

C A M A R I L L O

Health Care District

OCTNOVDEC 2026

HEALTH AND WELLNESS SINCE 1969

CARING FOR
Ourselves

SO WE CAN
CARE FOR OTHERS

A MESSAGE FROM

CEO BLAIR BARKER



Welcome Fall: Embracing the Beauty of Change

"Autumn is a gentle reminder that change can be beautiful"

—Unknown

As the days grow shorter and the air turns crisp, autumn arrives with a quiet but powerful message: change is not only inevitable, but it also can be beautiful. The changing season invites us to slow down, reflect, and embrace new possibilities. It offers an opportunity to reset our routines, refocus on what matters most and appreciate the growth that comes from life's transitions.

Psychologists often describe seasonal changes as *temporal landmarks*, natural points in time that encourage us to pause, evaluate where we are and consider where we want to go next. Much like the beginning of a new year, the arrival of fall reminds us that it is never too late to make positive changes, establish healthy habits, set meaningful goals, or let go of what no longer serves us.

After the flexibility and activity of summer, fall often brings a welcome return to routine. Children head back to school, schedules become more predictable, and many of us feel motivated to create greater structure in our daily lives. Whether it's starting a new exercise program, improving sleep habits, preparing healthier meals, reconnecting with family and friends, or simply making time for self-care, autumn provides the perfect opportunity to establish routines that support our overall well-being.

Nature itself offers one of the season's most powerful lessons. Trees gracefully release leaves that have completed their purpose, making way for new growth in the seasons ahead. We can do the same. Fall encourages us to let go of habits, worries, and commitments that drain our energy and instead make room for practices that nourish our health, happiness, and sense of purpose.

Autumn is also a season of harvest. While farmers gather the fruits of their labor, many of us find ourselves reflecting on the wisdom gained through our own experiences. Whether you are navigating young adulthood, midlife, retirement, or simply another busy season of life, fall reminds us to appreciate our resilience, celebrate our growth, and honor the lessons learned along the way.

The season's cozy comforts—a warm cup of tea, a favorite book, a conversation with a friend, or a quiet moment of gratitude—can become meaningful acts of mindfulness. These simple moments help us slow down, reconnect with ourselves, and cultivate a greater sense of peace and well-being.

As you focus on your health this season, remember to schedule your annual wellness exam, receive recommended vaccinations and complete preventive screenings. Investing in your health today can help prevent larger challenges tomorrow.

Most importantly, make self-care a priority. Caring for your health includes caring for your emotional well-being. If you're feeling overwhelmed, have questions, or aren't sure where to start, remember that Camarillo Health Care District is here to support members of our community. Seeking support is a sign of strength, and help is available.

As you enjoy this season of change, may you find comfort in routine, joy in connection, and confidence in the opportunities that every new season brings.

Blair

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IN THE NEWS

A New Stories from the Heart Podcast Episode Available Now

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 heartfelt episode, Dan Nelson opens up about his experience of caring for his wife and the very real toll caregiving can take. He shares the lifestyle changes he made along the way, not only to provide the care his wife needed, but also to make space for his own health and well-being.

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.



Connect with Resources and Support at our CARE Connect Wellness event

Caring for someone living with dementia can bring many questions, and finding the right resources and support shouldn't have to be one of them.

Join Camarillo Health Care District and our partners for the CARE Connect Wellness Event, a one-stop shop for people living with a dementia-related disease and their caregivers.

Connect with representatives from Adult Day Centers, Adult Protective Services, caregiver resources, in-home care agencies, neurology, public benefits programs, the Health Insurance Counseling and Advocacy Program, Alzheimer's Association, legal and advanced planning, as well as the county's Long-Term Care Ombudsman. The event will be held 10 a.m. to noon Oct. 29 on our campus, 3639 Las Posas Road. Call 805-388-1952 for more information.

Help Shape Our Future

As the Camarillo Health Care District looks to the future, we want our community to help shape the way forward. The District is updating its Strategic Plan and is seeking feedback from District residents. **Scan the QR code to take our survey.** We look forward to hearing from you.



Testimonials



The instructor **answered all my questions** and provided information I was able to implement.

The facilitator was **knowledgeable** about the subject.

I appreciated the **detailed discussion** about the iPhone.

Instructors were very **friendly and helpful**.

Your staff are **exemplary**.

I finished the BALANCEfit Program. It was **excellent and helpful**.

Loved this **educational, fun and healthy** class!

It was an **uplifting experience**.

The Tai Chi instructors were very **kind and thoughtful**.

Tai Chi instructors explained the moves clearly, patiently, **with kindness and with enthusiasm**.



**NATIONAL ELDER
FRAUD HOTLINE**

1-833-FRAUD-11

1-833-372-8311



ON THE COVER

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care and gratitude.

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**we
are
social**

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

PEDALING *the* PLANET



EARNS DISTRICT FIFTH INNOVATION AWARD

A little imagination, a desk cycle and a virtual trip around the world have earned Camarillo Health Care District its fifth innovative program award in 11 years.

The District's Pedaling the Planet virtual reality fitness program was named Innovative Program of the Year by California Special Districts Association in the Small District category. It's also the second award recognizing our innovative use of virtual reality. In 2023, Adventures in VR received the same honor.



SCAN ME



Blair Barker, the District's CEO, accepted the latest honor on behalf of the District on Aug. 26, 2026, during the association's Annual Conference, with nearly 1,000 members in attendance. A video featuring interviews with staff and class participants was shown during the event.



WHERE FITNESS MEETS ADVENTURE

Pedaling the Planet grew from the District's exploration of how virtual reality can support health, wellness and connection. After launching the award-winning Adventures in VR program in 2022, the District took technology one step further in January of 2025 by combining virtual travel with physical activity (like bike riding). The idea was simple.

“What if exercise didn’t feel like exercise? What if it felt like an adventure?”

Using desk cycles and virtual reality headsets, participants could pedal through lush pine forests, past lighthouses at sunset, along ocean boardwalks and through rocky landscapes, all without leaving Camarillo. They could even visit familiar destinations such as the Golden Gate Bridge and Rocky Mountains.

The result was a low-impact workout that brought together movement, exploration and a healthy dose of fun.

The program can be adapted for a variety of fitness and mobility levels and incorporates physical exercise, hand-eye coordination, cognitive activities and socialization. Research has shown that regular physical activity supports cardiovascular and brain health, while staying socially connected contributes to overall well-being and healthy aging, both which are

strong indicators of longevity. Virtual reality can add another benefit by making exercise more engaging and interactive.

But some of the program's most meaningful moments happen after the headsets come off. Participants talk about where they have “traveled,” compare experiences and share plenty of conversation and laughter, turning a fitness class into an opportunity for connection and community.

Funded in part by a Community Development Block Grant from the City of Camarillo, the program offered free classes through June 2026 to eligible participants identified through community outreach. The initiative continued to build on the District's award-winning Adventures in VR series, which has provided more than 1,000 individual virtual experiences, to participants ages 22 to 101, since its launch in Fall 2022.

THE ADVENTURE CONTINUES

While the grant for Pedaling the Planet has ended, the District is offering “Off to the Races & More,” which continues the combination of virtual reality and movement with experiences like paddleboarding and an opportunity to draw on an infinite canvass. ♥



READY FOR YOUR NEXT VIRTUAL ADVENTURES?

Classes are \$5 for in-District and \$9 for out-of-District residents.

Register online at camhealth.com

Heart of the District



Caregiving *and* Health Management

**63
MILLION**

*U.S. adults provide
unpaid care and support*

Caring for someone you love is one of the most meaningful gifts you can give, but it also can be one of the most demanding. Across the U.S., an estimated 63 million adults provide unpaid care and support to older adults and people with disabilities. While many step into this role out of love and devotion, few are fully prepared for the physical, emotional and practical challenges that often come with caregiving.

The good news is that caregivers don't have to do it alone. At Camarillo Health Care District, we're committed to supporting those who care for others.

Supporting You. Supporting Them.

CAREGIVER SUPPORT

We help family caregivers reduce stress, prevent burnout and strengthen relationships through improved communication and healthy coping strategies. Our Caregiver Center offers virtual and in-person Caregiver Support Groups, one-on-one and group Care Consultations to connect you with helpful resources, and the SHARE Program to help those living with early- to mid-stage dementia and their families plan for the future.



Whether you're new to caregiving or have been providing care for years, these services offer support and guidance throughout your caregiving journey.

CARE MANAGEMENT SERVICES

If you or a loved one has experienced a healthcare transition, our Care Management Services can help you create a plan to age safely, successfully and as independently as possible at home.

Trained staff provide person-centered care planning, including assessments and screenings for fall risk, food insecurity, daily living needs, depression, caregiver burden, cognitive changes and more. Services include in-person and telephone support, referrals and assistance accessing community resources, evidence-based education, and ongoing guidance to help you reach your personal care and health goals.

COGNITIVELY IMPAIRED HEALTH MANAGEMENT

Our Cognitively Impaired Health Management Program supports individuals living with traumatic brain injuries, stroke, Alzheimer's disease and other forms of dementia through personalized care planning.

Staff assess home safety, daily activities such as eating, bathing and dressing, and support needs including transportation, meals, laundry and medication management. They can also identify needs related to finances, legal concerns, insurance and housing.

Participants are connected with appropriate services and resources, including nutrition, transportation, caregiver support, home modifications, assistive devices, education, relaxation, legal and insurance services. Staff provide guidance and encouragement for up to 90 days as participants work toward their health goals. ♥

Are You a Caregiver?

You may be a caregiver if you regularly help a loved one with:

- ☐ Personal care
- ☐ Preparing meals
- ☐ Household tasks
- ☐ Medication management
- ☐ Managing finances
- ☐ Transportation to appointments and errands
- ☐ Monitoring health
- ☐ Communicating with healthcare providers

If this sounds like you, know that your dedication makes a meaningful difference — and you deserve support, too. Camarillo Health Care District is here to help you care for your loved one while also caring for yourself.

New ONLINE REGISTRATION

Register for Classes Online – Anywhere, Anytime

We are excited to introduce our new online registration system! You can now register for many of our classes online at any time, day or night, from your computer, tablet or smartphone.

Create your free online account TODAY so you'll be ready when it's time to register. Keep reading for step-by-step instructions.

Need a little help? We're happy to help walk you through the process or create your account with you. Call one of our Customer Service Representatives at **805-388-1952**.



ONLINE REGISTRATION SCHEDULE

With you in mind, we are introducing online registration in phases to make the transition as smooth as possible.

AVAILABLE NOW

- Digital Literacy classes
- Virtual Reality classes
- Yoga classes
- Tai Chi
- Matter of Balance
- Bingocize
- Doctor Talks

BEGINNING JAN. 1, 2027

- Caregiver classes
- Financial Planning
- Elder Legal
- Senior Nutrition Counseling
- Scam & Fraud Intervention Coaching

Until your program is available online, please continue to register by phone.

HOW TO REGISTER ONLINE

- 1 Visit our website.
- 2 Click **Register** at the top of the page or choose your program under the "Classes" menu.
- 3 Use the search box or select the current session (for example, Fall 2026).
- 4 Choose your program category and click the + to see available classes.
- 5 Select **Register for Session** or **Register for Drop-In** (when available).
- 6 Sign in to your Amilia SmartRec account or create a new account.
- 7 Pay securely online using a credit card.

We use the same platform as Pleasant Valley Recreation & Park District.

COMING SOON

In the future, you'll be able to check in to your classes electronically using a tablet or your smartphone.

You can also download the Amilia SmartRec app to:

- ✓ Register for classes
- ✓ View your class schedule
- ✓ Manage your registrations
- ✓ Use your personal barcode for quick class check-in



A FEW THINGS TO KNOW

- ✓ Class fees must be paid in advance to reserve your spot.
- ✓ If a class has a waitlist, the waitlist starts over each time a new session is offered.
- ✓ Registration forms and waivers will appear during checkout for you to review and accept.
- ✓ You can register multiple family members using one account.



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 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=Registration is Required RO=Online Registration Available NC=No Charge D=Donation ND=Non-District Resident IC=Individual Classes IE=Independent Experience

Registration available at camhealth.com

Digital Literacy & Connectivity

iPhone Tips & Tricks

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.

Oct 21 (W) 2-3:30pm or Dec 8 (T) 10-11:30am | IC | RO | \$10/\$14 ND

Digital Scrapbooking

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.

Nov 23 & 30 (M) 10-11:15am | IC | RO | \$10/\$14 ND

Social Media Basics

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.

Dec 14 & 15 (M&T) 1-2:15pm | IC | RO | \$10/\$14 ND

Intro to Adventures in VR

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 27 (T) 10-11:15am Ocean Rift | IC | RO | \$5/\$9 ND

Nov 2 (M) 2-3:15pm Nature Treks | IC | RO | \$5/\$9 ND

Intro VR: Off to the Races & More

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.

Oct 20 (T) 2-3pm; Nov 30 (M) 10-11am; Dec 18 (F) 10-11am | IC | RO | N | ND

Intro VR: Family & Friends Night

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.

Oct 8 (Th) 5:30-6:30pm | IC | RO | \$5/\$9 ND

Intro VR: Mindfulness & Meditation

Relax in this virtual reality class where you'll focus on being intensely aware of what you're sensing and feeling in the moment. Use breathing methods, guided imagery and other practices to relax the body and mind to help reduce stress while in a serene 3D environment.

Oct 5 (M) 2-3pm, Nov 4 (W) 9:30-10:30am or Dec 21 (M) 10-11:15am | IC | RO | \$5/\$9 ND

Intro: VR Travel Club

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

Oct 12-Nov 2 (M) 9:30-10:45am; Nov 19-Dec 17 (Th) 2:30-3:45pm; or Dec 30-Jan 20 (W) 10-11:15am | 4-week series | RO | \$30/\$34 ND

Intro: VR Activity Club

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.

Dec 29-Jan 19 (T) 2-3pm | 4-week series | RO | \$30/\$34 ND

Intro VR: World Galleries & Museums

Explore famous galleries and museums around the world using virtual reality. No VR experience necessary.

Oct 22 (Th) 2-3pm | RO | \$5/\$9 ND

Intro VR: Global Flyovers

It will feel like you're flying as you explore the world using virtual reality. No VR experience necessary.

Nov 13 (F) 10-11am | RO | \$5/\$9 ND

Intro VR: Journey through the 7 Wonders

Explore the Seven Wonders of the World through this immersive VR experience. No VR experience necessary.

Dec 9 (W) 10-11am | RO | \$5/\$9 ND

Intermediate: Independent Adventures in VR

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).

Oct 29 (Th) 2-3pm, Nov 17 (T) 3-4pm or Dec 7 (M) 10-11am | IE | RO | \$10/\$14 ND

NEW! Look for RO to register online at camhealth.com

Support Groups

Caregiver Support Group

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: First Monday of each month | 1-2:30pm | R | NC

(800) 900-8582

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

Presentations, 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

NEW CARE Connect Wellness Event

(805) 477-7300

Join Camarillo Health Care District and our partners for CARE Connect, a wellness event and resource fair, that will be held on our campus. Meet with representatives from Adult Day Centers, Adult Protective Services, in-home care agencies, neurology, public benefits programs, HICAP, the Alzheimer's Association, legal and advanced planning, Long-Term Care Ombudsman, and agencies that provide caregiver resources.

Oct 29 (Th) 10am-12pm | R | NC | 3639 Las Posas Road, Camarillo

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

NEW Medicare Changes

(805) 477-7300

Join the Health Insurance Counseling and Advocacy Program, part of the Ventura County Area Agency on Aging, for a Medicare Changes presentation. A counselor will share changes to the Medicare offerings in Ventura County for 2027.

Oct 9 (F) 1:30-3pm | NC | 3639 Las Posas Road, Camarillo

NEW Medicare Open Enrollment

(805) 477-7300

Join the Health Insurance Counseling and Advocacy Program, part of the Ventura County Area Agency on Aging, for Medicare Open Enrollment. First visit vcaa.venturacounty.gov/our-services/medicare-help to fill out a VCAA HICAP Comparison-Appointment Request Form. A counselor will call to schedule your appointment on one of the dates below.

Oct 16, 30 or Nov 13, 20 (F) 10am-2pm | A | NC | 3639 Las Posas Road, Camarillo

NEW "Parkinson's, Dementia and Healthy Lifestyle Habits"

Join Dr. Mariam Rangwala, a neurologist with Community Memorial Healthcare, as she talks about Parkinson's disease, dementia and healthy lifestyle habits. Her talk will include a Q&A. For more information, call (805) 388-1952. Limited seating available.

Nov 5 (Th) 2:30-4:30pm | RO | 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

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.

NEW "The New Science of Aging Well"

This presentation will focus on the latest science behind healthy aging, with emphasis on hormone and metabolic optimization, helping attendees better understand the changes that occur with age and the evidence-based strategies available to optimize long-term health, energy, body composition and overall well-being. The talks will be held on the District's campus by professionals with Metriq Health in Thousand Oaks.

Nov 3 (T) 11am-1pm | RO | NC

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

Caregiving & Health Management

Care Consultations

(800) 900-8582

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

A | NC

Dealing with Dementia

(805) 388-1952

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

Oct 2 & 9 (F) 1-3pm or Nov 3 & 10 (T) 1-3pm or Dec. 2 & 9 (W) 9am-11am

Material cost \$35/\$39 ND

Dementia Live

(805) 388-1952

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

Oct 1 (Th) 1-3pm, Nov 12 (Th) 1-3pm or Dec 18 (F) 10am-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

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.

Join an interest list | RO | 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.

Registration available at camhealth.com

Moving & Strengthening

Beginners Walking Group

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

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

Bingocize

"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.

Oct 6-Dec 15 (T&Th) 11am-12pm | 10-week series | RO | \$50/\$54 ND

A Matter of Balance: Managing Concerns about Falls

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.

Sep 23-Nov 18 (W) 1:30-3:30pm | 8-week series | RO | \$40/\$44 ND

Tai Chi for Arthritis

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!

Sep 28-Dec 7 (M&W) 10-11am | 10-week series | R | \$60/\$64 ND

Yoga-Gentle with Mikal Rogers, Instructor

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.

Oct 5-Dec 7 (M) 3:45-4:45pm | RO | 10-week series | R |

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

Oct 13-Dec 15 (T) 9-10am | RO | 10-week series | R |

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

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

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



Camarillo
HEALTH
CARE DISTRICT

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Camarillo, CA 93010
805-388-1952 | camhealth.com



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you can trust.



Timothy A. O'Connor, M.D.



Henry Z. Montes, M.D.

Se habla Español

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