

C A M A R I L L O

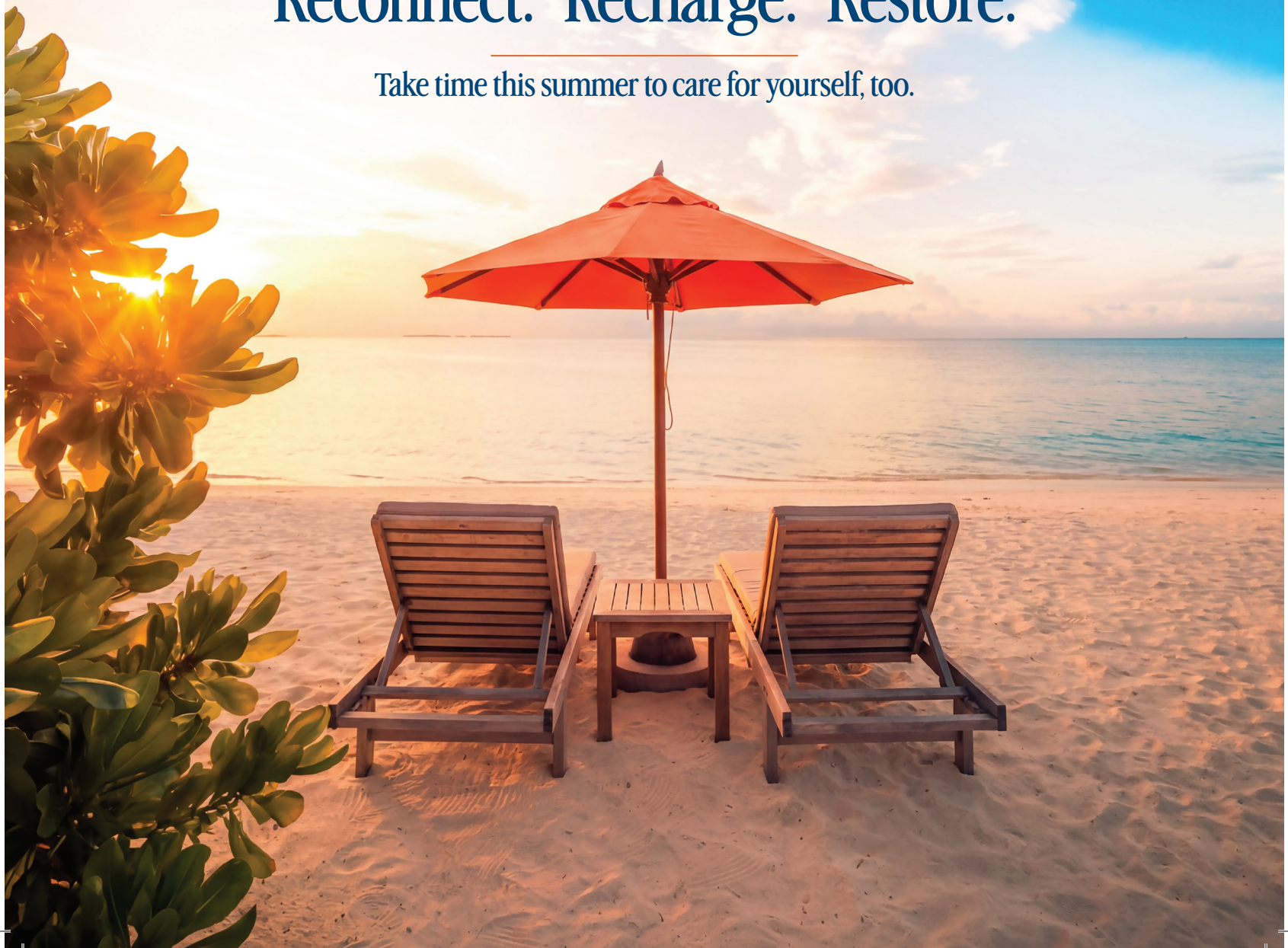
Health Care District

JUL AUG SEP 2026

HEALTH AND WELLNESS SINCE 1969

Reconnect. Recharge. Restore.

Take time this summer to care for yourself, too.



A MESSAGE FROM

CEO BLAIR BARKER



A Season to Reconnect: Caring for Yourself While Caring for Others

Summer has a way of encouraging us to come alive by slowing down our pace – if we allow it. With longer days, warmer evenings, and a little more time outdoors, this season offers a natural opportunity to reset and reconnect with our health in a more holistic way.

Too often, we think of health as the opposite of sickness. However, true wellness is much more than that. It's our whole being – how the physical, emotional, and mental interconnect. It's managing stress, staying up to date on screenings and check-ups, staying socially connected, taking time to breathe deeply, recharge, and go touch grass.

Even small actions can be meaningful. A Harvard University study shows that spending just 20 minutes in nature can significantly lower stress hormone levels. A short walk, gardening, sitting outside can help restore balance in ways we often overlook.

For so many in our community, however, taking time can feel out of reach, or unreasonable – especially for family caregivers. Caregiving is an act of love, but it can also be physically and emotionally draining. In fact, nearly two-thirds of caregiver's report feeling high levels of stress, which negatively impacts their health over time.

That is why support – and respite – is so important.

At the Camarillo Health Care District, our Adult Day Center is designed to support both the caregiver and their loved one (a parent, adult child, spouse, partner, friend or neighbor). While participants benefit from social engagement, structured activities, and cognitive stimulation, caregivers gain something just as critical: time. Time for themselves – to attend to their own health, run errands, rest or simply take a moment to breathe.

Respite care is not a luxury – it is vital to maintaining overall wellness. Studies consistently show that caregivers who utilize respite services experience reduced stress, improved emotional and mental health, and had a greater ability to continue to provide care over the long term.

This summer, I encourage you to take one small step – schedule that check-up, step outside for fresh air, sit on the beach, or reach out for support if you need it. Caring for yourself is not separate from caring for others; it's essential. Small steps, like this, can create lasting wellness.

This summer, take a moment to care for yourself as thoughtfully as you care for others – you deserve it, and our community is stronger because of it.

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

New podcast episode

A new episode of the District's podcast, *Stories from the Heart: Inspiring Tales of Life, Love and Learning*, is now available on Spotify, Apple Podcasts, SoundCloud, and our website.

In this episode, Sherry shares a deeply personal story about her mother's declining zest for life and the journey toward accepting her mother's heartfelt decision to let go. It's a moving reflection on love, loss and understanding.

Have a story of your own to share? We'd love to hear it. Submit a form on our website or contact Community Services Manager Michelle Rogers at 805-388-1952, ext. 116.

Tune in: www.camhealth.com/local-residents-share-health-and-caregiver-journeys-on-our-podcast



Staff Complete Training

In April, District staff completed Adult Protective Services (APS) Mandated Reporter Training through the Ventura County Human Services Agency.

APS plays a vital role in protecting dependent adults and older adults in our community, providing services at no cost. As mandated reporters, our staff are trained — and legally required — to recognize and report concerns such as abuse, neglect, self-neglect, abandonment, isolation and other situations that may cause harm or distress.

This training strengthens our ongoing commitment to the safety, dignity and well-being of those we serve.

Transportation Services Available

Life doesn't always go as planned — and sometimes a little extra support can make all the difference. Whether it's a steady arm, a helping hand, or a reliable ride, the Camarillo Health Care District is here for you.

Our CARE-A-VAN Transportation Services provide door-through-door assistance for non-emergency medical appointments and essential daily activities. Our drivers are CPR and first-aid certified and receive specialized training to support frail, elderly, and cognitively or mobility-challenged riders with care and compassion.

Rides must begin within the District, and fees vary based on destination and whether the trip is one-way or round trip.

To schedule a ride, call 805-388-2529.

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



You are an **amazing** community resource!

Engaged, energetic instructors in Tai Chi for Arthritis.

I always **enjoy** the health district classes.

Everyone instructing the class was **superb**.

The person who prepared my taxes was **very efficient**.

Instructor is **very qualified** and made the class enjoyable.

You provide **invaluable** resources and services to our community.

I saw some **improvement** in my balance after taking your class.

The AARP Tax Preparation volunteers are **kind and helpful**, and I appreciate them.

I'm very **impressed** with the services you offer!

Just so **grateful!**



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



SCAN TO LEARN!



contents



2

Make Physical and Mental Health a Priority This Summer

4

Caring for the Caregiver



6

Jocelyn's Story

7

Digital Literacy & Connectivity Support Groups

8

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

9

Programs & Services Advocacy Services Important Numbers



ON THE COVER

Reconnect. Recharge. Restore.
This summer, take time to care for yourself as thoughtfully as you care for others.



we are social

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



Make Physical and Mental Health a Priority This Summer

Simple steps today can lead to a healthier, happier you.

Life can get busy, and it's easy for things like annual checkups to slip to the bottom of the to-do list. But taking time for preventative care is one of the most important ways to stay healthy — helping to identify concerns early and keep you on track toward your wellness goals.

PREVENTATIVE CARE

With the slower pace of summer, it's a great time to check in with your primary care provider. Your annual visit may include routine screenings based on your age, family history and lifestyle. These often include blood pressure, cholesterol, blood glucose, bone health and body mass index — all important tools for catching conditions like heart disease or diabetes early. It's also a good opportunity to stay up to date on cancer screenings and vaccines (they're not just for kids!).

NEUROLOGICAL HEALTH

If you or a loved one have noticed changes such as memory concerns, dizziness, numbness, tremors or changes in movement or vision, it may also be helpful to consult a neurologist. These specialists diagnose and treat conditions such as stroke, sleep disorders, multiple sclerosis, epilepsy, Alzheimer's disease and other dementias.

MENTAL & EMOTIONAL WELLNESS

At Camarillo Health Care District, we're here to support you and your family every step of the way. Our Dementia Support Services offer a range of programs designed to educate, empower and connect including our Adult Day Center, Dementia Live simulation, Dealing with Dementia workshop, SHARE Program (Support, Health, Activities, Resources and Education), and Caregiver Library.

“
*Healthy habits, support
and care can make a
lasting difference.*
”

Summer is also an ideal time to nurture your mental well-being. Just as we care for our physical health, tending to our emotional and mental health helps us stay resilient, connected and balanced.

We offer a variety of programs to help reduce stress and support overall wellness, including Mindfulness and Meditation Virtual Reality classes, Adventures in VR and VR Travel Club, Tai Chi for Arthritis, Gentle Yoga and our Walking Group.

For additional support, we provide a Senior Support Line for friendly conversation and connection, depression and caregiver burden screenings, caregiver support groups (both in person and virtual), and counseling services for family caregivers.

Simple steps like staying active, getting enough rest, eating well, practicing gratitude, and spending time doing what you love can go a long way.

There's no single solution for perfect health, but a combination of healthy habits, support and care can make a lasting difference. So, take a moment to schedule that appointment, explore the resources available to you, and make this summer a season of renewal and well-being. ♥



Dementia Support Services

SHARE Program

Based on research from the Benjamin Rose Institute on Aging, the SHARE Program offers guided sessions for individuals with early- to mid-stage dementia and their caregivers. Led by a trained health coach, participants explore meaningful conversations and future planning based on their values and preferences.

Dementia Live

Dementia Live is an interactive simulation that helps participants better understand the experience of living with dementia. Through guided tasks and sensory challenges, participants build empathy and improve communication.

Dealing with Dementia

Developed by the Rosalynn Carter Institute, this workshop provides practical education and support for caregivers, covering topics such as dementia, caregiving strategies, behavior management and self-care. Workshops are offered in English and Spanish.

Adult Day Center

Our Adult Day Center provides a safe, welcoming environment with activities tailored to participants' abilities and interests. From recreation and socialization to nutritious meals and compassionate care, staff support both participants and caregivers.

Heart  of the District

Caring FOR THE Caregiver

Adult Day Center provides meaningful support and much-needed respite for family caregivers



Summer has arrived, bringing longer days, sunshine and opportunities to slow down and recharge. But for family caregivers, stepping away, even for a short time, can feel difficult in any season.

At Camarillo Health Care District, we want to gently remind caregivers that taking a break is not only OK, it's essential. Respite is not a luxury; it's a vital part of staying healthy, balanced and able to continue caring for those you love.

This summer, we encourage you to take time to care for yourself — mind, body and spirit. That might mean something simple: a walk in the park, a quiet afternoon at the beach, lunch with a friend, or attending a class or community event. Even small moments of rest and joy can help restore your energy and bring a sense of balance back into your day.

When caregivers are supported, everyone benefits. Without time to rest and recharge, it's easy to become overwhelmed or burned out, which can affect both your well-being and the quality of care you provide.

Taking time for yourself helps you return to caregiving with renewed patience, strength and compassion.

That's where our Adult Day Center comes in.

The Center offers a warm, welcoming, and home-like environment where participants enjoy meaningful social interaction, engaging activities, and opportunities for mental and physical enrichment. Each day is thoughtfully designed to bring connection, purpose and enjoyment.

Our program provides a safe, respectful and compassionate setting for adults who may be living with Alzheimer's disease, Parkinson's disease, stroke, brain injury, mobility challenges, or feelings of isolation. Flexible scheduling options, including full or half days, and attendance ranging from a few times



a month to several days a week, allow families to choose what works best for their unique needs. Transportation within Camarillo can also be arranged for added convenience.

For caregivers, this means something incredibly valuable: time. Time to rest, manage responsibilities, nurture relationships or simply breathe.

Adult day services are more than a program — they are a lifeline for many families balancing work, caregiving and daily life.

The heart of it all is our dedicated team, whose compassion and commitment make the Center a place where both participants and caregivers feel supported and cared for.

And this summer, don't forget to take a little time for yourself — you deserve it. ♥



If you've been thinking about exploring respite care, we invite you to take that first step. Call us at **805-388-1952** to speak with Adult Day Center Director Mary Ann Ratto and learn more.

Signs of Caregiver Burnout



- ✓ Ongoing fatigue or trouble sleeping
- ✓ Feeling overwhelmed, anxious, or emotionally drained
- ✓ Irritability, sadness, or feelings of hopelessness
- ✓ Withdrawal from friends, family, or activities you once enjoyed
- ✓ Changes in appetite or sleep patterns
- ✓ Increased reliance on alcohol or other substances

Benefits of Respite Care



For caregivers:

- ✓ Provides time to rest, recharge and prevent burnout
- ✓ Supports better physical health and time for personal medical care
- ✓ Reduces stress, anxiety and feelings of isolation
- ✓ Allows time to nurture relationships and personal interests
- ✓ Helps caregivers return to their role with renewed energy and compassion

For care partners (recipients):

- ✓ Encourages social connection and engagement
- ✓ Provides stimulating and enriching activities
- ✓ Offers a safe, supportive environment
- ✓ Maintains routine and structure
- ✓ Benefits from higher-quality care when caregivers are well-rested

Jocelyn's Story



Daughter finds support, connection and peace of mind through the Adult Day Center

Jocelyn's father, Galo, spent his career as an airline mechanic and lived as a devoted family man. Known for his quiet strength, selflessness and strong values, he faced life's challenges without complaint — qualities his daughter clearly carries with her today.

Jocelyn is now a full-time caregiver for both of her parents. Her mother, 87, is living with advanced Alzheimer's disease, while her father, 85, benefits from the socialization and connection he has found at the Camarillo Health Care District's Adult Day Center.

"Caring for my parents is like raising children in adult bodies," Jocelyn shares. "I'm responsible for their personal care, medical needs and daily routines. It takes constant time and energy, and it can feel overwhelming at times. But it comes from love and wanting to be there for them the way they were for me."

For Jocelyn, the Adult Day Center has made a meaningful difference. While her father enjoys companionship, activities and daily engagement, Jocelyn is able to focus on her mother's more intensive needs — and take time to recharge herself.

"It brings balance and support to all of our lives," she says. "It has given me much-needed respite — time to manage my mom's care, run errands, and simply rest and regroup."

Participants at the Center enjoy activities designed for all abilities, including art, music, games, pet therapy and opportunities to socialize and share stories. The compassionate environment supports adults experiencing Alzheimer's disease, Parkinson's disease, stroke, brain injury, decreased mobility or isolation.

“
*You don't
have to do
everything
alone, and
it's OK to
accept help.*”

"Since attending the Adult Day Center, my dad's life has improved in meaningful ways," Jocelyn says. "Instead of spending most of his day alone, he now has structure, stimulation and social connection. It has reduced his isolation and given him a renewed sense of purpose. It also gives me peace of mind knowing he's safe and well cared for."

Adult day services often become a lifeline for families balancing caregiving and other responsibilities. For Jocelyn, the support has improved her own well-being as well.

"I feel less overwhelmed, more organized, and more at peace knowing my dad is in a safe and supportive environment," she says.

Her message to other caregivers is simple:

"You don't have to do everything alone, and it's OK to accept help. Caregiving is physically and emotionally demanding, and without support it can quickly become exhausting. Resources like Adult Day Centers, respite care and support groups can make a meaningful difference — even for a few hours. Having trusted care allows you to rest, regroup, and continue providing care with strength and compassion." ♥





Online Class Registration

Online
camhealth.com

Phone (M-F 8am-5pm)
(805) 388-1952

Walk-in (M-F 8am-5pm)
3639 Las Posas Road, Suite 117, Camarillo

Tips for Successful Class Registration & Attendance

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

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.
Jul 22 (W) 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.
Aug 10 & 17(M) 9:30-11am | IC | R | \$10/14 ND

Social Media Basics

(805) 388-1952

We'll teach you the basics of 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.
Sep 28 & 29 (M&T) 2-3:15pm | IC | R | \$10/14 ND

Intro to Adventures in VR

(805) 388-1952

Nature Treks or Ocean Rift: Explore the natural world, choosing different settings in nature at night or during the day, with music or soothing sounds of nature, and encountering 20 different animals, or go scuba diving in an underwater safari park. We'll show you how to use the equipment. Document your adventures in a VR passport.
Jul 15 (W) 10-11:15am | Ocean Rift | IC | R | \$5/9 ND
Aug 6 (Th) 1-2:15pm | Nature Treks | IC | R | \$5/9 ND

Intro VR: Off to the Races & More

(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. You'll also play table tennis and draw in space, virtually.
Jul 31 (F) 10-11am | Aug 24 (M) 10-11am | Sep 24 (F) 10-11am | IC | R | N | 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.
Sep 2 (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 aware of what you're sensing and feeling in the moment. Use breathing methods, guided imagery and other practices to relax body and mind and help reduce stress in a serene 3D environment.
Jul 20 (M) 10-11am | Aug 21 (F) 9:30-10:30am | 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 four weeks. You'll visit various countries, cities, check out landmarks, go on excursions and make friends along the way. Includes Snack & Chat.
Jul 29-Aug 19 (W) 10-11:15am | 4-week series | R | \$30/34 ND
Aug 27-Sep 17 (Th) 1-2:15pm | 4-week series | R | \$30/34 ND
Sep 30-Oct 21 (W) 10-11:15am | 4-week series | R | \$30/34 ND

Intro: VR Activity Club

(805) 388-1952

Explore the world virtually as part of a core group that meets weekly for four weeks. You'll visit various countries and cities, participate in activities together and make friends along the way. Includes Snack & Chat.
Sep 8-29 (T) 10-11am | 4-week series | R | \$30/34 ND

Intro VR: Scenic Hot Air Balloon Rides

(805) 388-1952

Float among the clouds as you take in beautiful vistas while sailing in a hot air balloon. This introductory class does not require use of the VR hand-controllers. Just sit back with a headset on as we immerse you and your fellow adventurers on a scenic tour across farmland, open fields, mountain tops, the ocean and various landmarks.
Jul 27 (M) 10-11:15am | R | \$5/9 ND

Intro VR: Road Trips Across the U.S.

(805) 388-1952

No need to pack the car or schedule any pit stops. Just sit back with a VR headset on as we take you on a road trip through Virginia, Utah, Arizona, North Carolina, New Mexico, Nevada, Las Vegas, Death Valley and back home to Ventura County. Take in the beautiful landscape that makes up the United States and learn about what makes each state special.
Aug 31 (M) 10-11:15am | R | \$5/9 ND

Intro VR: Travel & Trivia

(805) 388-1952

We are combining virtual travel adventures with fun trivia in this VR class. Spend the first 10 minutes getting to know each other and 35 minutes traveling around the world. Afterward we engage in trivia on such topics as Culture & Education, Arts & Entertainment and Animals & Nature.
Aug 31 (M) 10-11:15am | R | \$5/9 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 take the introductory VR class first (Ocean Rift or Nature Treks).
Jul 24 (F) 2-3pm | Aug 3 (M) 10-11am | Sep 14 (Th) 2-3pm | IE | R | \$10/14 ND

Support Groups

Caregiver Support Group (800) 900-8582

Intended for those who are on the journey with a parent, spouse, friend, neighbor and others, who have a chronic condition requiring care such as dementia, Parkinson's, or other illnesses.
Virtual: Second and Fourth Friday of each month | 9:30-11am | R | NC
In person: Jul 31 (F) | Aug 21 (F) | Sep 18 (F) | 9:30-11am | R | NC

Al-Anon Family Support Group

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

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

Mental Wellness Services for Family Caregivers

(805) 388-1952 x215

Caring for a loved one can be rewarding, but it also can be overwhelming. The District now offers counseling to help family caregivers navigate stress, strengthen family relationships and find balance in their caregiver role. Services are provided by Ellen Louise Hood, Registered Associate Marriage and Family Therapist (AMFT 160759), supervised by Jenica Polakow, LCSW 79623. Call for an appointment. No cost.

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.

Jul 22 & 29 (W) 1-3pm | Aug 13 & 20 (Th) 10am-12pm

Sep 9 & 16 (W) 9am-11am | Material cost \$35/39 ND

Depression and Caregiver Well-Being Screening

(800) 900-8582

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

Call for an appointment | one-hour | A | NC

Dementia Live

(805) 388-1952

Dementia Live is a high-impact, dementia simulation experience that immerses participants into life with dementia, resulting in a deeper understanding of what it's like to live with cognitive impairment and sensory change. Participants are outfitted in specialized gear and given a series of tasks to perform.

Jul 17 (F) 1:30-3:30pm | Aug 19 (W) 1-3pm | Sep 22 (T) 9-11am | 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 (virtual)

(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.

Jul 7-Sep 1 (T) 1:30-3pm | R | Material cost \$30/34 (ND)

The Kroll Resource Library

(805) 900-8582

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

Moving & Strengthening

Beginners Walking Group

(805) 388-1952

Regular walking can help strengthen your legs, reduce stress, benefit your heart and improve your overall sense of well-being. Five-minute warm up; 45-minute walk. Safe, weather-appropriate clothing and footwear are required.

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

Bingocize

(805) 388-1952

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

Jul 7-Sep 10 (T&Th) 10:30-11:30am | 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.

Jul 10-Aug 28 (F) 9:30-11:30am | 8-week series | R | \$40/44 ND

Tai Chi for Arthritis

(805) 388-1952

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

Jul 13-Sep 21* (M&W) 1:30-2:30pm | 10-wk series | R | \$60/64 ND

*no class Sep 7

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.

Jul 20-Sep 28* (M) 3:45-4:45pm | 10-wk series | R | \$80/84 ND | \$15/19 ND drop-in

Aug 4-Oct 6 (T) 9-10am | 10-wk series | R | \$80/84 ND | \$15/19 ND drop-in

Drop-in Mondays 3:45-4:45 and Tuesdays 9-10am | \$15/19 each day

*no class Sep 7

Special Presentations & Community Outreach Events

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.

Sep 18 (F) 12-1:30pm | R | NC

NEW "Doctor Talks"

805-388-1952

Join us for presentations by physicians from Community Memorial Health Care. Topics may include multiple sclerosis, heart surgery, shoulder replacement and rotator cuff repair, and more. Call for dates and times. R | NC

NEW "Skin Cancer Screening"

805-388-1952

Community Memorial Healthcare professionals will be on our campus providing Skin Cancer Screenings focused on early detection and proactive skin health. Call us to schedule a 15-minute appointment where healthcare providers will perform skin evaluations to examine suspicious moles, spots or changes, and recommend next steps, if needed.

Aug 7 (F) 9-11am | R | NC

Programs & Services

Adult Day Center (805) 388-1952 x111
Schedule a personal tour of our state-licensed, award-winning Adult Day Center. The Center offers support, comfort, and activities five days a week for individuals who may benefit from additional supervision and social interaction during the day. Call for details.

BALANCEfit (805) 388-1952
This twice-a-week, eight-week award-winning program aims to reduce fall risk and improve cognition while progressing participants through a series of games that get more complex and challenging as people move through the program.
30 minutes | twice a week | 8 weeks | NC

POWERfit (805) 388-1952
This award-winning program is available to those who have completed at least one BALANCEfit series. POWERfit combines another round of BALANCEfit games with the use of resistance bands to help strengthen the upper body, and build on the success of the previous BALANCEfit work.
30 minutes | twice a week | 4 weeks | NC

SMARTfit (805) 388-1952
Preventative and rehabilitative solutions to both cognitive and motor functions. Its unique approach to improving physical, cognitive and mental health is engaging, exciting and very interactive.
30 minutes | twice a week | 6-week package | \$25 for the series

Care-A-Van Transportation Services (805) 388-2529
Care-A-Van offers door-through-door, non-emergency medical transportation service throughout Ventura County for medical visits and other activities of daily living. Call for more information.

Caregiver Center (800) 900-8582
The Caregiver Center is designed to help caregivers understand that they are a caregiver, and provide a calm and compassionate environment designed for learning. We offer high-quality education, skills training, programs and resources to help caregivers be the best they can be, while also taking care themselves.

Care Management Services (800) 900-8582
Care Management Services offer an array of programs designed to help families develop plans that guide them to age successfully and independently in the home setting, manage chronic illness issues, and learn strategies for managing the care of loved ones with dementia and Alzheimer's disease.

Digital Bridge Program (805) 388-1952
One-on-one, step-by-step assistance to help you in the use of various digital communication devices and applications so that you can participate in virtual health services, medical portals, banking services and other virtual services. (NC)

Home Delivered Meals (805) 388-1952 x168
Provides "ready-to-heat" meals to home-bound residents of Camarillo/Somis age 60 and up. Includes main course, bread, butter, apples, oranges, tomatoes, fruit cups and yogurt.
M, W, F | 9:30am-12pm | R | \$4 suggested voluntary contribution

Senior Support Line (800) 235-9980
Senior Support Line is a toll-free telephone number for residents age 60+, that provides compassionate, confidential conversation, emotional support and connection over the telephone. If you or someone you know lives alone, and feels isolated or depressed, call the Senior Support Line, M-F, 8am-5pm. Regular check-in calls can be scheduled.

SHARE Program (805) 388-1952x107
SHARE is a program for a person with early- to mid-stage dementia and their care partner. Improve communication, encourage participation in fulfilling activities, reduce stress and relay available resources that may be needed. A care plan will be developed that reflects the person's personal preferences.

Zoom Room Program (800) 900-8582
If you do not have the computer equipment or connectivity at home to conduct online health and medical provider appointments, attorney appointments, family fun and social activities or other online services, the Zoom Room is available at no charge, by appointment, with assistance, at the District.

Advocacy Services

Elder Legal Services (800) 900-8582
Schedule a confidential appointment with an elder law and estate planning expert. In-person or virtual appointments are available. Up to two per calendar year.
Mondays | 1-4pm | A | NC

Financial Planning Robert Harrell, Financial Planner (805) 388-1952
Consult with a financial planner on budgeting, retirement planning, and financial problem solving. Discuss how to put all the finance pieces together to solve problems or reach goals in a confidential session.
Third Monday of each month | 1-4pm | A | NC

Health Insurance Counseling and Advocacy Program (HICAP) (805) 477-7300
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

Important Numbers

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

Adult Day Center & Support Services (805) 388-1952 x111
Award-winning, person-centered day program

Care Management Services (Hospital to Home) (800) 900-8582
Supporting well-prepared transitions from hospital to home

Care-A-Van Transportation (805) 388-2529
Door-through-door non-emergency service throughout Ventura County

Caregiver Center (800) 900-8582
No-cost resources for caregivers and their loved ones.

Caregiver Respite, Education & Training (800) 900-8582
Training, resources, respite and options for family caregivers

Counseling Services – Legal & Financial (800) 900-8582

Evidence-Based Programs (800) 900-8582
Rigorously tested programs scientifically proven to show results

Fall Prevention & Home Modifications (800) 900-8582
Home safety through resources and education

Health Education, Promotion & Advocacy Classes (805) 388-1952

Senior Nutrition Program (805) 388-1952 x168
Nutrition and socialization for home-bound and active residents age 60+

Senior Support Line (800) 235-9980
Trained volunteers provide resources and friendly conversation

Resource Specialist (805) 900-8582
Staff connect you with helpful resources within the District

Share your thoughts and ideas,
WE'RE LISTENING



“ We would appreciate receiving your thoughts and perspective on District programs and services, especially new ideas! ”



Please email us at
info@camhealth.com



3639 E. Las Posas Road, Suite 117
Camarillo, CA 93010
805-388-1952 | camhealth.com



PRSR STD
U.S. Postage
PAID
Oxnard, CA
Permit No. 139

RADIATION
ONCOLOGY



Cancer Treatment Especially for You. Customized. Comprehensive. Compassionate.

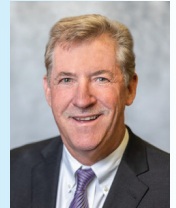
Alongside first-class radiotherapy treatments, our highly experienced cancer team provides well-rounded, compassionate care for the whole patient. This includes providing every resource that could possibly contribute to a full restoration of health during treatment and through recovery.

Schedule a consultation to learn about your treatment options

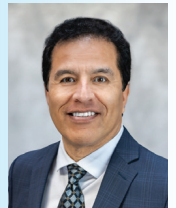
Compassionate Care and Precise Cancer Treatment in Ventura County

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

The cancer care team
you can trust.



Timothy A. O'Connor, M.D.



Henry Z. Montes, M.D.

Se habla Español

EXPERIENCED LEADERS IN CANCER CARE FOR OVER 40 YEARS