

A MESSAGE FROM

CEO BLAIR BARKER



“There are only four types of people in this world: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers.” – Rosalynn Carter

November is National Family Caregivers Month, a time close to my heart. What I love about former First Lady Carter’s quote is that

it highlights the universality of caregiving. Yet many don’t identify as caregivers—they simply do what feels right.

Every day, millions step into this role—often without planning—because someone they love needs them. The newest National Alliance for Caregiving and AARP research, *Caregiving in the US 2025*, finds nearly 53 million Americans are family caregivers—almost one in five adults!

Behind that statistic are people like those in our magazine this quarter—the friend, the spouse, the child—who shared their journeys, parallels others may see in their own life. I am inspired by their honesty, resilience, and the reminder that caregiving is both deeply rewarding and deeply challenging.

Without support, caregiving can feel isolating, like floating alone in the ocean. At the Camarillo Health Care District, we believe no caregiver should ever feel that way. That’s why our Caregiver Center was created, offering support groups, classes, consultations, respite, and screenings to help caregivers care for themselves while caring for others. . . because if we don’t put on our own oxygen mask first, we can’t help our loved one.

We also recognize the healing power of storytelling. This November, we are hosting *Stories from the Heart: Inspiring Tales of Life, Love and Learning*. This event, along with our podcast, lets community members share experiences of caregiving, resilience, and love—reminding us that while each journey is unique, the struggles and triumphs are often shared. Additionally, the District is hosting its first Family Caregiver Symposium on Tuesday, December 16, 2025. If you are a caregiver or know someone who is, please spread the word.

As I reflect this month, I encourage us all to thank the caregivers in our lives. A simple “I see you, and what you’re doing matters” can mean more than we realize. And if you are a caregiver, please know: You are not alone. We see you. We walk alongside you. Caregiving is an act of love, and love deserves support.

With gratitude,

BOARD OF DIRECTORS

Neal Dixon, MD Thomas Doria, MD Paula Feinberg Lydia Dixon, PhD Cris Loughridge
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IN THE NEWS

Expanding Dementia Education to Professionals

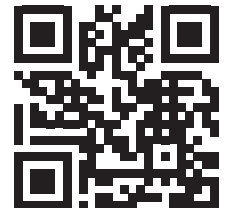
The Camarillo Health Care District is honored to share our services with community groups. In July, Community Services Manager Michelle Rogers presented to the Moving



Seniors Forward resource group, highlighting our award-winning Dementia Education and Caregiver Support programs—Dealing with Dementia and Dementia Live—along with the Adult Day Center. She also shared the Dementia Friendly Ventura County Taskforce’s efforts to train businesses and individuals to become Dementia Friendly certified and “Dementia Friends,” with the goal of turning the county purple for dementia awareness. Interested in becoming a Dementia Friend? Call us to learn how.

District’s Website Traffic Nearly Triples

The District’s website is the place to be! Our website provides another way for us to connect with each of you to share information about our programs, services, classes as well as informative videos, podcasts and photo galleries highlighting what we do. We are excited to announce that you helped us reach a major milestone, nearly one million pageviews, during this last fiscal year (2024-2025). We would like to thank the community for your interest in learning more about us and how we can support you. **Check us out, if you haven’t already, at camhealth.com.**



District Shares Best Practices With Peers

This fall marks three years since the launch of the District’s award-winning Adventures in VR program, with nearly 700 experiences offered through classes, our mobile Roam Around the World, new VR Travel Club and more. In September, we were honored to present at the Association of California Health Care Districts Annual Meeting, sharing the history, best practices, and strategies for bringing VR programs to other health care districts.

STAFF

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

Testimonials

Instructors are excellent for target audience.

This is so **awesome** (Off to the Races & Moreo VR class).

The attorney was **informative** and gave good suggestions.

Great service (Digital Bridge).

(Nutrition Counseling) is a **valuable initiative for seniors** . . . Great to see accessible support like this in the community.”

Instructors for Tai Chi are **fabulous!**

You have many **wonderful programs, classes and services** for the community.

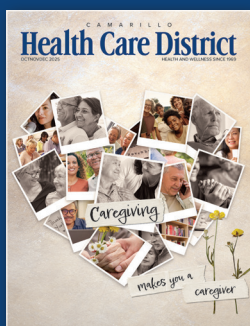
I met with financial planner Robert Harrell. Now I am saving money and making money. **Thank you,** Camarillo Health Care District.

You think of **everything for everyone.** Thank you.

I just **love your “Stories from the Heart!”**



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



ON THE COVER

Caregiving touches us all—reminding us of resilience, compassion, and the extraordinary strength found in ordinary acts of love.

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we are social

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

STRONGER

SUPPORT FOR CAREGIVERS

Together

Caregiving is hard.

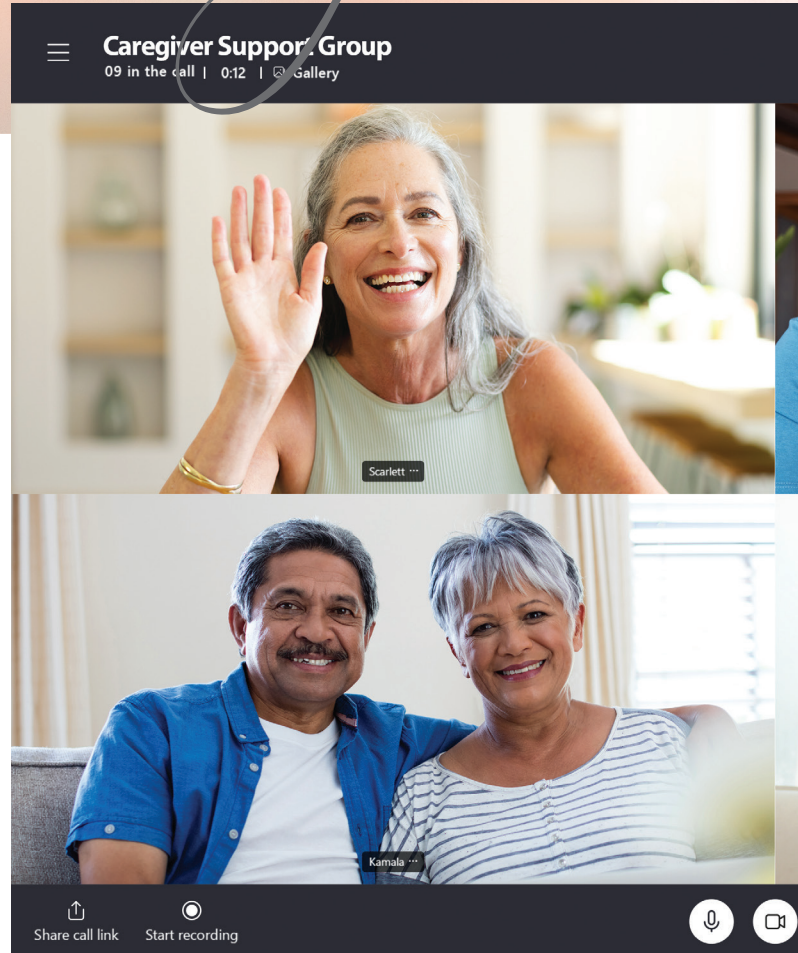
No one should have to do it alone.

It is also one of the most rewarding — and most exhausting — roles a person can take on. For many, it means long hours, heavy responsibilities, and emotional strain that can feel overwhelming.

That's why the Camarillo Health Care District's Caregiver Support Group has become a lifeline for people like Rochelle and Dan.

For Rochelle, caregiving has been part of her life for as long as she can recall — as a special education teacher and mother. However, when the father of her eldest son's chronic conditions worsened and he became bedridden, the daily demands quickly became too much. With no one around to care for him, Rochelle stepped up, taking on the responsibilities of caring for him, while putting herself on the backburner.

"I hit a wall," she admitted. Physically, mentally and emotionally exhausted, she turned to her community for



support. She helped find him the care he needed at a local residential care facility while also joining the District's Caregiver Support Group. "The group gave me a sense of not being alone," she said. "It helped me heal and find peace again." While she admits she still deals with his isolation and her own guilt, she knows, "When you care for someone there's always an underlying feeling of guilt when you can't offer them what they want."

Dan, a devoted and caring husband, has been providing care for his wife for the last 10 years. A year ago, Dan decided to retire and focus exclusively on his wife's needs. "My responsibility as a husband and partner is to take care of her," he said. However, Dan learned that he needed to take care of himself, too. So, he turned to the Camarillo Health Care District and found the same community in the

er



District’s Caregiver Support Group. “You learn you’re not alone in your struggles,” he said. “It’s a very loving, caring and informative network.”

Facilitated virtually twice a month by the District’s Caregiver Center, the group offers caregivers a safe, compassionate space to share, learn and recharge. The Caregiver Center — a federally designated family resource center — also provides classes including Powerful Tools for Caregivers and Dealing with Dementia, along with screenings for caregiver stress and depression. “Caring for a loved one can feel like you’re floating in the middle of the ocean all alone,” said District CEO Blair Barker. “Our Caregiver Center is like a flotation device. We’re here to help keep caregivers afloat. We are here to help them care for their loved ones — and themselves.” ❤️

Virtual Caregiver Support Group

**Second and Fourth Friday
of Each Month
9:30 – 11:00 am
Call 800-900-8582 to join**

The purpose of Caregiver Support Group is to identify and minimize caregiver-related stress and prevent psychological, physical, behavioral, and social problems among caregivers and care receivers.

It can sometimes be difficult for people to realize that they are a caregiver because they may feel they’re only doing what is expected—they’re just taking care of their spouse, parent, child, friend, or neighbor, or it’s simply “what any decent person would do.”

Family caregivers face challenges and difficulties that can include their own health issues and sense of well-being. That’s why the District’s Caregivers Center is so important. The center features a Caregivers Resource Library, a Relaxation Room, care consultations as well as classes for family caregivers. *(See more on Page 9)*





stories

FROM THE HEART

SHOW

Inspiring Tales of Life, Love and Learning

stories from

**NANCY AND GREG
ADRIANA
SUSAN
CAROL**



THURS NOVEMBER 6 6-7 PM

CAMARILLO PUBLIC LIBRARY
4101 Las Posas Road
Admission is free
Registration is required

EMCEED BY MICHELLE ROGERS
Camarillo Health Care District
Community Services Manager
Formerly of USA TODAY's Storytellers Project

CALL 805-388-1952 TO RESERVE YOUR SEAT

Caregiving has many faces. It can be a teenage or adult child caring for the parent, a partner or spouse caring for their loved one, a grandparent caring for a grandchild, and so on. Each situation is different, bringing its own unique challenges.

Nancy remembers the exact moment her role as daughter shifted into something more. Her elderly mother, once so strong, was now frail and struggling. As Nancy helped her bathe, she realized their relationship had transformed — she was no longer just the daughter, she was the caregiver.

“Each bath became a loving ritual,” Nancy recalls. “I began to grieve my mother even before she passed. But when the time came, I was grateful for those moments. They helped me let her go.” Nancy was experiencing a different kind of loss, a loss with no name. Ambiguous loss, a term coined by Pauline Boss, can be overwhelming, confusing and exhausting. It creates a type of loss, with no finality or official end, because the person you love is physically present, but emotionally and/or mentally absent.

Nancy wasn’t alone in feeling that way. Greg, her husband, will share his own story about love, loss, and reconciliation.

“ I can only wish that more people would share their stories . . . open up about how we have been both blessed and challenged. That we have suffered and survived, and sometimes, even triumphed . . . which can create a deeper bond. ”
—Greg



In addition to Nancy and Greg, Adriana will tell a story of her resilient mother, a cancer diagnosis that changed everything, and the lessons of love and vulnerability she carries forward. Susan will bring humor to a difficult subject, recounting how she staged a “fake death rehearsal” with her father to organize important papers before his

passing — a story filled with both laughter and meaning. And Carol will share her story of perseverance, overcoming challenges, and creating a board game that fosters empathy for people with disabilities.

Each story is unique, yet together they speak to the heart of what it means to care, to love, and to find strength through hardship.

These powerful personal journeys will be shared live at the Camarillo Health Care District’s event, *Stories from the Heart: Inspiring Tales of Life, Love and Learning* — a special program held during National Family Caregivers Month. ♥

tune in

Subscribe to our podcast
*Stories from the Heart:
Inspiring Tales of Life,
Love, and Learning*

Available on:
Apple Podcasts
Spotify
SoundCloud
YouTube

Or listen on the District’s website:
camhealth.com



You're

*The Camarillo
Health Care District
cordially invites you to
attend our inaugural*

**FAMILY
CAREGIVER
SYMPOSIUM
THE
POWER
OF CARE**

*Tuesday
DECEMBER 16
9:30AM-12:30PM
Doors open at 9 am
Ventura County
Office of Education
5189 Verdugo Way
Camarillo*

Begin the day with a complimentary catered breakfast, followed by a program designed to uplift and empower those who give so much:

- › Keynote Address: Compassion Fatigue, Post-Traumatic Caregiving & Ambiguous Loss
- › Caregiver Panel & Q&A: Personal journeys and lessons learned
- › “Finding Humor in the Everyday”: Laughter as Medicine
- › Experiential Opportunities: Virtual Reality Meditation & Caregiver Skills Lab
- › Resources to Answer “Now What?”

This special event is complimentary, but registration is required.

Gratitude is extended to the California Collaborative for Long-Term Services and Supports for their generous support.

PLEASE RSVP AT 805-388-1952

invited



Online Class Registration

Online
camhealth.com

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

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

Tips for Successful Class Registration & Attendance

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

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

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

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

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

Digital Literacy & Connectivity

NEW iPhone Tips & Tricks (805) 388-1952

If you have an iPhone and want to learn some tips and tricks on how to better utilize its features, register for this 75-minute class that will cover 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 what they mean), and how to respond to texts with gifs, emojis and adding effects. This class will include a 15-minute AMA (Ask me Anything – iPhone related).
Nov 5 (W) 10:30-11:45am | 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 for yourself or for gifts! Bring your laptop computer or smartphone for hands-on learning.
Dec 4 & 11 (W) 10-11:15am | IC | R | \$10/\$14 ND

Social Media Basics (805) 388-1952

We'll teach you the basics of all the major social media platforms so you can feel confident using them to connect with friends and family where they are, whether Facebook, Instagram, Snapchat, LinkedIn or TikTok/Clapper. Bring your smartphone or laptop computer.
Nov 17 & 18 (M&T) 2:30-3:30pm | 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.
Oct 17 (F) 10-11:15am or Nov 21 (F) 10-11:15am | 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.
Oct 14 (T) 10-11:15am or Dec 1 (M) 2-3:15pm | 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 and their habitat. 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 VR passport.
Oct 15 (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.
Oct 6-27 (M) 2-3:30pm or Oct 29-Nov 19 (W) 2-3:15pm | 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.
Oct 30-Nov 20 (Th) 10-11am or Nov 26-Dec 17 2-3:15pm | 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.
Dec 18 (Th) 10:30-11:45am | 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.
Nov 3 (M) 10-11am or Dec 12 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
Nov 14 (F) 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. Up to two per calendar year.
Mondays | 1-4pm | A | NC

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

Consult with a financial planner on budgeting, retirement planning, and financial problem solving. Discuss how to put all the finance pieces together to solve problems or reach goals in a confidential session.
Third Monday of each month | 1-4pm | A | NC | Must be 60+

Scam/Fraud Intervention Coaching (805) 388-1952

Meet with Debbie Deem, retired FBI victim specialist and fraud prevention coach. Discuss how to avoid such scams as romance imposters, fake lottery and sweepstakes winnings, cryptocurrency investment schemes, technology support scams, fake grandparent or family emergency scams, and government, bank and business imposters.
Fourth Wednesday | one-hour increments | 12pm, 1pm or drop-in 2-3pm | A | NC

Caregiving & Health Management

Care Consultations

(800) 900-8582

Care Consultations are confidential, personalized discussions that can help sort out and address issues important to you. Staff can help you prioritize needs, address concerns, and make recommended plans for living independently at home. Plans also include direct assistance in accessing a broad variety of community resources such as nutrition services, transportation issues, caregiver burden, home modifications and assistive devices, relaxation and educational opportunities, legal and insurance services, and more.

A | NC

Dealing with Dementia

(805) 388-1952

The Dealing with Dementia Program highlights topics such as: the caregiving experience with an easily understandable explanation of dementia, best practices in caregiving, and problem solving with dementia behaviors. Learn tips for caregivers to find time for self-care and stress management. Completed workshop participants will receive a comprehensive manual for dementia caregivers.

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 | 30 minutes | 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. 7 (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. Oct. 28-Dec 9 (T) 10:30am-12pm | R | Material cost \$30/\$34 (ND) Session 0: Oct. 21 (T) 10:30-11:30am

The Krull Resource Library

(805) 900-8582

The Krull 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.

Sep 30-Dec 11 (T&Th) 2:30-3:30pm | 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.

Oct 17-Dec 12 (F) 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!

Oct 6-Dec 10 (M&W) 10:30-11:30am | 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.

Oct 14-Dec 30* (T) 9-10am | R | 10-wk series | R | \$80/\$84 ND or \$15/\$19 ND drop-in

Nov 10-Jan 26* (M) 3:45-4:45p | R | 10-wk series | R | \$80/\$84 ND or \$15/\$19 ND drop-in (*no class Nov 11, Dec 22, Dec 30, Jan 19)

Special Presentations & Community Outreach Events

NEW 2026 Medicare Changes

805-477-7300

Attend a free, informational presentation by HICAP, part of County of Ventura Human Services Agency-Area Agency on Aging, on the 2026 changes to Medicare.

Oct 10 (F) 1:30-3pm | R | NC

NEW "Medicare Open Enrollment"

805-477-7300

One-on-one appointment for Medicare counseling. First step is to fill out the VCAAA HICAP Comparison-Appointment Request Form located at vcaaa.venturacounty.gov/our-services/medicare-help.

Oct 17 | Oct 31 | Nov 14 (F) 10am-2pm | R | NC

NEW "Living with Multiple Sclerosis"

805-388-1952

Dr. Andrew Voyiadjis will present "Living with Multiple Sclerosis." He is a board-certified neurologist who specializes in MS and neuroimmunology. He will discuss symptoms, diagnosis and treatments for living with MS.

Nov 7 (F) 2:30-3:30pm (doors at 2pm) | R | NC

NEW "Stories from the Heart" Show

805-388-1952

Listen to true, first-person stories from your neighbors about health and caregiver journeys, life, love and learning. This show is a live version of Camarillo Health Care District's podcast by the same name. Five of your neighbors will share personal stories, each under 10 minutes, at Camarillo Public Library, 4101 Las Posas Road. There is no cost. Registration is required

Nov 6 (Th) 6-7pm (doors open at 5:30pm) | R | NC

NEW "The Power of Care: A Symposium for Family Caregivers"

805-388-1952

Camarillo Health Care District will hold a symposium for family caregivers at the Ventura County Office of Education, 5189 Verdugo Way, in Camarillo. The free event will include breakfast, a keynote speaker, panel discussion, Q&A session and resources. Registration is required.

Dec 16 (T) 9am-12:30pm | 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. 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.

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.

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, M-F, 8am-5pm. Following your first call, regular check-in calls can be scheduled.

SHARE Program

(805) 388-1952x107

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

Zoom Room Program

(800) 900-8582

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

Support Groups

Caregiver Support Group (800) 900-8582

Intended for those who are on the journey with a parent, spouse, friend, neighbor and others, who have a chronic condition requiring care such as dementia, Parkinson's, or other illnesses. Second and Fourth Friday of each month | 9:30-11am | R | NC | Currently virtual only.

Al-Anon Family Support Group

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

Important Numbers

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

Adult Day Center & Support Services

(805) 388-1952 x111

Award-winning, person-centered day program

Care Management Services (Hospital to Home)

(800) 900-8582

Supporting well-prepared transitions from hospital to home

Care-A-Van Transportation

(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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 about your treatment options**

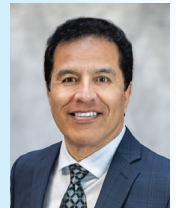
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Timothy A. O'Connor, M.D.



Henry Z. Montes, M.D.

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