

Healthy ATTITUDES

camhealth.com

JUL AUG SEP 2022

CAMARILLO HEALTH CARE DISTRICT

PIECING A PLAN TOGETHER

**DEMENTIA
SERVICES**

**INTERACTIVE
PROGRAMMING**

**CARE
MANAGEMENT**



**Camaraderie.
Esprit de corps.
Sense of unity.
Sharing and belonging.**

Having common experiences and sharing similar stories can bring people together like nothing else can. Everyone has a story... what is yours?

Storytelling goes as far back as cave paintings and in any format the purpose is to share, teach, train, warn, entertain and many other things in between.

But what does it really mean that everyone has a story? Your story most commonly points to your life experiences, your adventures, where you come from, what you've endured, how you've survived, etc. Are you a caregiver for a loved one? Have you survived a stroke or cancer or an accident? Are you currently in the middle of a health journey? Personal storytelling has the power to build empathy and connections. We can see ourselves in those stories, and sharing them offers insight and inspiration for others.

Would you like to share your story? We are seeking community members to share their life/health/survivor stories and talk about experiences and lessons learned. Those stories would then be featured on our website podcast. To express interest in participating in the Storytelling project and podcast, please visit www.camhealth.com, select "About", and then select "Share Your Story." Once a story is selected, veteran journalist and storyteller Michelle Rogers, who recently joined our team as community outreach and education manager, will work with you to hone it into "perfection"!

I also encourage you to read about a couple of new digital-based classes this summer; **TikTok for Beginners** and **Digital Scrapbooking** (see page 7). The Camarillo Health Care District continues to offer a variety of classes to help improve cognition, combat social isolation, reduce fall risk, equip caregivers and improve general wellness, while enhancing and maximizing community health through our services, programs, education, training and resources for individuals, families and caregivers. Let's do great things this summer!

Kara

IN THE NEWS

Marking a Milestone

Camarillo Health Care District (District) is pleased to share a milestone achievement—we have served our 500,000th meal in the Senior Nutrition program! The District began the Senior Nutrition Program in 2005 with grant support from Ventura County Area Agency on Aging (VCAAA) and the City of Camarillo. The program currently serves approximately 3,800 meals each month to more than 200 people. This program provides supplemental nutrition for homebound residents age 60 and over by delivering ready-to-heat meals that include beef, chicken, fish, turkey and/or other specialty dishes and are served with sides including whole wheat bread and butter, fruit, fruit cups, yogurt and shelf-stable milk. If you or someone you know would like additional information on this program, please call (805) 388-1952, ext. 168.

District is 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". We would love to see your application and resume! You may also call Human Resources directly at (805) 388-1952 ext.125 and speak with Sonia Amezcua, Human Resources.

City of Camarillo Special Needs Registry

Emergencies can happen at any time and may trigger an evacuation order. The City of Camarillo maintains a Special Needs Registry for people who live at home and would need assistance to safely evacuate. This registry is self-referred and confidential. This information is maintained at the Camarillo Emergency Operations Center (EOC). First responders may access this information in the case of an evacuation order for a specific neighborhood in Camarillo. If you or someone you know might need special assistance to safely evacuate, please contact the City of Camarillo at CERT Coordinator (805) 383-5688, or hzahrt@cityofcamarillo.org.

City's CityScene Newsletter is Changing!

The City of Camarillo's CityScene Newsletter is going digital. Future CityScene Newsletters from the City of Camarillo will ONLY be available digitally, through email or online. The City wants to ensure you continue receiving their important news and encourages you to sign up to receive CityScene in your email by going to cityofcamarillo.org/notifyme, or read it online at cityofcamarillo.org/cityscenenewsletter. Camarillo Health Care District can help you sign up for the email newsletter or read it online at our Zoom Room. Call (805) 388-1952, ext.100, for a Zoom Room appointment.

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Testimonials

*"I have been taking classes since last September and **thoroughly enjoyed** them all. I'm going to continue and take new classes as well. The instructors are wonderful and classes are so beneficial."*
—satisfied client

*Thank you so much for being so informative. I sincerely appreciate what you are doing for the community and in **helping** the citizens. Bless you."*
—satisfied Caregiver Center client

*"...Everyone should feel so **proud** of what you offer to seniors in your community. It is **far beyond** what any other health district offers, most certainly in CA. Keep up the good work!"*
—satisfied client

*"I'm in the UCLA Memory Class and I'm **learning** more...memory methods, I had not anticipated. Definitely, a **worthwhile** class."*
—satisfied Education client

*"One of the **best resources** for the community, especially for the Senior community members."*
—satisfied Education client

*"All my experiences with you have been **wonderful**. Have taken your balance and Tai Chi classes, found an [attorney] to bring some financial business up to date. Medical info invaluable. Difficult to choose just one but the Tai Chi class was so **great** and kept me feeling **grounded and wonderful**. Teachers were very knowledgeable, understanding and patient. I will be forever grateful to them. Thank you."*
—satisfied client



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ON THE COVER

District programs and services help put the pieces together to optimize health and wellness.



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

G O O A L O N G

You have likely heard people use the term “a long goodbye”, and probably most commonly in the context of a loved one living with or succumbing to Alzheimer’s disease or other dementias. The gradual decline and departure of who they used to be, into where the disease process takes them, can cause a long season of “goodbyes”. We know news such as this goes well beyond the difficult into the impossible...and we can help.

“The Camarillo Health Care District developed a **dementia specialty** in order to serve both the person with dementia and their family/caregivers,”

said Lynette Harvey, BSN, CCM,
Clinical Services director for the District.

(Continued on next page)

GOODBYE



Over
11 million
Americans

provide unpaid care for
people with Alzheimer's or
other dementias



These caregivers
provided more than
16 billion hours
valued at nearly

\$272
billion

More than **80%** of Americans
know little or are not familiar with
mild cognitive impairment (MCI), which
can be an early stage of Alzheimer's.

dementia

An umbrella term to describe a set of symptoms.



Not all memory loss is dementia, and occasionally depression can bring with it dementia-like symptoms, especially following significant change or loss. Difficulty in planning and organizing could be related to depression and grief rather than dementia. Blair Barker, Care Services director at the District, recommends caregivers and families find ways to connect, comfort and validate.

"Since they no longer walk in 'our' reality, it is essential we walk alongside them in theirs."

There is a lot of research and conversation around the millions of Americans who are dying from chronic illness, but at the Camarillo Health Care District (District), we prefer to focus on those who are *living* with chronic illness. We prefer to ponder how their health could be optimized...how they could maximize independence...how best they can stay in their homes and communities despite their illness. Chronic illnesses are defined by the US National Center for Health Statistics as a disease lasting three months or longer. Alzheimer's disease and dementia are included in the list of chronic illness, and that will be the focus of this article.

The fear of the unknown is very real, and a diagnosis can finally help direct a medical care plan and a family plan... and the sooner the better. Although a diagnosis (of any type) does not *necessarily* mean life is over, it often does mean that life will change. Sometimes radically and many times significantly. As it relates to this issue of the Healthy Attitudes magazine, a sooner-than-later diagnosis of dementia or Alzheimer's disease can offer essential opportunities to prepare for the changes to come. It is our hope that this information can help you, your loved ones, friends and neighbors receive and process a diagnosis of dementia.

SHARE PROGRAM



The SHARE program is one of the programs offered for people experiencing early- to mid-stage dementia, and their caregivers. The acronym stands for Support, Health, Activities, Resources and Education. A trained District health coach helps the client family engage in discussions about symptoms, healthy activities, communication methods, and future plans, keeping their own values and preferences in mind for life as the illness progresses. Based on research by the Benjamin Rose Institute on Aging, and funded by a grant from the Arthur N. Rupe Foundation, the program consists of five discussion sessions with the health coach, with an optional sixth session for family to be included. "They work on specific goals, topics and exercises to build their life plan," said Lynette Harvey, BSN, CCM, Clinical Services Director for the District.

Also... a popular class at the District is "Dealing with Dementia." This program is a four-hour evidence-informed educational support program developed by the Rosalynn Carter Institute for caregivers of people living with dementia. It includes defining dementia, best practices in caregiving, and problem solving with dementia behaviors (see page 8).

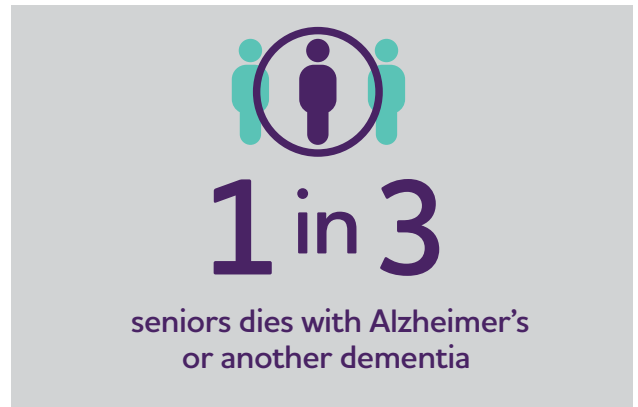
Nearly 75 percent of District clients seek services related to early- or mid-stage dementia through such programs as *Powerful Tools for Caregivers*, *Dealing with Dementia* and the *Dementia Live* immersion experience, as well as care management, care consultation services and a variety of support services including Adult Day Center, Transportation and Nutrition Services.

According to the 2022 Community Health Needs Assessment by Ventura County Community Health Improvement Collaborative, Alzheimer's disease was the third leading cause of death in 2019-2021 in Ventura County, fifth in the state of California and seventh nationwide. Nearly 20 percent of Camarillo's population is over the age of 65, higher than the 16 percent county-wide.

So how does one "live" with an incurable chronic illness such as Alzheimer's disease or dementia? "A diagnosis of dementia or Alzheimer's disease doesn't necessarily mean the immediate end of life," she said, "but preparation is essential."

Preparation includes:

- Education about the disease
- Education about the symptoms and changes that might happen
- What type of help may be required in the future
- Planning and creating people for your support network
- Activities to stimulate brain function
- Medication and treatments (with the help of your physician)



A graphic with a light purple background. At the top, there is an icon of three stylized human figures in shades of purple and teal, with the central figure enclosed in a white circle. Below the icon, the text "1 in 3" is written in a large, bold, white font. Underneath that, in a smaller white font, it says "seniors die with Alzheimer's or another dementia".



A graphic with a teal background. It features a white silhouette of the United States map. Overlaid on the map is the text "More than 6 million" in a large, bold, orange font. Below the map, in a smaller white font, it says "Americans are living with Alzheimer's".

(Continued on next page)

DEMENTIA LIVE

The District also offers a dementia-simulation experience called *Dementia Live*. *Dementia Live* is an immersion program that controls your immediate environment in an effort to reflect some similarities of what it's like to live with cognitive impairment and sensory change, both of which dementia causes. Participants are outfitted in specialized gear and given a series of tasks to perform, facing similar challenges and struggles someone with dementia might experience. The result is often heightened empathy and understanding, creating a catalyst for meaningful communication and improved quality of care.



"Immediately following the immersion experience, there is an empowerment session where participants talk about what they experienced and how they felt during the exercise, and how they feel having completed it," said Blair Barker, the District's Care Services director. "It's often a very enlightening session as the caregivers had no idea the deep effects experienced by someone with dementia." "There is often a renewed sense of compassion and understanding, and an emotional response after realizing it is not the person trying to be difficult...it's the disease."

Between 2000
and 2019, deaths from
heart disease have

decreased
7.3%

while deaths
from Alzheimer's
disease have

increased
145%

Camarillo Health Care District invites anyone experiencing dementia and their caregivers to register for District programs and classes by visiting www.camhealth.com or calling (805) 388-1952, ext. 100.

"The sooner a family engages in education and help around this type of diagnosis, the better, it will take many approaches from many different angles, and the District can help with classes, care consultation services, and future planning and supports."

Lynette Harvey, BSN, CCM, Clinical Services Director for the District

Ventura County Area Agency on Aging is one of only four organizations in California certified by Dementia Friendly America, a national network working to equip communities to support people living with dementia and their caregivers.

The Camarillo Health Care District is a Dementia Friendly Ventura County agency and offers many Dementia Specialty programs and services. To learn more or to make a Care Consultation appointment, please call our Caregiver Center, (800) 900-8582.

We are looking for residents to share their inspirational stories about life, love and learning. If selected, you will work with veteran journalist and storytelling coach Michelle Rogers, our community outreach and education manager, to develop a true, first-person story that's illuminating and entertaining, and to record on our new podcast.

We are looking for you, friends, neighbors and notables to share their health or caregiver journeys, to talk about their personal experiences, moments in time and lessons learned while navigating life. These "life stories" will paint a visual picture with words, be about 5 to 10 minutes long and must be primarily about you (the storyteller), and your truths, experiences and emotions. The idea behind this project is to create community connection and build empathy around our experiences. While listeners may not share your exact experience, they may see themselves reflected in your story, through similarities or same lesson/different life. To express your interest in participating, fill out a form on our website under "About" and then "Share Your Story." We'll be in touch soon.

SHARE YOUR STORY



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 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, 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

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

Cognition, Connection & Creativity

TikTok for Beginners

(805) 388-1952x100

What is TikTok and what does it even mean? Maybe you have children or grandchildren on TikTok and wonder what is the fascination. This class can help advance your knowledge of online platforms resulting in opportunities to relate, connect and gain understanding. Get up to speed with the latest trends and pop cultural references while being entertained and engaged. Join the fun of TikTok for Beginners, a social media platform for every generation. In this four-week series, you'll spend the first class hearing about what it is and some new terminology, how to set up an account, find content you're interested in and follow creators. The second class will focus on content and sharing what makes you smile. The third class will include step-by-step instructions on creating your own short videos. In the fourth session, we will share what we created, our challenges and successes with the tools, and talk about our favorite content creators, and how they keep us interested and engaged. Bring your smartphone and charger to class for hands-on learning and help.

Jul 12-Aug 2 (T) 10:30am-12pm | 4-week series | R | NC

Digital Scrapbooking

(805) 388-1952x100

Do you have hundreds of photos on your smartphone? Thousands in a shoebox? Creating scrapbooks is a fun pastime that no longer needs to include multiple tools and glue guns. The Camarillo Health Care District will offer Digital Scrapbooking, a class that can help you turn your beloved photos into an actual book for your coffee table. This four-week series will discuss the different online companies (platforms) that make digital scrapbooking, how to upload your photos (easier than you think!), crop, arrange and create your pages (more fun than you might imagine!), add creative layers and decoration to your pages, and order your book for yourself or for wonderful gifts! Make something that will become a part of your legacy handed down for generations. Bring your laptop computer or smartphone to follow along or watch and take notes to create a book at home on your own.

Aug 4-25 (Th) 1-2:30 | 4-week series | R | NC



Moving & Strengthening

Beginners Walking Group

(805) 388-1952x100

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

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

Bingocize

(805) 388-1952x100

"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.

Jul 12-Sep 15 (T&Th) 2:30-3:30pm | 10 week series | R | NC

Massage: Swedish, Pregnancy & Deep Tissue Therapy

(805) 298-3202

Lisa Ball, LMT, provides therapeutic massages that have been proven beneficial for chronic conditions, including low back pain, arthritis, fatigue, high blood pressure, depression, and everyday stress.

Tuesdays, Thursdays, Sundays | A | 1 hour: \$75 | 1-1/2 hour: \$100

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.

Aug 17-Oct 5 (W) 2-4 pm | 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!

Sep 26-Nov 30 (M&W) 11 am-12pm | 10 week-series | R | NC

Health Management

“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 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.

Virtual class with Session Zero scheduled for Aug 9 (T) 11am-12pm | R | NC
Aug 16-Sep 20 (T) 11am-12pm

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: July 28 (Th) 3-4pm
Aug 4-Sep 8 (Th) 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.

Two-part class. Attendees must attend both dates to complete class.

Sep 12 (F) 10am-12pm | \$25 (cost of materials)
Sep 19 (F) 10am-12pm

Depression and Caregiver Well-Being 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.
Aug 3 (F) 2-4pm | A | NC

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. Sign up for one hour.

Aug 5 (F) 9am-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 | 12-2 pm | A | 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.

Virtual class with Session Zero scheduled for Jul 29 (F) 2-3pm
Aug 5-Sep 9 (F) 2-3pm | 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, 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. 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.

Sep 15-Oct 6 (Th) 10:30-12:30pm | 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.

Jul 7, 12, 21; Aug 4, 9, 18 | one-hour increments, 9am-noon | A | NC

Caregiving

Care Consultations (800) 900-8582

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

Virtual with Session Zero scheduled for Aug 8 (M) 2-3pm | R | NC
Aug 15-Sep 26 (M) 2-3:30pm

*Extended one week due to Labor Day holiday

In Person: Jul 20-Aug 24 (W) 11am-12:30pm | 6-week series | R | NC

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 staff, 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!

SHARE (Support • Health • Activities • Resources • Education)

(805) 388-1952x107

SHARE is a program for a person with early to early-mid stage dementia and their care partner. Utilizing a trained health coach and an intuitive SHARE iPad application, the program engages them in discussions about symptoms, communication, healthy activities, and planning for the future while keeping their own values and preferences in mind. These 5 sessions with an optional 6th family session will 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. Please call (805) 388-1952, ext. 107 to schedule.

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.

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.

Second and Fourth Friday of each month | 9:30-11am | R | NC | District Offices
(800) 900-8582

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

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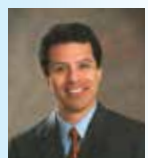
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