

Healthy ATTITUDES

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OCTNOVDEC 2024

CAMARILLO HEALTH CARE DISTRICT



A MESSAGE FROM

KARA RALSTON, CHIEF EXECUTIVE OFFICER



"You can't use up creativity. The more you use, the more you have." —MAYA ANGELOU

Last month, the Camarillo Health Care District was honored to receive the "Innovative Program of the Year" award from the California Special Districts

Association for the BALANCEfit and POWERfit programs in the Fall Prevention series! We're very proud of this work and very humbled by this statewide recognition.

In thinking about this award, we started reminiscing about how so many of our latest programs and services developed, and we actually have to give a nod way back to the COVID-19 pandemic. As the world shut down, we were working on how to open back up in a very different world, where most things were now online, telehealth, and/or virtual.

In order to understand where we are now, it's helpful to look at where we came from. . . where all the innovative programming originated. "Moment zero" was a quiet Sunday afternoon, and one of our staff members noticed their son using a virtual reality (VR) oculus to "play" baseball. She watched for a minute and then asked if she could try it. (Thanks, Mary Ann!)

The rest is history, as they say! She brought the VR equipment to the office that Monday; we thought this technology could be beneficial; we started our virtual programs; and thus began a journey researching special technologies to enhance services!

We now offer a broad selection of super fun and effective technologies with a variety of applications for cognitive strengthening, fall reduction, upper and lower extremity strengthening, and cognitive sharpening, including BALANCEfit, SMARTfit, POWERfit, and the Tovertafel (see page 2; this word means "magic table" in Dutch), with even more to come!

I hope that you'll find a way to join us in maximizing your health status in the new year. It's not too soon to formulate your next health resolution! Wishing your peace during the holiday season!

Kara

IN THE NEWS

District Wins Innovation Award

Camarillo Health Care District's BALANCEfit and POWERfit Fall Prevention Programs have been named Innovative Program of the Year by the California Special Districts Association. This is the fourth innovation award in nine years; 2015, Adult Day Center; 2019, Care Transitions partnership; 2023, Adventures in VR. We're very proud to continue offering exciting programs and services to enhance independence and health. The award was presented to Kara Ralston, the District's CEO, and Blair Barker, Program Officer, during the CSDA's Annual Conference in September, with nearly 1,000 members in attendance.

New Episodes On Podcast

On our podcast, "Stories from the Heart: Inspiring Tales of Life, Love and Learning," Elizabeth shares a personal story of how she transformed herself into a fierce triathlon competitor, inspired by her father, energized by a new love interest and encouraged by her friends. Also, Dawn's story, "Better Late Than Never," is about finding love later in life, and the ups and downs of caring for aging parents. You'll find both on our website, camhealth.com, on Apple Podcasts, Spotify and SoundCloud. We feature 11 episodes touching on life as a family caregiver, health journeys, grief, dementia and kidney donation. To share your story, call Community Outreach and Education manager Michelle Rogers at 805-388-1952, ext. 116.



District Receives City Grant for Fall Prevention Program

Camarillo Health Care District has received a Community Development Block Grant from the City of Camarillo to provide *Activate!* residents to help improve strength and response time while reducing the likelihood of a fall. While falls can happen at any age, they can be much more dangerous as we age. Research shows that falls happen for many reasons, including sensory, motor and cognitive impairments.



Adding a dual-tasking, fall-reduction and cognitive-training program like *Activate!* improves both a person's physical and cognitive function and addresses the risk factor of dual-task attention impairments. This programming incorporates the District's trademark fun, while improving executive function and reducing the risk of falls. For more information, please see page 9.

BOARD OF DIRECTORS

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Blair Barker, MPH Program Officer
Luis Morales, III, RN, BSN Care Services Director
Sonia Amezcua, MPPA Chief Administrative Officer
Mary Ann Ratto, BA, CSA Adult Day Center Director

Testimonials



Training **staff is excellent** and physical benefit far exceeded expectations.

I appreciate the program's respectful **understanding** of my limitations. There are days I just can't perform.

The classes/books are **helpful resources**. Staff is friendly/supportive. Thank you.

I just want to say everyone at the District is **kind, caring and friendly**.

Thank you for giving me the opportunity to attend the tai chi class. You were all **wonderful instructors!!!**

I have **participated in several programs** and have not been disappointed yet.

I'm a new retiree and very physically active. I felt that the Tai Chi for Arthritis was a **great place** to start.



NATIONAL ELDER FRAUD HOTLINE

1-833-FRAUD-11

1-833-372-8311



SCAN TO LEARN!



ON THE COVER

An idea can be the start of something great.

Be the spark!

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ToverTafel!

Meaning "magic table" in Dutch, the Tovertafel table is the District's latest innovation tool offered in the Adult Day Center.



tovertafel!



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we are social

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

tovertafel!

MAGIC TABLE

Improving
quality of life
and quality of
care for people
living with dementia

Meaning “magic table” in Dutch, the Tovertafel table is the District’s latest innovation tool offered in the Adult Day Center. The Magic Table program is an award-winning system that has become a tool in more than 10,000 dementia care communities worldwide, and Camarillo Health Care District is the first to acquire and use it in California!

An interactive gaming system, the Magic Table is designed for “purposeful play” for participants with cognitive and intellectual challenges and was first developed for adults living with dementia.



“
Incorporating the Magic Table into the Center’s offerings provides a new method of engagement for our participants and staff”

Research shows that playing on the Magic Table can break through restless and tense behavior, as well as increase positive emotions in people living with dementia. Games are created for a range of cognitive abilities with varying levels of complexity, and can be played individually or as a group, which promotes social bonding.

"Incorporating the Magic Table into the Center's offerings provides a new method of engagement for our participants and staff," said Adult Day Center Director Mary Ann Ratto. "In addition to providing physical, cognitive and social stimulation, this system is also designed as an all-inclusive activity for those with varying degrees of cognitive impairment."

With more than 40 games, the choices are broad and diverse and include such activities as creating a song by tapping a keyboard, "painting" a picture or putting together a jigsaw

puzzle simply by waving their hands. There is also a picnic spread complete with flies to swat, a pile of autumn leaves to toss while uncovering ladybugs, colorful kites to fly, and fun activities like "Whack a Mole" and "Memory Matching Game."

It works by projecting vibrant, lifelike images onto a surface in the form of games that react to the swipe of a finger, wave of a hand or arm movement. The games employ a "no-fail, layered design," which means that participants can play according to their ability, helping to instill confidence and making the games easy to enjoy, while promoting physical movement, social interaction and cognitive stimulation. ♥

If you or someone you know could benefit from a fun, interactive and supervised day setting, please call 805-388-1952, ext 111.



ADULT DAY Center

THE DISTRICT'S STATE-LICENSED ADULT DAY CENTER reflects a home-like environment, with an open-concept living room, kitchen and dining area, game rooms, indoor gardening beds, and gathering space with a piano for entertaining. The Center is a social model focusing on socialization, and mental and physical activities enjoyable for everyone. Services at the Center serve as an essential support for families caring for loved ones with dementia and Alzheimer's disease, Parkinson's disease, stroke, brain injury and other cognitive challenges.

Nutritious meals, snacks and beverages are provided, and caring staff provide a range of activities and socialization for many interests and ability levels. Services are offered Monday through Friday, 9 a.m. to 3. pm., and half-days either morning or afternoon. A complimentary half-day visit is available upon completion of assessment. For more information, please call 805-388-1952, ext. 111.



INNOVAT

PROGRAM OF



**Inspiration + Ingenuity =
Innovation**

***District earns recognition
for work in fall prevention***

For more information about
District services, please call
805-388-1952
or visit
camhealth.com

For the second consecutive year, Camarillo Health Care District has been recognized for its innovative programming by the California Special Districts Association (CSDA). This is the fourth innovation award in nine years as the District lives up to its vision of “transforming lives through innovation and inspiration.”

The award, for the District’s BALANCEfit and POWERfit Fall Prevention Program, was presented to Kara Ralston, the District’s CEO during CSDA’s Annual Conference, with nearly 1,000 members in attendance.

Falls are a threat to health status, especially for older adults, and can reduce independence. The Centers for Disease Control and Prevention (CDC) reports that 1 in 4 adults age 65+ fall every year, resulting in 3 million admissions to ER, and falls are the number one cause of death from injury among older adults.

In 2021, the District purchased the first balance machine, a scientifically validated system for cognitive motor training, and created a unique BALANCEfit program, designed to help individuals improve cognition and reduce risk of falling through dual-tasking exercises.

In 2023, the District developed a companion program called POWERfit, a “next step” for graduates of BALANCEfit to continue building on their progress.

This “two-step” program guides and motivates participants to achieve goals, build confidence, increase daily activity levels, and improve physical and mental capacities.

FIVE THE YEAR



Transforming lives through innovation and inspiration



Goals of both programs are to encourage physical activity and reduce the risk of falls by working on the combined benefit of cognitive and motor activities”

said Program Officer Blair Barker.

POWERfit focuses on reducing fall risks and improving cognition while progressing participants through a series of games that get more challenging with each level. The games focus on cognitive and physical skills with the goal to improve reaction time, attention and processing, short-term memory, balance control, and cognitive and physical flexibility.

POWERfit programming includes the BALANCEfit machine and its benefits, while also incorporating strength training to reduce such fall-risk factors as reduced muscle strength, gait and balance disorders, fear of falling and isolation. These risk factors are addressed by incorporating strength and balance exercises, increasing socialization, and educating participants on cognitive and motor skills to improve mind-body connection.

“With these companion programs, the emphasis on ‘thinking before moving’ is meant to address the actions of everyday routine tasks and activities,” said the District’s Fall Prevention Coordinator, Elsa Sierra.



MORE THAN
250
individuals have completed
BALANCEfit and **POWERfit**
programs



The program aims to increase participants’ confidence and shift their attitudes and mindset from ‘falling is just part of getting older’ to an outlook on modifiable life factors.”

Participants work one-on-one with a facilitator and receive individualized attention and education. They are encouraged to participate in other Fall Prevention classes, such as Tai Chi for Arthritis, Matter of Balance, Bingocize and Walking Group, to continue staying active and increase socialization. ♥



Homebound Adults Find Joy in Virtual Adventures

“I was in the hospital, then skilled nursing and now here, in assisted living, and this was phenomenal because I felt like I actually got outside,” said a participant in the District’s “Roam Around the World” mobile virtual reality program. ***“It was exciting. I’d love to do it again.”***



ADVENTURES

Roam Around the World

A total of 92 people, ranging in age from 63 to 101, participated in the District’s “Roam Around the World” mobile virtual reality program between July 2023 and June 2024.

“I am so excited right now,” said one participant. “I love scuba diving. I saw turtles and fish. It was beautiful and so relaxing. It had a really calming effect on me.”

The program was designed to take older adults, ages 62 and up who are homebound or have limited mobility, on virtual travel adventures. It was supported in part by a community block grant from the city of Camarillo, making it free to participants.

The District connected with twelve local skilled nursing facilities, assisted living facilities, nursing homes and senior housing communities to bring “Roam Around the World,” the mobile version of our award-winning “Adventures in VR” classes. So far, more than 600 people, ages 22 to 96, have benefited from the variety of virtual reality classes offered at the District since 2022.

“Roam Around the World” exceeded its goal of bringing VR to adults who may not have the ability to travel due to a variety of reasons by providing this free service to more than 90 homebound

people. VR offers participants a full sense of “being there” through immersive headsets and software applications and utilizes computer technology to create a simulated environment.

Imagine traveling over the Swiss Alps in a hot-air balloon, going on a guided sightseeing tour in Rome, snorkeling in an underwater safari park or being immersed in nature as animals walk up to you. You can do all of this without leaving Camarillo, and in this program, sometimes without even leaving your room!

“My father used to take us on long trips across the state of Pennsylvania. There were a lot of trees and lakes. This is bringing back great memories,” shared a participant of the “Roam Around the World” program.

In addition to teaching digital literacy, VR classes aim to improve quality of life and sense of well-being by reducing loneliness, addressing depression, and reducing barriers to socialization through common experiences. And most of all, they’re fun! To help encourage social interaction, participants can discuss their experience in a group setting, and write about it in a “passport” with stickers to represent their various journeys. ♥





Online Class Registration

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

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

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

Online

camhealth.com

Phone (M-F 8am-5pm)

(805) 388-1952

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

3639 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

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

Digital Literacy & Connectivity

Digital Scrapbooking

(805) 388-1952

This two-part class will cover the different online platforms to make and publish photo books, how to upload your photos, crop, arrange and create your pages add creative layers and decoration to your pages, and order your book for yourself or for wonderful gifts! Bring your laptop computer or smartphone for hands-on learning.

Oct 15 & 22 (T) 10-11:30am | IC | R | \$10/\$14 ND

Social Media Basics

(805) 388-1952

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

Nov 6 & 7 (W&Th) 10-11am | IC | R | \$10/\$14 ND

Intro to Adventures in VR

(805) 388-1952

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

Oct 1, 9, 16, 24; Nov 12, 14; Dec 4, 11, 12 | am/pm times avail. | IC | R | \$5/\$9 ND

Intro to Adventures in VR: Family & Friends Night

(805) 388-1952

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

Dec 11 (W) 5:30-6:30pm | IC | R | \$5/\$9 ND

Intermediate Adventures in VR: BRINK Traveler

(805) 388-1952

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

Dec 17 (T) 1-2:30pm | R | \$10/14 ND

Intermediate Adventures in VR: Alcove

(805) 388-1952

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

Oct 3 (Th) 10-11:15 am or Dec 19 (Th) 10-11:15 am | IC | R | \$10/\$14 ND

Intermediate: Independent Adventures in VR

(805) 388-1952

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

Oct 11 (F) 10-11am, Nov 26 (T) 10-11 am or Dec 3 (T) 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 class "Nature Treks" or "Ocean Rift" to join. We'll chat about our experiences and document our travel adventures in our Adventures in VR passport.

Nov 19 & 20 (T&W) 2-3:15pm | 2-part class | IC | R | \$10/\$14 ND

Intermediate VR: Wander (travel)

(805) 388-1952

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

Nov 5 (T) 2-3:15pm | IC | R | \$10/\$14 ND

Intermediate VR: National Geographic Explore VR

(805) 388-1952

Choose Antarctica or Machu Picchu, Peru (or both!). This will be an active, immersive experience in both locations. You must have taken the introductory class "Nature Treks" or "Ocean Rift" to join. We'll chat about our experiences and document our travel adventures in our Adventures in VR passport.

Dec 13 (F) 2-3:15pm | IC | R | \$10/\$14 ND

Advocacy Services

Dental and Oral Cancer Screening

(805) 388-1952

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

Oct 16, Nov 20 or Dec 18 (W) 12-1pm | A | NC

Elder Legal Services

(800) 900-8582

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

In-person or virtual appointments are available.

Mondays | 1-4pm | A | NC

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 (returning Jan 2025) | 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.

Oct 23, Nov 27 | one-hour increments | 12pm, 1pm or drop-in 2-3pm | A | NC

Caregiving & Health Management

“Healthier Living” Chronic Disease

Self-Management Program

(805) 388-1952

Do you have a chronic health condition or care for someone who does? The award-winning Chronic Disease Self-Management Program is based on research conducted at Stanford University. Take the first step to manage ongoing health conditions with easy methods to reduce fatigue, anxiety, and sleep loss. Call to join an interest list.

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

Chronic Pain Self-Management Program (CPSMP)

(805) 388-1952

This six-week series is designed to teach practical skills for managing chronic pain, moderating symptoms, and staying motivated to overcome the challenges of living with ongoing health conditions. This program is for adults living with chronic pain due to illness or accident.

Call to join an interest list.

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.

Dec 4 & 11 (W) 10am-12pm | Material cost \$30/\$34 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.

Nov 15 | 9am-12pm | one-hour | A | NC

Dementia Live

(805) 388-1952

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

Nov 1 (F) 9am-12pm | R | NC | Sign up for one hour

Diabetes Self-Management Program (DSMP)

(805) 388-1952

An award-winning series based on research conducted at Stanford University is designed for anyone with Type 2 Diabetes. Learn methods to reduce fatigue, pain, stress, and fear through exercise and healthy eating, and to effectively manage the disease in order to improve quality and outlook on life.

Call to join an interest list.

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. Call to join an interest list.

Moving & Strengthening

Beginners Walking Group

(805) 388-1952

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

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

Bingocize

(805) 388-1952

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

Oct 1-Dec 10 (T&Th) 11am-12pm | 10-week series | R | \$40/\$44 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.

Call to join an interest list | 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!

Call to join an interest list | 10-week series | R

Yoga-Gentle Mikal Rogers, Instructor

(805) 388-1952

Health benefits include improved flexibility, muscle tone and stress alleviation. Classes meet in sessions or you may join at any time as a drop-in at a special rate.

Drop-in (M) 3:45-4:45pm | ends Nov. 25 | R | \$15

Oct 29-Jan 14 (T) 9-10am | R | 10-week series | R | \$80 or \$15 drop-in

Dec 9-Jan 20 (M) 3:45-4:45pm | R | 10-week series | R | \$80 or \$15 drop-in

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

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 workout, 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 | \$3 suggested donation

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.

Special Presentations & Community Outreach Events

NEW "What you need to know about dental implants"

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 the success rate. Registration is required in advance. Call 805-388-1952.

Oct 4 (F) 11:30am-1pm | R | NC

NEW Medicare Open Enrollment One-Stops

(805) 477-7300

The Health Insurance Counseling and Advocacy Program is offering help in navigating 2025 Medicare Open Enrollment on our campus. You must first fill out a Comparison-Appointment Request Form online at www.vcaaa.org/HICAP or request a copy by emailing HICAP@ventura.org. Appointments for these events are made in advance only. You may consult with experts, explore coverage options, compare plans and more. Appointments available on Fridays, Oct. 18, Nov. 1 and Nov. 15 between 10 a.m. and 2 p.m. You will be contacted after HICAP receives your form.

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) 388-1952

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
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Advanced Treatment for Breast Cancer



A New Beginning for You

If you or a loved one has breast cancer, it's comforting to know that you're receiving the absolute best care and technology available. Our Integrated Breast Program includes a dedicated team of UCLA-trained specialists, that guides you through your personalized treatment, and has been recognized for delivering the highest quality care, by the National Accreditation Program for Breast Centers (NAPBC).



A QUALITY PROGRAM
 OF THE AMERICAN
 COLLEGE OF SURGEONS

**Schedule a consultation to learn
 about your treatment options**

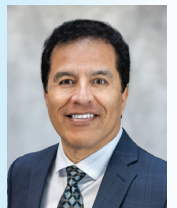
Compassionate Care and Precise Cancer Treatment in Ventura County

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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