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.

Jan 23 (F) 2-3pm or Mar 20 10-11am | 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 VR class first.

Jan 23 (F) 2-3pm | Mar 20 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 | Must be 60+

Exceptions: Jan 23 (F) | Feb 27 (F)

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

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.

Jan 14 & 21 (W) 9-11am | Feb 20 & 27 (F) 1-3pm | Material cost \$35/\$39 ND

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.

Jan 16 (F) 9am-12pm | Feb 25 (W) 1-4pm | Mar 20 (F) 9am-12pm | R | NC

Sign up for one-hour | Call to inquire about alternative dates or to schedule a large group

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

Mental Wellness Services for Family Caregivers

(805) 388-1952x215

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 as a caregiver. Meet with Social Services coordinator Ellen Hood, a Marriage and Family Therapist (MFT) trainee.

Mondays 1-4pm | Thursdays 9am-12pm | A | \$75/\$79 ND

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. Feb 10-Mar 17 (T) 9:30-11am | R

Material cost \$30/\$34 (ND) | Session 0: Feb 3 (T) 9:30-11am

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) 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.

Jan 13-Mar 19 (T&Th) 11am-12pm | 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.

Jan 22-Mar 12 (Th) 2-4pm | 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 12-Mar 25 (M&W) 1:30-2:30pm | 10-week series | R | \$60/\$64 ND

Yoga-Gentle with 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.

Jan 6-Mar 10* (T) 9-10am | R | 10-week series | R |

\$80/\$84 ND | \$15/\$19 ND drop-in

Mar 2-May 4* (M) 3:45-4:45pm | R | 10-week series | R |

\$80/\$84 ND | \$15/\$19 ND drop-in

*no class Jan 19, Feb 9, Feb 16

Special Presentations & Community Outreach Events

NEW Write Your Memoir

805-388-1952

Everyone has a story. Join memoir writer Pat Kramer as she shares 10 values she's learned from helping individuals and families capture their life experiences.

Jan 23 (T) 11am-1pm | 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 3-Apr 7 (T) 12:30 | 1:30 | 2:30pm | R | NC

NEW "Osteoporosis"

805-388-1952

Dr. Hossein Aziz, a board-certified spine surgeon at Community Memorial Healthcare, will present "Osteoporosis." Dr. Aziz has specialized training in spinal endoscopy, minimally invasive techniques, and complex reconstructive spine surgery.

Jan 27 (F) 3-4:30pm (doors at 2:30pm) | R | NC

NEW "The Longevity Diaries" Watch Party

805-388-1952

Join Camarillo Health Care District CEO Blair Barker for a conversation around "The Longevity Diaries: About Aging Gracefully," produced by Chris Kondo, student filmmaker. He interviewed Barker and several others, including seniors ages 81-103, for the 25-minute film. Watch the video on our campus and join a conversation about its revelations.

Feb 5 (Th) 11am-12pm | Mar 4 (W) 10-11am | R | \$10/\$14 ND

NEW "What to Know about Heart Surgery"

805-388-1952

Dr. Ryan Vela, a board-certified cardiothoracic and aortic surgeon at Community Memorial Healthcare, will present "What to Know about Heart Surgery." He has worked on optimizing the preservation of human cardiac allografts through machine perfusion, research that contributed to the development of a novel device currently undergoing human trials.

Feb 25 (F) 3:30-4:30pm (doors at 3pm) | 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 week | 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.

Second and Fourth Friday of each month | 9:30-11am | R | NC | Currently virtual only

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 | N | 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

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

Caregiver Center

(800) 900-8582

No-cost resources for caregivers and their loved ones.

Caregiver Respite, Education & Training

(800) 900-8582

Training, resources, respite and options for family caregivers

Counseling Services – Legal & Financial

(800) 900-8582

Evidence-Based Programs

(800) 900-8582

Rigorously tested programs scientifically proven to show results

Fall Prevention & Home Modifications

(800) 900-8582

Home safety through resources and education

Health Education, Promotion & Advocacy Classes

(805) 388-1952

Senior Nutrition Program

(805) 388-1952 x168

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

Senior Support Line

(800) 235-9980

Trained volunteers provide resources and friendly conversation

Resource Specialists

(805) 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

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