

C A M A R I L L O

Health Care District

JUL AUG SEP 2025

HEALTH AND WELLNESS SINCE 1969



ENGAGING SENSES
Fostering CONNECTIONS

A MESSAGE FROM KARA RALSTON, CHIEF EXECUTIVE OFFICER



The Joy and Honor of My Life

Thank you, Camarillo! It is with deep gratitude and a profound sense of accomplishment and peace that I share this final column with you. I will be retiring August 1, 2025, after nearly 27 years serving at the Camarillo Health Care

District. We have achieved exceedingly more than I could have asked or imagined, and it has truly been the joy and honor of my life. I am forever moved by your support and friendship through the decades.

The Board of Directors and I have been committed to creating a strong path forward since January of this year. They have recently completed the search process and are pleased to announce their selection of Blair Barker, CSDM, MPH, as the new CEO. I have had the privilege of working with Blair here at the District for the past 12 years and am excited for her new role.

The look-back through the years is an amazing view. We have won numerous team awards, individual awards, state awards and national awards for our work in health promotion, disease prevention and management, and caregiver support and education. It has been the stuff dreams are made of! None of that can happen without a committed Board of Directors, a dedicated team, and the willingness to think (dream!) big.

It's difficult to find all the right words to say during "goodbyes". Dolly Parton wrote a song in 1973 called "I Will Always Love You" (Whitney Houston put it on the charts in 1992). One of the verses really says it just right and it goes like this:

**... I hope life treats you kind, and
I hope you have all you've dreamed of
And I wish you joy and happiness,
but above all this, I wish you love.
And I will always love you... Camarillo!**

Peace be with you,

Kara

A MESSAGE FROM INCOMING CEO BLAIR BARKER (AUGUST 2025)



Honored to Serve, Ready to Lead

I once read that "innovation is born from the courage to care deeply". What an honor it is to help care deeply for this community as the next Chief Executive Officer!

Since 1969, the Camarillo Health Care District has been recognized as a trusted partner in community health and wellness, and known for this timeless constant – a deep commitment to serving the community with compassion and creativity.

As we move through this transition, we do so with deep purpose and dedicated focus. The programs we offer, and the services we provide, continue to be shaped by the voice of the community, as we invest in health promotion and disease prevention through service, education and empowerment.

Many elements are involved in serving a strong community and include maximizing aging and independence, connecting with people where they are, and building partnerships that work. Together, we can help this community live well and thrive.

To our community, thank you for your trust.

To our partners, thank you for joining with us in this important work.

To our staff, thank you for your vision and commitment.

And to our Board of Directors, thank you for serving.

We're here for you, and remain honored to be on this journey of life with you. I look forward to great things to come.

With heartfelt appreciation,

Blair

BOARD OF DIRECTORS

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

Kara Ralston, MBA, SDA Chief Executive Officer	Blair Barker, MPH Program Officer
Sonia Amezcua, MPPA Chief Administrative Officer	Mary Ann Ratto, BA, CSA Adult Day Center Director

Changing Aging.

Testimonials

Excellent teachers, **good experience.**

My balance seemed to **improve.**

Thank you for your services.

The Camarillo Health District is **great.**

I appreciated the presenters' positive attitude!

Staff is **friendly/supportive.**

What fun – virtual reality class Ocean Rift.

Folks, join the fun and **meet new friends** at Camarillo Health Care District!”

We are **very proud** of the work and the programs of our Camarillo Health Care District!

So much **fun** (VR Travel Club)!

That was a **beautiful** piece of your life you shared. Thank you.
(Stories from the Heart episode).



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



contents



2
Comfort
Creatures

4
Learning,
Connecting,
Living Well



6
The Power
of 100

- 7** Digital Literacy & Connectivity
Advocacy Services
- 8** Caregiving & Health Management
Moving & Strengthening
Special Presentations &
Community Outreach Events
- 9** Programs & Services
Support Groups
Important Numbers



**we
are
social**

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



Animal enrichment programs stimulate social interaction and conversations, boosting mood



Comfort Creatures

Animals can speak with their whole bodies! From an energetic wag, to a nudge of a nose, or a flick of an ear, animals can communicate...are we willing to listen?

Several times a month fluffy tales wag and gazes meet during multiple animal therapy opportunities at the Camarillo Health Care District's Adult Day Center.

The concept of integrating animals into senior settings, like the Adult Day Center, is rooted in the understanding of animal-assisted therapy's psychological benefits. Animal-assisted activities can provide special motivation and add an enhanced dimension to life. Studies have shown that engagement with animals supports memory retention, problem solving and skills development. Researchers say interacting with animals can stimulate the release of hormones like oxytocin, known as the "love hormone," fostering a sense of calm and happiness.

"Animal therapy is a much-beloved activity in our Adult Day Center," said ADC Director Mary Ann Ratto. "Our animal visits provide an inclusive experience that welcomes individuals who might be non-verbal, have limited mobility, and/or visual or hearing impairments. Engaging the senses with seeing, touching and snuggling fosters a sense of calm and connection among our participants."

Animal enrichment programs offer a special time for both the animal and the participants, with studies showing particular benefit in older adults. The cognitive engagement involved in observing animal behavior and engaging with them can trigger neurological responses that sharpen mental acuity, which is particularly important in cases of cognitive decline. Studies show that for older adults with degenerative conditions, like dementia, these animal interactions can affect the progression of symptoms.

"Engaging the senses fosters calm and connection."

—Mary Ann Ratto



Reptiles Rabbits & Smiles

Featuring a fascinating mix of reptiles and bunnies, The Little Zoo provides delightful sensory and cognitive stimulation as clients learn about Merigold, a citrus-bearded dragon; Topaz, a blue-tongued skink; Poppy, a lionhead bunny; and Pippin, a red-footed tortoise.



Bot Buddies: Robotic Pets

The Adult Day Center also offers robotic pets, including a cat, a kitten and a dog, for participants to enjoy when live animal visits are not available. "We've observed similar positive effects with these robotic companions, as participants often experience the same sense of comfort and engagement as they do with live animals," Mary Ann said.



Miniature Magic: Romeo & Ziggy

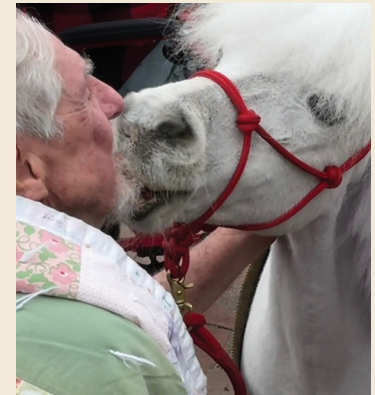
Miniature horses Romeo and Ziggy make regular visits to the District's Adult Day Center, spreading much joy.



Ziggy is described by their handlers as smart and quick to learn new tricks.

Romeo is affectionate, sweet and caring.

Their patience and quiet temperaments have earned them quite the devoted fan club!



"The Center touches so many lives on a daily basis and we see that in action each time families refer other families to the Center,"

Adult Day Program Director Mary Ann Ratto said.

Many people have had emotional connections with pets or animals during their lives and providing animal interactions can help reduce feelings of anxiety and stress, stimulate social interaction and conversations, and provide opportunities for nurturing and play. Pet therapy benefits also include reducing blood pressure, improving cardiovascular health, and releasing endorphins, which produces a calming effect.

The District's licensed Adult Day Center provides 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. ♡

Did You Know? Pet Therapy...

- ☺ Boosts Mood
74% feel happier
- ☺ Sparks Socializing
60% engage more
- ☺ Aids Cognition
20% increase focus
- ☺ Brings Comfort
76% feel calmer

Learning, Connecting, *Living Well*



**CONNECT
WITH US!**

Find the District on Facebook, X (formerly Twitter), Nextdoor, Instagram, and YouTube. We welcome your input through surveys, suggestion boxes, our online form, or by phone, email, or in person.

To receive updates, sign up for our newsletter at info@camhealth.com.

Connectivity is powerful... just ask a lightning bolt!

But in all seriousness, social connection is a powerful force whose presence, or absence, can have tremendous impact on health. With good and healthy social connections, chronic disease and serious illness risks can be reduced, increasing the chance of living a longer life with better health and well-being. Having meaningful connections with others helps manage stress, anxiety and depression, develop healthy eating habits, increase physical activity and improve sleep quality.

Humans are relational beings and seek out connections through relationships with family, friends, coworkers, neighbors and community. Having stable, supportive relationships gives needed support to cope during life's journeys.

Even as things change dramatically all around us, it's important to stay connected. Advances in technology, new trends, and even the way we meet people, require intentionality and the District offers a variety of programs and services to assist in that area.

Camarillo Health Care District classes, like Digital Bridge, a no-cost appointment to help you learn your phone or computer, provide individualized help and attention that enhance digital literacy and provide a foundation for connecting online and virtually. Social Media Basics and classes in Virtual Reality, help you connect with people wherever they are...think, a high

to help you gain an understanding of the general use of technology on smartphones, laptops and tablets, as well as common applications that can help you stay socially connected. Learning about these communication opportunities can offer new ways to connect with friends and family, improve access to health services, and alleviate symptoms of isolation, loneliness and depression.

The District's Senior Support Line is another important service that provides compassionate, confidential conversation and emotional support over the telephone to establish and maintain social connection. Personnel trained in resources and referrals offer encouragement and connection. Senior Support Line is available for people age 60 and older who are at risk of losing their independence.

Another form of connection is offered through our Caregivers Support Group, helping family caregivers feel supported during their journeys. The purpose of the group is to identify and minimize caregiver-related stress and prevent psychological, behavioral and social problems among caregivers and care receivers. The Caregivers Support Group meets virtually on the second and fourth Friday of the month, 9:30-11 a.m.

The District's podcast, "Stories from the Heart: Inspiring Tales of Life, Love and Learning," provides a space for connection as you may relate to stories from family caregivers, people facing health challenges, navigating grief and more. A storytelling event compliments the podcast, providing an opportunity

Even just meeting in group settings can

spark new friendships.

school friend on Facebook, a former colleague on LinkedIn, your children on Instagram sharing family photos, or grandkids in the Metaverse using VR! Even just meeting in group settings such as these classes can facilitate new friendships, particularly in the VR Travel and Activity Clubs, where you meet regularly for four weeks and participate in a Snack & Chat.

If learning technology sounds overwhelming, let the District help. In the Digital Bridge program, you and a staff member will meet, as often as you need,

to create community connection and build empathy in person, and providing emotional and social support. Telling impactful personal stories that resonate with people can instantly build trust and connection. By amplifying these stories, we create a better understanding of the challenges of caregiving and personal health journeys. Through the podcast, the District creates a world where people are seen and heard through their own personal stories, which builds community. ♡

The Power of 100

Siebert and Maria share the joy, resilience, and wisdom that shaped their century-long journeys.

It's a miracle Maria, a native of Austria, survived World War II. As a teenager, she was separated from her Jewish-Catholic family and brought to New York from Austria after Hitler invaded her country. She was taken in by a foster family and they were living in Honolulu when the Japanese attacked Pearl Harbor. Incarcerated during the war because she had a German passport, she eventually landed in a convent. In 1944, at age 19, she was finally reunited with her father in New York, and three years later with her mother and sister. She earned a medical degree, married and started a family. Maria practiced medicine around the world and eventually settled in San Luis Obispo, where she practiced family medicine. Most of her time was devoted to family, faith and medicine. At 77 she retired and devoted years to bringing communion to residents in assisted living facilities. After her husband's passing, she moved in with her sister in Goleta, making up for those lost early years. Recently, she settled

*Be curious,
Embrace Change*
—Maria



in with her grandson in Camarillo and now lives in a three-generation household surrounded by family — something she's grateful for given her experience during the war. Ingredients to living a long life, she says, include having curiosity and embracing change. "I looked at change as fertilizer for plants. It's good for us to be exposed to different situations, and to accept, embrace and make the best of it," she says. The 100-year-old says faith, prayer and minimizing stress are also important to longevity. "I lived by the adage my husband shared — to keep life simple and not be lost in complexity. Don't make life too fancy, too difficult or complicated."

*Enjoy
Every
Moment*
—Siebert



At 104 years old, Siebert knows how to have a good time! The Chicago native met and married his wife, Shirlee, shortly after World War II. They raised two sons near Los Angeles and moved to Camarillo three decades ago to enjoy their retirement. He attributes his long life and 72 years of marriage to staying socially connected

and enjoying life. While working hard paid the family's bills, Siebert made socializing, volunteering in the community and fun, a priority. The couple enjoyed ballroom dancing, which led them to the Lawrence Welk Show. They danced to big-band music of the 1940s, seeing the Glenn Miller Orchestra and Benny Goodman in person. Remembering all those dance steps — from swing and the waltz to Latin dancing and disco — kept them sharp. They also played cards regularly with their neighbors and enjoyed bowling with friends on a league. Dinner parties, fundraising galas and vacation cruises were regular dates on their social calendar. "We had a good life," Siebert says. Their volunteer work with AmeriCorps' Retired Senior Volunteer Program earned them the President's Volunteer Service Award. While the love of his life has passed, Siebert remembers their life together with a twinkle in his eyes. Enjoy every moment, he says, and minimize stress as much as possible. Those are his words of wisdom on living a long life. ♡



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

Aug 6 & 13 (W) 10-11:15am | IC | R | \$10/\$14 ND

Social Media Basics (805) 388-1952

We'll teach you the basics of 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.

Sep 29 & 30 (M&T) 2-3:30pm | 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.

Jul 1 (T) 10-11:15am or Sep 4 (Th) 1-2:15pm | 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. In the second half, showcase your artistic skills as you paint on an infinite canvas.

Jul 7 (T) 1-2:15pm | IC | R | \$5/\$9 ND

Aug 14 (Th) 10-11:15am | IC | R | \$5/\$9 ND

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

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

Afterward, we'll chat and document our experiences in our Adventures in VR passport.

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

Intro: VR Travel Club (805) 388-1952

Explore the world virtually as part of a core group that meets weekly for six weeks. You'll visit various countries, cities, check out landmarks, go on excursions and make friends along the way. Includes an optional Snack & Chat.

Jul 15-Aug 12* (T) 10-11:15am | 4-week series | R | \$30/\$34 ND *no session July 12

Aug 13-Sep 3 (W) 2-3:15pm | 4-week series | R | \$30/\$34 ND

Sep 9-Sep 30 (T) 9:30-10:45am | 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 an optional Snack & Chat.

Aug 4-Aug 25 (M) 10-11:15am | 4-week series | R | \$30/\$34 ND

Sep 17-Oct 8 (W) 10-11:15am | 4-week series | R | \$30/\$34 ND

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

After one of our intro VR classes, you're invited to join our intermediate class Brink Traveler: Postcard-Inspired Natural Landscapes. Travel through national parks and other countries, in an immersive, photo-based experience that makes you feel as if you're there. Document your adventures in a VR passport.

Sep 10 (W) 10:30-11:45am | R | \$10/14 ND

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

After one of our intro VR classes, you're invited to join our intermediate class Wander. Go wherever your heart desires, whether the address of your childhood home, your college campus, the streets of your hometown, a tropical or historical destination, or somewhere you've always wanted to explore. Document your adventures in a VR passport.

Jul 31 (Th) 2-3:15pm | 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.

Jul 16 (W) 10-11am | IE | R | \$10/\$14 ND

Aug 21 (Th) 2-3pm | IE | R | \$10/\$14 ND

Sep 8 (M) 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. Document your adventures in a VR passport

Aug 7 (Th) 10-11:15am | IC | R | \$10/\$14 ND

Advocacy Services

Elder Legal Services (800) 900-8582

Schedule a confidential appointment with an elder law and estate planning expert. In-person or virtual appointments are available.

Mondays | 1-4pm | A | NC

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

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

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

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

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

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

Scam/Fraud Intervention Coaching (805) 388-1952

Meet with Debbie Deem, retired FBI victim specialist and fraud prevention coach. Discuss how to avoid such scams as romance imposters, fake lottery and sweepstakes winnings, cryptocurrency investment schemes, technology support scams, fake grandparent or family emergency scams, and government, bank and business imposters.

Fourth Wednesday | one-hour increments | 12pm, 1pm or drop-in 2-3pm | A | NC

Caregiving & Health Management

Care Consultations

(800) 900-8582

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

Oct 15 & 22 (W) 10am-12pm | Material cost \$35/\$39 ND

Depression and Caregiver Well-Being Screening

(800) 900-8582

Speak with a qualified counselor to learn more about symptoms of depression. Understand more about the moods you are experiencing and learn about resources that can help. Screenings take about 30 minutes.

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, 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.

Aug 1 (F) 9am-12pm | 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 a virtual class.

Aug 12-Sep 16 (T) 1:30-3pm | R | Material cost \$30/\$34 (ND)

Session 0: Aug 5 (T) 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. Five-minute warm up; 45-minute walk. Safe, weather-appropriate clothing and footwear are required.

Tue & Thu | 9-10am | 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.

Jul 15-Sep 18 (T&Th) 11am-12pm | 10-week series | R | \$50/\$54 ND

Matter of Balance

(805) 388-1952

Have you fallen? Are you worried about falling? Join us to learn how to prevent falls, discuss safety techniques to reduce concerns, and set goals for increasing activity.

Aug 6-Sep 24 (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!

Jul 28-Oct 6 (M&W) 2-3pm | 10-week series | R | \$60/\$64 ND

Sep 29-Dec 3 (M&W) 10-11am | 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.

Aug 5-Oct 7 (T) 9-10am | R | 10-wk series | R | \$80/\$84 ND or \$15/\$19 ND drop-in

Aug 25-Nov 10 (M) 3:45-4:45pm | R | 10-wk series | R | \$80/\$84 ND or \$15/\$19 ND drop-in | *no class Sep 1

Special Presentations & Community Outreach Events

NEW "Programs That Can Save You Money"

805-477-7300

Attend a free, informational presentation by HICAP, part of VCAA, for Medicare beneficiaries, their families and/or providers.

July 18 (F) 1:30-3pm | R | NC

NEW "How to Choose the Right Physician: A Guide for Seniors"

805-388-1952

Dr. Robert Streeter, chief medical officer, ambulatory medicine, at Community Memorial Healthcare, will speak on the topic, "How to Choose the Right Physician: A Guide for Seniors." Learn how to find a physician who listens, understands your needs, and supports your long-term health. Get practical tips to help you feel confident and cared for every step of the way. Doors will open at 11:30 a.m.

Jul 28 (M) 12-1pm | 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.

Sep 5 (F) 11:30am-1pm | R | NC

NEW "The Aging Ear, Nose and Throat"

805-388-1952

Dr. Saranya Reghunathan, a board-certified ENT specialist in Camarillo, will speak about common issues with aging ears, nose and throat, and updated minimally invasive safe treatment options for those who have been suffering. Some of these conditions include chronic runny nose, ringing in the ears and blockage and pressure, nasal congestion, chronic cough, trouble swallowing and hoarseness.

Sep 16 (T) 12:30-2pm | 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

LONELINESS QUIZ

ANSWERS: **1** HARDLY EVER **2** SOME OF THE TIME **3** OFTEN

- > How often do you feel that you lack companionship? **1 2 3**
- > How often do you feel left out? **1 2 3**
- > How often do you feel isolated from others? **1 2 3**

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

LEAST LONELY 3 | 4 | 5 | 6 | 7 | 8 | 9 **MOST LONELY**
 (UCLA 3-ITEM LONELINESS SCALE)

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 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



Camarillo
HEALTH
CARE DISTRICT

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



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Radiation therapy offers a highly effective, non-surgical treatment for skin cancer—no scarring, no incisions, and it helps preserve healthy surrounding tissue. Treatments are painless and take less than 2 minutes. Areas often treated include scalp, neck, nose, cheeks, ears, and hands. Our radiation oncologists work closely with you to create a customized treatment plan.

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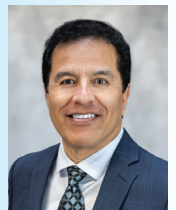
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