

Healthy ATTITUDES

camhealth.com

JANFEBMAR 2022

CAMARILLO HEALTH CARE DISTRICT



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A MESSAGE FROM

KARA RALSTON, CHIEF EXECUTIVE OFFICER



***“An ounce of prevention
is worth a pound of cure.”***

—Benjamin Franklin, 1736

Benjamin Franklin’s phrase “An ounce of prevention is worth a pound of cure” was famously coined in the 1700s and was focused on fire prevention. . . . meaning, preventing fires would be better than fighting them. The same might be said when focusing on health and wellness. . . . preventing disease is better than having to fight it.

During the deepest months of the pandemic many care centers and clinical settings were closed to non-emergency services, which made it challenging to keep up with health screenings. But as communities continue to find ways to carry on during the pandemic and its variants, now is a good time to take stock of where you want to be with your preventive health screenings. You may already have a health record that you keep updated or maybe you keep track of things in your mind (I tend to schedule my screenings around my birthday each year), but if you don’t, we have included a health screening card in this issue that you can clip out and carry with you (see page 3). Please feel free to use this as an example and add anything needed for your specific health and life circumstances.

The US Department of Health and Human Services describes health screenings as “*medical tests that doctors use to check for diseases and health conditions before there are any signs or symptoms*”. They further state that screenings can help find problems early on, when they may be easier to treat, and getting recommended screenings is one of the most important things you can do for your health. Depending on your age, gender, and medical history, you may consider screenings for things like certain types of cancer, high blood pressure or high cholesterol, diabetes, osteoporosis or weak bones, STDs (sexually transmitted diseases), and mental health conditions including depression.

In these very different times, we truly wish you peace and strength in this coming year, as we move ever forward, always together. Happy New Year.

Kara

IN THE NEWS

District Receives \$20,000 Grant

The Camarillo Health Care District is proud to receive a \$20,000 grant from the Arthur N. Rupe Foundation to provide the SHARE for Dementia program. This program will provide education, support and resources for people with early diagnoses of dementia. Utilizing sessions with trained dementia staff and a specially designed app on the iPad, a custom care plan that highlights personal preferences will be developed, along with support for the future. Please call Clinical Services Director Lynette Harvey, RN at 805-388-1952, extension 107, or email her at lynetteh@camhealth.com for more information or to make an appointment for you and your loved one.

District’s Balance Strengthening Machine is a Big Hit!

The District introduced the HUR Senso Balance Machine in the Fall of 2021 to improve balance training and strength using a scientifically based dual-tasking fall reduction and cognitive training platform. The *think* and *move* integrated, fun and easy to use equipment simultaneously improves physical and cognitive function through interactive motor training activities and gaming. The platform sensors dynamically capture all of the vital data with easy to understand results so you can gauge your progress. Please call 805-388-1952 to schedule your initial visit today. No charge for assessment or to use the machine.



District is Now Hiring

If you, or someone you know, is looking to join a fantastic team of dedicated health, wellness and support service professionals, please consider looking at our website for job opportunities at www.camhealth.com...then select, “Join our Team”. You may also call Human Resources directly at 805-482-9382 and speak with Sonia Amezcua, Human Resources.

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Testimonials



*I am currently in the Walking Group and the Matter of Balance Group. Both are **excellent** and I am enjoying them immensely. Keep up the **great work** that you provide the community.* —satisfied client

Thank you for checking in...I know I will need you and your help/advice in future. Thank you for check-in and your existence! —satisfied client

*I find the staff to be **very friendly and extremely helpful**. Thanks for all you do for Camarillo.* —satisfied client

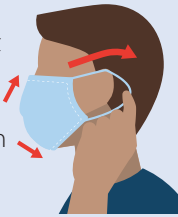
*The Medicare plan planning event was very **helpful**. Also the dental inspection. I participated in both events. **Good job!*** —satisfied client

*I think the educational and community resources offerings are **stellar — and ever-expanding!*** —satisfied client

*Enjoying the Matter of Balance class. A lot of **good information**. Casey, Blair and Leslie are doing a great job.* —Kristine Gardner

How to Properly Wear a Face Mask

Wearing a face mask in public helps prevent the spread of COVID-19 — but only if worn properly, covering both your nose and mouth. Read our mask-wearing tips to get the maximum protection for yourself and others.



Follow these guidelines to properly wear your face mask

- **Wash your hands** before and after touching the mask.
- **Touch only the bands** or ties when putting on and taking off your mask.
- **Make sure the mask fits** to cover your nose, mouth and chin. If you adjust the mask to cover those areas, wash your hands before and after.
- **Make sure you can breathe** and talk comfortably through your mask.
- **Wash reusable masks** after each use. If the mask is disposable, discard it when visibly soiled or damaged.

To protect yourself and others, avoid these common mask-wearing mistakes

- **We do not recommend** wearing bandanas, gaiters, masks with exhalation valves or clear shield-like face masks* as face coverings.
- **Don't touch your or your child's mask** while it is being worn.
- **Don't wear the mask under your chin** with your nose and mouth exposed.
- **Don't leave your nose** or mouth uncovered.
- **Don't remove the mask** while around others in public.
- **Don't share your mask** with family members or friends.

www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/proper-mask-wearing-coronavirus-prevention-infographic

connect with us!

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



FACEBOOK

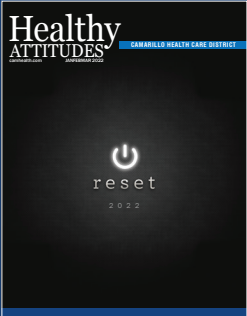
CamarilloHealthCareDistrict

TWITTER

@changing_aging

INSTAGRAM

@camarillo_health_care_district



ON THE COVER

Taking the time to reboot our health goals is important in living our best life and managing health issues. Wishing you success in your goals in 2022!



PREVENTATIVE HEALTH

Health screenings are essential for everyone and can provide critical medical guidance in managing your health care.

Knowledge is Power

Health Screenings Are Essential

It seems a great skill has either re-emerged or been newly-honed by the world's experience with the COVID-19 pandemic. It seems humanity has finely tuned the ability to apply a laser focus onto what matters most.

During the deepest months of the pandemic, essential functions and services were quickly identified, adapted, and implemented, while most everything else, considered "not as essential", was shutdown.

LTH

As it turns out, there were plenty of things that were "let go" but still turned out alright. However, preventive health care is probably not one of them. After many, many months of closures and shutdowns, this issue of the Healthy Attitudes magazine is focusing on returning to important preventive healthcare, maintenance and screenings.

In the early months of the pandemic, it didn't feel as if there was really a choice of whether or not to continue non-emergency health screenings...clinics and offices were simply closed. But opportunities are rapidly returning, along with an expanded array of ways to accomplish the screenings. For example, telehealth and virtual medicine has become very well developed and offers much-needed conveniences for people for whom traveling to office appointments is difficult. Also, health entities and agencies have become very efficient and effective at returning calls and processing test results that can be provided online when appropriate.

My Health Screening Card

TYPE	DATE	RESULT	FREQUENCY	DATE OF NEXT TEST
Mammogram				
Prostate				
Colonoscopy				

We hope you'll join us in this new year of taking stock of which regular, preventive health screenings you might need to start up again! For your convenience, we've created an easy card for you to cut out and keep with you. It reflects a few routine health screenings with plenty of room for you to add your own. Please think about clipping this paper out and keeping it as a handy reference.

Health screenings are essential for everyone and can provide critical medical guidance in managing your health care. The Camarillo Health Care District strongly recommends that everyone follow their physician's instructions on health screenings, and we also want to extend special encouragement to a group of people who are at a particular risk of postponing health screenings...family caregivers! If you provide regular care and support for loved ones or friends, you are a family caregiver.

(Continued on next page)

Taking Care of the Caregiver, Too!

The National Institute on Aging recognizes that family caregivers need to make themselves a priority, along with the person they're caring for. They state that nearly 15 million Americans provide unpaid care to an older adult, and that those unpaid caregivers are more likely to have physical and emotional health problems.

To all the family caregivers, you are the unsung heroes in so many lives and are to be commended. We hope that you will take your health as seriously as you take your loved one's health by looking into your preventive health screenings. Happy, healthy new year to all!

The Family Caregiver Alliance reports on the effects of caregiving on health and well-being stating that they often hear "My husband is the person with Alzheimer's, but now I'm the one in the hospital!" They also report that "older caregivers are not the only ones who put their health and well-being at risk. If you are a baby boomer who has assumed a caregiver role for your parents while simultaneously juggling work and raising adolescent children, you face an increased risk for depression, chronic illness, and a possible decline in quality of life."

They further state that "despite these risks, family caregivers of any age are less likely than non-caregivers to practice preventive healthcare and self-care behavior". Regardless of age, gender, race and ethnicity, caregivers report

problems attending to their own health and well-being while managing caregiving responsibilities, reporting that they experience:

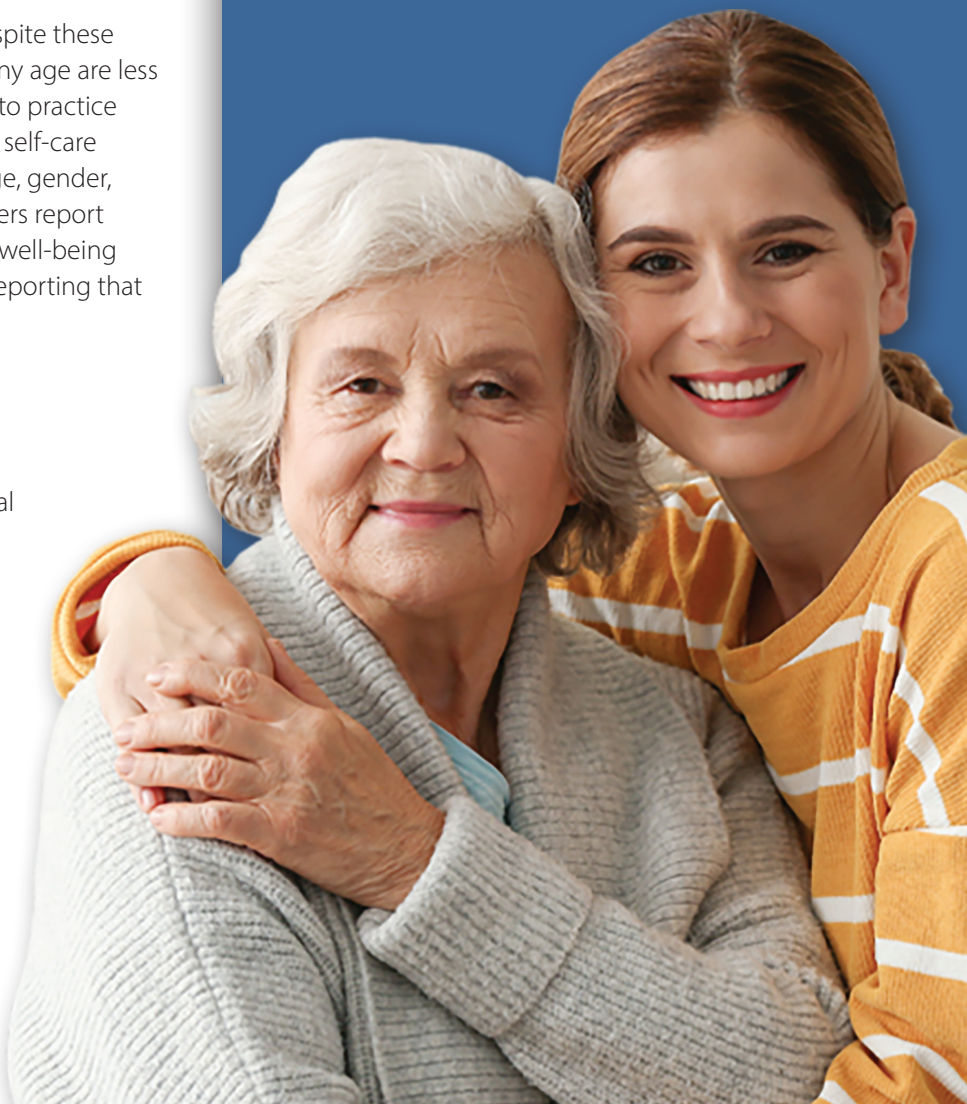
- Sleep deprivation
- Poor eating habits
- Failure to exercise
- Failure to stay in bed when ill
- Postponement of or failure to make medical appointments for themselves

Caring for a loved one can be very rewarding, and also very stressful. Research shows that caregivers are more likely to have a chronic illness than non-caregivers, especially with high cholesterol, high blood pressure, and a tendency to be overweight. Studies show that an estimated 46 percent to 59 percent of caregivers are also clinically depressed.

Robyn's

As part of this issue of the Healthy Attitudes, I was honored to speak with a family caregiver who shared some of her journey of caring for her elderly parents who are in their 80s. Robyn leaves her home (and her husband of 36 years!) every week to travel out of county to take care of her parents. She stays three or four days at a time, and then travels back home where she picks up where she left off with her immediate family and grandchildren.

Robyn takes her role as caregiver very seriously and has educated herself on how to deal with the effects of dementia (she took the District's "Dealing with Dementia" course) and how to manage what feels like a surreal parallel universe in which her Mom is mostly gone...but is still quite here.



Story

Each Sunday afternoon, as she contemplates leaving home for the drive to her parents, she sets her goals, hoping simply to do a better job than last time; to have more patience; to remember how her parents were before.

She finds herself also contemplating what the next inevitable steps will be as she knows the day is coming when her mother cannot be at home...does that mean her father will come to live with them? Or will she continue the weekly three-hour trek?

While she misses what and who her parents used to be, she also misses the life she used to have. All of her decisions revolve around them right now, and she's "on-call" for them 24/7. In spite of the situation, Robyn remains positive and strong. She commits to making each visit as lovely as possible, and as enjoyable as possible given the circumstances.

When I asked how she is taking care of herself, she responded with a smile, saying she enjoys her grandchildren and looks forward in the only way possible...with joy in her heart. When I pressed her on her health screenings, she said she is fully up on her screenings as she is a cancer survivor.

As we wrapped up our conversation, I asked her what she might share with other family caregivers, and her answer was to "pray hard, meditate and stay in the moment" and that "COVID caused her to slow down and focus on being in the moment".

Thank you, Robyn, for sharing a part of your life and your story.

Kara



Caregiver Robyn

SHARE Program Living with Alzheimer's Disease

If you'll excuse the play on words, the Camarillo Health Care District's new "SHARE for Dementia" program wants to share some statistics about Alzheimer's disease:

- One in 9 Americans aged 65 and older have Alzheimer's dementia
- More than 6 million Americans are currently living with Alzheimer's disease
- By 2050, this number is projected to be nearly 13 million
- Currently, nearly 700,000 people in California have Alzheimer's disease

So far there is no known cure for Alzheimer's disease but there is belief that early detection and recognition of the disease can help by providing access to treatment, support and resources sooner, and perhaps most importantly, allowing time to prepare and plan for the future.

The District has recently received a grant from the Arthur N. Rupe Foundation to provide "SHARE for Dementia", a program from the Benjamin Rose Institute on Aging that encourages and leads the way for a person with early diagnosed dementia to participate in a care plan for themselves and their families.

"SHARE" represents *Support - Health - Activities - Resources - Education*, and is based on two decades of research by the Benjamin Rose Institute on Aging.

Although a large number of American's living with Alzheimer's disease have not been formally diagnosed, nearly 90% say that if they were exhibiting confusion and memory loss, they would want to know if the cause was Alzheimer's. However, reports also show that over half of people aged 45 and older who have "subjective cognitive decline" have not talked to their health care provider about their questions, concerns and fears. *(Continued on page 6)*

Research indicates that individuals with early to mid-stage dementia can benefit from an intervention that "increases their active participation in their care plan, develops positive communication techniques among family, increases knowledge and understanding about available services, and assists the family through the emotional turbulence of a diagnosis of Alzheimer's disease or other forms of dementia."



SHARE is typically five sessions with an optional sixth family session. Goals at the end of the sessions include developing a care plan with personal preferences in mind, improving communications, and identifying and participating in fulfilling activities for enjoyment and stress reduction.

Not wanting to know is somewhat understandable as it can be devastating news. However, what the medical field knows is that an early diagnosis can help, and that education, support, a care team, and the consideration of clinical trials can have a significant positive effect on families struggling with an Alzheimer's diagnosis.

To engage in the SHARE program, one of the District's trained dementia services staff engages the person with early to mid-stage dementia and their care partner in discussions about symptoms, communication, core values and preferences, healthy

activities, and planning for the future. A specialized iPad application helps lead clients through discussions around future needs and provides a way to assign tasks to care partners, family and friends, or services providers thereby allowing the person with dementia to plan for the future with their own preferences in mind.

If you or someone you know and love is beginning the journey of Alzheimer's dementia, please call Clinical Services Director Lynette Harvey, RN, at (805) 388-1952, extension 107, or email her at lynetteh@camhealth.com. We want to help you live life fully and in keeping with your choices and preferences. We look forward to hearing from you.

Health Management

See page 8 for more details.

Dental Screenings

Good oral health is related to good overall health. Regular dental screenings can help recognize issues and provide opportunity for proactive and preventive care. During your 15-minute screening, Dr. Eric Tamsut will visually examine your teeth, mouth and gums, and answer your dental questions.

Depression and Caregiver Burden Screening

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.

Nutrition Counseling- One-on-One

Meet with Patti Jaeger, Registered Dietitian from Area Agency on Aging, to discuss your specific health topic. Topics include controlling blood pressure, lowering cholesterol, enhancing bone health and eating healthy on a budget.

How to Register for Online Classes



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. No refunds are allowed for CPR, First Aid, AED and Cooking Classes. 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 Camarillo Health Care District.

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, Ext. 100

Walk-in

(M-Th 8am-7pm • Fri 8am-5pm)

3639 E. Las Posas Road, Suite 117

Camarillo, California

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, ext 100 if you experience difficulty logging into your class

During the continuing COVID-19 pandemic safety protocols, some classes and services will continue on a virtual platform, some will be offered in-person, and some will have the option to participate either in-person or virtually. Please read the class description carefully. Some of the virtual classes will have a "Session Zero" with a date indicated. "Session Zero" is a practice session for virtual participants to ensure proper connection to the Microsoft Teams platform, and to send pre-class information and materials. If you have any questions about connecting virtually through your computer, please call for assistance.

KEY: A=Appointment R=Register NC=No Charge D=Donation

Moving & Strengthening

Beginner's Walking Group

(805) 388-1952x100

Regular walking can help strengthen your legs, reduce stress, benefit your heart and improve overall sense of well-being. This beginner's walking group is for every age; minors must be accompanied by qualified guardian. Five minute warm up; 45 minute walk. Safe, weather-appropriate clothing and footwear are required. Please join us...before you know it, you've met some new friends and enjoyed some exercise! This group meets at the Camarillo Health Care District, Building E. Tuesdays and Thursdays 9-10am

Bingocize

(805) 388-1952x100

"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. *

Jan 10-Mar 23 (M&W) 3-4pm | 10 week series | R | NC *Extended two sessions due to District holiday closure.

Apr 4-Jun 13 (M&W) 11am-12pm | 10 week series | R | NC *Extended one session due to District holiday closure.

Matter of Balance

(805) 388-1952x100

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.

Jan 25-Mar 15 (T) 10am-12pm | 8 week series | R | NC

Tai Chi for Arthritis

(805) 388-1952x100

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. Beginner's welcome!

Mar 29-Jun 2 (T & Th) 2-3pm | 10 week-series | R | NC

[More information and registration available at camhealth.com](http://camhealth.com)

Caregiving

Care Consultations

(800) 900-8582

Care Consultations are confidential, personalized discussions that can help sort out and address issues important to you. A professional social worker 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. We appreciate the strength and courage it takes to approach these issues, and we're here to support you. Appointments available in-person, virtually or telephonically.

A | NC

Powerful Tools for Caregivers

(805) 388-1952x100

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. In person and virtual dates are offered. (Six-week series)

Session Zero scheduled for: Jan 26 (W) 1-2pm | R | NC

Feb 2-Mar 9 (W) 1:30-3:00pm

In Person: Mar 17-Apr 21 (Th) 9:30 -11am | 6-week series | R | NC

Health Management

Chronic Pain Self-Management Program (CPSMP) (805) 388-1952x100

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.

Session Zero scheduled for: Mar 16 (W) 1-2pm

Mar 23-Apr 27 (W) 3-4pm | 6-week series | R | NC

Diabetes Self-Management Program (DSMP) (805) 388-1952x100

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.

Session Zero scheduled for: Jan 18 (T) 3-4pm

Jan 25-Mar 1 (T) 3-4pm | 6 week series | R | NC

Dealing with Dementia (805) 388-1952x100

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 4-hour 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.

Feb 3 (Th) 8:30am-12:30pm | \$25 (cost of materials)

Dementia Live (805) 388-1952x100

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.

Session Zero scheduled for: Feb 17 (Th) 9:30-10:30am

Feb 24 (Th) 9:30am-12pm | R | NC

Dental Screenings Dr. Eric Tamsut, DMD (805) 388-1952x100

Good oral health is related to good overall health. Regular dental screenings can help recognize issues and provide opportunity for proactive and preventive care. During your 15-minute screening, Dr. Eric will visually examine your teeth, mouth and gums, and answer your dental questions.

Fourth Tuesday of each month | 12-2pm | A | NC

Depression and Caregiver Burden Screening (805) 388-1952x100

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.

Feb 4 (F) 9:30-11:30am | A | NC

"Healthier Living" Chronic Disease Self-Management Program (805) 388-1952x100

Do you have a chronic health condition or care for someone who does? The award-winning Chronic Disease Self-Management Program (CDSMP) 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.

Session Zero scheduled for: Jan 18 (T) 9-10am

Jan 25-Mar 1 (T) 9-10am | 6-week series | R | NC

Nutrition Counseling- One-on-One Appointments (805) 388-1952x100

Meet with Patti Jaeger, Registered Dietitian from Area Agency on Aging, to discuss your specific health topic. Topics include controlling blood pressure, lowering cholesterol, enhancing bone health and eating healthy on a budget. Participants must be 60 or older.

Second Tuesday of each month | 1-4pm | A | NC

UCLA Memory Training (805) 388-1952x100

Techniques taught in this course are based on research at UCLA and focus on organization, association, and imagery to make information easier to recall.

Apr 5-26 (T) 10am-12pm | 4 week-series | R | \$40/\$44 material cost

Advocacy Services

Elder Legal Services (800) 900-8582

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

Mondays | 1-4pm | A | NC

Financial Planning Robert Harrell, Financial Planner (805) 388-1952x100

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 | 1-3pm | A | NC

Health Insurance Counseling & Advocacy Program (HICAP) (805) 388-1952x100

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. HICAP provides help with billing problems, benefits screening, enrollment, and Long Term Care Insurance.

First Thursday, Second & Fourth Tuesday of each month | A | NC

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 | District Offices
Virtual Only: Oct 8, 22, Nov 12, Dec 10

Programs & Services

Adult Day Center

(805) 388-1952x111

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 or to schedule a tour.

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, or visit the website at www.camhealth.com

Caregiver Center

We understand how difficult it is to have a loved one suffering with a chronic illness or significant change in health status, and we understand that it can be overwhelming. The Caregiver Center is intentionally designed to:

- help caregivers understand that they ARE a caregiver
- provide a calm and compassionate environment designed for respect and dignified learning
- support the emotional, physical, mental and financial needs of family caregivers

The Caregiver Center offers high-quality education, skills training, programs and resources to help caregivers be the best they can be, while also taking care themselves. The Center is friendly, professional, and intentionally designed to provide practical, compassionate and reality-based support for caregivers, with a variety of services available either at the Center, in your own home, or over the phone. Many services are provided at no charge. The Center can also assist with Health Promotion and Disease Prevention services

Care Management Services

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 utilizing a variety of screenings (such as depression, fall risk, and cognitive decline), speaking with trained social workers, participating in evidence-based educational activities, resources and referrals, and more.

Digital Bridge Program

805-388-1952x100

Schedule your Digital Bridge appointment today. One-on-one, step-by-step assistance, either in-person or over the telephone, 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. No charge.

Home Delivered Meals

(805) 388-1952x168

Provides "ready to heat" meals to home-bound residents of Camarillo and Somis age 60 and up. Meals include ready-to-heat main course, bread, butter, apples, oranges, tomatoes, fruit cups and yogurt.

Mon, Wed, Fri | 9:30-11:30am | 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. We look forward to chatting with you!

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 (online birthdays, anniversaries, births, weddings) or other online services, the Zoom Room is available at no charge, by appointment, with assistance, at the District. The room is confidential, and appropriately sanitized between uses. Please call 800-900-8582 to schedule.

*More information and registration
available at camhealth.com*

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, & Emotional (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 x100

Health Screenings (805) 388-1952 x100

Variety of screenings

Lifeline Personal Help Button (805) 388-1952 x201

Enhanced safety and independence, at the touch of a button

Senior Nutrition Program (805) 388-1952 x168

Nutrition and socialization for home-bound and active residents age 60+

Senior Support Line (800) 235-9980

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