

Healthy ATTITUDES

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APRMAYJUN 2024

CAMARILLO HEALTH CARE DISTRICT



INSPIRED BY THE
EXTRA ORDINARY

A MESSAGE FROM

KARA RALSTON, CHIEF EXECUTIVE OFFICER



“There are only four kinds of people in the world: Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers, and those who will need a caregiver.”

— former First Lady, Rosalyn Carter

The word “love” is pretty freely used in our society. We easily say “I love that movie”, “I love your dog”, “I love cheeseburgers”, and so on. We’re quick to “love” things on Facebook and other social media because we like what it means or represents. It’s maybe used so indiscriminately as to lose some of the essence of its true form and meaning.

What if we consider the word “love” as an active verb? Meaning, there is intentional action and choice. We are fortunate enough to see “love” in action daily in our service at the Camarillo Health Care District. We see families and loved ones stepping up and leaning in to care for their families during the difficult journey of health transitions.

Family caregivers are the backbone of our society. Their actions, choices and love are **extraordinary** in caring for their loved ones. Are you a family caregiver? Contemplate these questions:

- Do you provide unpaid care for an adult with a brain impairment such as memory loss, dementia, or a chronic health condition?
- Does the person you are caring for depend on you for safety, finances, and/or errands?
- Do you feel responsible for the health and well-being of the person you are caring for?
- Does the person you are caring for depend on you to go grocery shopping and/or prepare meals?
- Do you assist the person you are caring for with personal care, such as bathing and dressing?
- Do you manage medications and doctors visits for the person you are caring for?
- Do you provide support to a family member who is dependent on others, but does not live with you?

If you answered yes to one or a few (or even all!) of these questions, you are a caregiver! We applaud and salute your heroic love and offer you a standing ovation. I encourage you to read through this issue, and visit our website, and perhaps let us join you in your journey.

Always,
Kara

BOARD OF DIRECTORS

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Lydia Dixon, PhD Director

IN THE NEWS

Home-Delivered Meals program marks milestone

The District’s Senior Nutrition Program, funded in part by the Ventura County Area Agency on Aging (VCAAA) and the City of Camarillo, reached a milestone in January. Since the program’s inception in April 2005, 600,000 meals have been delivered to homebound adults age 60 and older, who qualify for the federal nutrition program. This service saw a program record high during the COVID-19 pandemic when 77,228 meals were delivered. The target for this year is 51,000 with an average of 4,600 meals delivered each month.



Ventura County Supervisor samples programs

Ventura County Board of Supervisor Kelly Long, District 3, visited the Camarillo Health Care District to learn more about the popular BALANCEfit, SMARTfit and



Adventures in Virtual Reality (VR) programs. BALANCEfit and SMARTfit are part of the District’s Fall Prevention programming and utilize dual-tasking to strengthen the body and the brain. The VR program offers innovative virtual reality programs that include travel, different environments and relaxation. The VR program is a recent recipient of a statewide Innovative Program of the Year for California special districts, issued by the California Special Districts Association. To learn more about these services, visit www.camhealth.com. For registration information, see Pages 7 and 8.

Staff receive training

In December, District staff received hands-on training for fire extinguisher use and completed Adult Protective Services (APS) Mandated Reporter Training from the Ventura County Human Services Agency in February. APS provides assistance for the protection of dependent adults and elders. Its services are mandated by law and are provided at no cost. As mandated reporters, District staff are required by law to report physical, sexual and financial abuse, as well as neglect, self-neglect, abandonment, isolation, abduction and other treatment clients are facing that may be resulting in pain or mental suffering.



STAFF

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

Testimonials



I hope you know what **wonderful services** you provide, and the warmth with which you provide it.

Thank you both for another inspiring and helpful class...**loved the POWERfit** and look forward to taking another class through your wonderful organization.

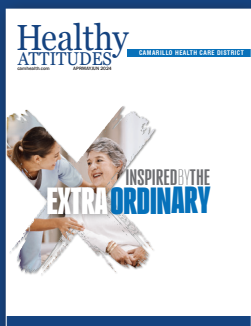
Best run place, best people, best location, best clients!

The Aging Spine. Indeed, a **very important** topic for many of us. Thank You Camarillo Health Care District.

Wow what a marvelous idea! This (Adult Day Center) is **so great!**

Please take advantage of the caregiver classes, programs and services that [they] are offering. **Such a blessing** to our community!

I just signed up for my free dental screening. Your services, programs and **classes are wonderful.**



ON THE COVER

Family caregivers are the backbone of our society and we are inspired by you daily! Thank you for being extraordinary!

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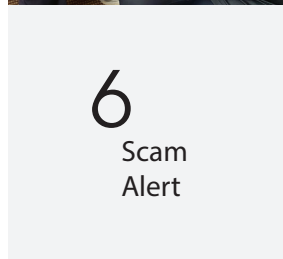
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we are social

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



Nurturing the CARE GIVER

Jo is the caregiver for her husband and has attended the District's Caregiver Support Group for about eight years. When they started their life together in 1966, Jo and Tony's "golden years" seemed far, far away. Now 57 years and a dementia diagnosis later, it seems as if the years flew by. "Tony is always on my mind," Jo says. "This seems like a new marriage and I'm still learning how much independence for him I can feel safe with ... My responsibilities in the home have increased since the diagnosis."

Since joining the District's Caregivers Support Group, Jo says she has received information and resources, gained coping skills, and validation that has helped her through challenging times. "The group has kept me supported and engaged," Jo said, "I sit (virtually) with others who are also on this road – some ahead of me, some at my point and some just getting started. They are all such fine people, willing to speak honestly about the joys and the sorrows of the days ahead."

Caregiver Support Group is virtually facilitated by Blair Barker, Program Officer, and Maylene Blando, Social Services Coordinator, through the District's Caregiver Center. The Caregiver Center, a federally designated family resource center, acts as a safety net of services for family caregivers who benefit from connection to essential support services and resources.

JO & TONY met in the Philippines when Jo was in the Peace Corps. She became a teacher, and he worked as a chemist and later a landscape contractor. They raised four children in Camarillo and have enjoyed great support from their family throughout Tony's health journey. "We pray, talk and stay connected to the Health Care District and my support group," Jo says. "Knowing that our lives will continue to change, I look for opportunities to stay engaged, keep learning and accept my limitations."

“Caring for a loved one can feel like floating in the middle of the ocean”

PROGRAM OFFICER BLAIR BARKER

"The Caregiver Center can serve as a sort of 'flotation device'. We can help caregivers care for their loved ones, while also caring for themselves. At the Center, they know they are not alone," Barker said.

Caregiving is difficult and can take a heavy toll physically, emotionally, financially, and spiritually. Unsupported, it can lead to stress, anxiety and burnout. Support groups provide an environment where caregivers express themselves and find comfort and encouragement knowing they are not alone.

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

It sometimes can be difficult for people to realize that they are a caregiver because they may feel 1) they're only doing what is expected, 2) they're just taking care of their spouse, parent, child, friend or neighbor, or 3) they feel it's "what any decent person would do".

Family caregivers face challenges and difficulties that can include their own health issues and sense of well-being. That's why the District's Caregiver Center is so important. The center features a Caregivers Resource Library, a Relaxation Room, care consultations and classes for family caregivers. (See more on Page 8)



So far, Jo has taken "Dealing with Dementia" and "Powerful Tools for Caregivers" classes and is considering the "Dementia Live" simulation." The "Dealing with Dementia" program, developed by the Rosalyn Carter Institute for Caregiving, provides strategies and best practices for caregivers. The goal is for Alzheimer's and dementia family caregivers to gain a better understanding of dementia, utilize strategies to manage problem behaviors, and handle caregiver stress and burnout. In 2017, the District was awarded Institute's Leadership in Caregiving Award.

The District's Caregiver Center offers Dementia Specialty Services, Elder Legal Services, nutrition counseling, Senior Nutrition Program, care management and Senior Support Line telephone support, and more, to assist caregivers and seniors.

If you are a caregiver and thinking of joining the support group, Jo says you'll appreciate the camaraderie the District's group provides. "Come, learn and stay," she said. "This is where you can get reliable help and develop friendships and gain support."

Caregivers Support Group
Meets virtually on the second and fourth
Friday of the month | 9:30-11am

CALL TO JOIN
800
900-8582

... With You In Mind

The Caregiver Center is intentionally designed as a sanctuary of learning with a warm, inviting and dignified environment. It is a comprehensive resource center for caregivers, and provides access to education, training, and support, including an indexed health resource library where you can check out resources or watch/read them in the comfortable library setting.

A warm welcome and hot cup of coffee await visitors and offer a place to prepare to learn. Resource Specialists are available to register you for a variety of classes such as *Powerful Tools for Caregivers*, *Dealing with Dementia and Dementia Live*, *Chronic Disease Self-Management*, *Diabetes Self-Management*, *Pain Self-Management*, and *Matter of Balance*, and more.

The Center also offers Care Consultations, support groups, one-on-one coaching programs, and classes for building caregiving skills and enhancing resource awareness. Care consultations connect caregivers to resources and provide support for loved ones.

The work of the Caregiver Center was nationally recognized and received the **Leadership in Caregiving Award** from the Rosalynn Carter Institute for Caregiving.

—2024 VISION STATEMENT—

TO
transform
lives THROUGH
innovation &
inspiration

FIGHTING FRAUD

Unfortunately, there will always be criminals preying on people and opportunities. It is important to become armed with knowledge and girded with fortitude enough to resist the temptation to answer phone calls and emails. What can be done to proactively prevent fraudsters from overwhelming, bullying and scamming you? The District is offering a variety of appointments with retired FBI Victim Specialist Debbie Deem, who has more than 40 years of working with crime victims. (See “Free Education” Box)

A lot of criminals are stopped simply by **not responding to solicitations**. Debbie says, “Don’t answer your telephone, let it ring to voicemail and then **ONLY** call back people you know.” She also says to dial directly if you’re returning a call to a banking institution, credit card company, business or doctor’s office. Don’t just hit “redial” or the “recent” caller on your phone. That will likely take you to the fraudster’s number where they can begin victimizing you. Phone numbers are notorious for seeming legitimate on caller ID, but numbers can be faked and when you just “redial” it, you get led right to the fraudster.

Scam victims are commonly thought to be mostly older adults, but individuals in their teens to late 20s can also become targets in job scams, fake products, romance scams and cryptocurrency investment fraud. The FBI received reports of more than \$200 million scammed from people age 20 and younger. “Anyone can be a victim,” Debbie says.

Consider the following **RED FLAGS** on email, calls, texts and social media approaches:

- Unsolicited direct messages through social media, telephone calls and texts
- A solicitation or message with a sense of urgency and/or secrecy
- Requests for personal information such as personal identification numbers (PINs), Social Security numbers
- A threat or enticing offer
- A request or demand for an unusual type of payment such as gift cards, cryptocurrency, cash or money wire. (legitimate businesses do **NOT** ask for money in these ways)

With the increased use of artificial intelligence (AI) and voice cloning, it is easy to think a caller is someone you know. They sound like them and then add the drama of an emergency or impending danger. In the example of a grandchild calling a grandparent to say they’re in jail and need money, or out of the country and need money, you are encouraged to **STOP**, hang up (you always have your grandchild’s number if you need to call them back), and begin verifying with family. Again, the best defense is to **STOP**.



FREE EDUCATION, RESOURCES, AND COACHING

What you can expect from an appointment with Debbie



- Referrals to agencies and organizations that can help;
- Information and handouts to help you understand various types of fraud and scams, how they work and how to protect yourself; and
- Emotional support with no judgment, blame or shame.

APPOINTMENTS AVAILABLE:

Fourth Wednesday of the month
Individual appointments at 12:00 and 1:00 pm
Walk-In from 2:00-3:00 pm

INDIVIDUAL APPOINTMENTS:

Call 805-388-1952, or see the Walk-In
schedule to access resources.

Debbie understands that the phrases of “fallen” for a scam, “conned” or “duped” don’t tell the full story and perhaps even cast shame on the victim. “Victims of fraud and scams have been manipulated by sophisticated criminal enterprises,” she says.

If you or someone you know wants more information on fraud prevention, please schedule a confidential session with Debbiem, held at the Camarillo Health Care District the fourth Wednesday of the month. During these sessions, she will listen to your experience, answer questions, and focus on how to refute tactics used by fraudsters.

RESOURCES

National Elder Fraud Hotline:	833-372-8311
Ventura County Adult Protective Services:	805-654-3200
Ventura County Area Agency on Aging:	805-477-7300
Identity Theft Center:	800-400-5530

TOP 6 SCAMS

AARP warns to watch out for in 2024

Check cooking scam: Thieves steal your paper checks from the mail, alter them and cash them for higher amounts.

Advice: Use a safer payment method such as a credit card or pay electronically through your bank.

Voiceprint scams: Thieves capture a recording of your voice and use it to impersonate you.

Advice: Don’t answer the phone. Let it go to voicemail.

Delayed-action sweepstakes scam: Fraudsters ask for your personal information, such as Social Security number and banking information, under the guise it’s for a sweepstakes payout and over time they write checks on your bank account and obtain credit cards and lines of credit in your name.

Advice: Never give out personal information.

Virtual celebrity scam: Someone pretends to be a celebrity or celebrity’s assistant trying to connect with you, and over time asks you for a loan.

Advice: Be skeptical about any celebrity befriending you.

Multi-stage grandparent scam: People pose as your grandchildren in need of financial help related to an emergency and then provide a “case number.” Someone posing as a defense attorney or prosecutor calls you, asks for the “case number” and a courier is sent to pick up the money.

Advice: Call or text your real grandchild to see if they are actually in need of help.

Paris Olympics scam: Someone you know has their email hacked and you receive a fake message that they are in Paris for the Olympics and their wallet has been stolen, and they request gift cards or money through a cash application.

Advice: Contact the person directly by telephone to verify.

SOURCE: www.aarp.org/money/scams-fraud/info-2023/top-scammer-list.html



DIGITAL BRIDGE HELPS REDUCE

technology frustrations



**FREE
ONE-ON-ONE
Tech Support**

Appointments range from 30 minutes to one hour and can be made as often as needed by calling 805-388-1952

Digital Bridge offers free, one-on-one, telephone assistance or in-person visits at the District to help you gain an understanding of the general use of technology such as iPhones, iPads, tablets, and some common applications such as FaceTime, Zoom meetings, and medical Telehealth calls. Learning about these communication opportunities can offer new ways to connect with friends and family, improve access to health services, and alleviate symptoms of isolation, loneliness and depression.

At 80, Fran felt as if she should already "know everything". However, new technology caused her to sign up for some **Digital Bridge** appointments to learn about her new smartphone, new computer and iPad (she enjoys downloading books from the Camarillo Public Library!).

"Some of us don't have a natural aptitude for technology," Fran says. "It's about perseverance and opening yourself up to going through the [learning] experience."

Feeling even more confident after taking the District's **Social Media Basics** class, Fran started using her smartphone to access Facebook and stay socially connected. After her Digital Bridge appointments and social media classes, Fran says her newfound social media connections, online videos, resources and information have made her life richer.

The District's Digital Bridge program is making a difference by incorporating technology to help people, especially older adults, stay better connected to people and resources. The program, initially designed during the COVID-19 pandemic to assist people with telehealth medical appointments, remains relevant and helpful to people of all ages. Appointments are available in 30-minute to one-hour increments as often as an individual needs them.



SCAM ALERT

Scammers are sophisticated, so that requires potential victims (that's all of us!) to get educated.



**NATIONAL ELDER
FRAUD HOTLINE**

1-833-FRAUD-11

1-833-372-8311

The IRS primarily communicates with taxpayers through traditional mail, not unsolicited phone calls, emails, or text messages. Be wary of unexpected calls claiming to be from the IRS. Scammers often use aggressive language and threats to create a sense of urgency. Scammers may use intimidation tactics, such as threatening arrest or

legal action, to pressure you into complying. The IRS does not operate in this manner. If in doubt, hang up and call the IRS directly using an official number.



What to Do If You Suspect a Scam

- **HANG UP:** If you receive a suspicious call, hang up immediately. Do not engage with the caller.
- **REPORT:** Report the incident to the Treasury Inspector General for Tax Administration (TIGTA) at 1-800-366-4484 or through their website (www.treasury.gov/tigta).
- **EDUCATE OTHERS:** Share this information with friends and family to help protect them from falling victim to scams.

Scam Prevention Tip Courtesy of Ventura County District Attorney's Office



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. 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

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

3639 E. Las Posas Road, Suite 117, Camarillo

Tips for Successful Class Registration & Attendance

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

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

Digital Literacy & Connectivity

Digital Scrapbooking

(805) 388-1952

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

Jun 4 & 11 (T) 9-10:30am | IC | R | \$10/\$14 ND

NEW Google Slides for Slide Shows

(805) 388-1952

We'll teach you how to create beautiful slide shows and presentations using Google Slides. Create a slide show of your recent vacation or a presentation of your decades of travels.

Bring your smartphone or laptop for hands-on learning.

May 29 & 30 (W&Th) 10-11am | IC | R | \$10/\$14 ND

Social Media Basics

(805) 388-1952

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

May 21 & 22 (T&W) 10-11am | IC | R | \$10/\$14 ND

Intro to Adventures in VR

(805) 388-1952

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

Apr 2, Apr 18, Apr 23, May 13 & May 15 | am/pm times avail. | IC | R | \$5/\$9 ND

NEW Intro to Adventures in VR: Family & Friends Night

(805) 388-1952

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

Jun 12 or Jun 19 (W) 5:30-6:30pm | IC | R | \$5/\$9 ND

Intermediate Adventures in VR: BRINK Traveler

(805) 388-1952

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

Apr 16 (T) 10-11:30am | R | \$10/14 ND

Intermediate Adventures in VR: Alcove

(805) 388-1952

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

Apr 30 (T) 10-11:30am | IC | R | \$10/\$14 ND

NEW Intermediate Adventures in VR: Underwater Adventures

(805) 388-1952

After taking one of our intro VR classes, join our intermediate level class, Underwater Adventures. Choose an underwater scene, whether scuba diving virtually in the Philippines, the Great Barrier Reef in Australia or swimming with dolphins in the Pacific Ocean. We'll discuss the benefits of VR, chat about our experiences and document our travels in our Adventures in VR passport.

Apr 9 (T) 11am-12pm | IC | R | \$10/\$14 ND

Intermediate: Independent Adventures in VR

(805) 388-1952

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

May 8 (T) or Jun 25 (T) 10-11am | IE | R | \$10/\$14 ND

Intermediate VR: 7 Wonders of the World

(805) 388-1952

Join us for an opportunity to visit the 7 Wonders of the World in VR: The Colosseum in Rome; The Great Wall of China, the Taj Mahal in India; Christ the Redeemer in Brazil; Machu Picchu, Peru; Chichen Itza, Mexico; and Petra, Jordan. This is an intermediate class. You must have taken the introductory class "Nature Treks" or "Ocean Rift" to join. We'll discuss the benefits of VR and participate in a post-survey, chat about our experiences and document our travel adventures in our Adventures in VR passport.

Apr 23 & 24 (T&W) 11am-12:15pm | 2-part class | IC | R | \$10/\$14 ND

NEW Intermediate VR: Scenic Hot Air Balloon Tours

(805) 388-1952

Take a hot air balloon ride over the Swiss Alps, Kenya or some other breathtaking destination. This is an intermediate class. You must have taken the introductory class "Nature Treks" or "Ocean Rift" to join. We'll discuss the benefits of VR and participate in a post-survey, chat about our experiences and document our travel adventures in our Adventures in VR passport.

May 7 (T) 10-11am | IC | R | \$10/\$14 ND

Advocacy Services

Dental and Oral Cancer Screening

(805) 388-1952

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

May 15 (W), 2-3pm | A | NC

Elder Legal Services

(800) 900-8582

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

In-person or virtual appointments are available.

Mondays | 1-4pm | A | NC

Financial Planning Robert Harrell, Financial Planner

(805) 388-1952

Consult with a financial planner on budgeting, retirement planning, and financial problem solving. Discuss how to put all the finance pieces together to solve problems or reach goals in a confidential session.

Third Monday of each month | 1-4pm | A | NC | Must be 60+

Health Insurance Counseling & Advocacy Program (HICAP)

(805) 388-1952

HICAP registered counselors provide free, unbiased options counseling to Medicare beneficiaries. Assistance is available for Original Medicare, Medicare Advantage, Medigap, Part D Prescription Drug Plans.

First and third Thursday | 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

“Healthier Living” Chronic Disease

Self-Management Program

(805) 388-1952

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

Virtual class with Session Zero scheduled for Apr 30 (T) 10-11am | R | NC

May 7-Jun 11 (T) 10-11am | R | NC

Care Consultations

(800) 900-8582

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

A | NC

Chronic Pain Self-Management Program (CPSMP)

(805) 388-1952

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

Virtual class with Session Zero scheduled for Apr 30 (T) 2:30-3:30pm | R | NC

May 7-Jun 11 (T) 2:30-3:30pm

Dealing with Dementia

(805) 388-1952

The Dealing with Dementia Program was developed by the Rosalynn Carter Institute as an evidence-informed educational support program for caregivers of people living with dementia. This 2-part workshop highlights topics such as: the caregiving experience with an easily understandable explanation of dementia, best practices in caregiving, and problem solving with dementia behaviors. Learn tips for caregivers to find time for self-care and stress management. Completed workshop participants will receive a comprehensive manual for dementia caregivers. Spanish and English available.

May 2 & 9 (Th) 10am-12pm | Material cost \$30/\$34 ND

Depression and Caregiver Well-Being Screening

(800) 900-8582

Speak with a qualified counselor to learn more about symptoms of depression. Understand more about the moods you are experiencing and learn about resources that can help.

Screenings take about 30 minutes.

Apr 19 | 9am-12pm | one-hour | A | NC

Dementia Live

(805) 388-1952

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

May 17 (F) 9am-12pm | R | NC Sign up for one hour

Diabetes Self-Management Program (DSMP)

(805) 388-1952

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

Virtual class with Session Zero scheduled for May 9 (Th) 2-3pm

May 16-Jun 20 (Th) 2-3pm | 6-week series | R | NC

Nutrition Counseling - One-on-One Appointments

(805) 388-1952

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

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

Powerful Tools for Caregivers

(805) 388-1952

Caring for a loved one can be overwhelming. This educational program is designed to help caregivers maintain their personal well-being in order to better care for their loved one or friend. This is a virtual class with Session Zero scheduled for May 6 (M) 11am-12:30pm

May 13-Jun 24 (M) 11am-12:30pm | 6-week series | R | \$25/\$29 ND

UCLA Memory Training

(805) 388-1952

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

Call to be added to our interest list | 4 week-series | R | material cost \$40/\$44 ND

Moving & Strengthening

Beginners Walking Group

(805) 388-1952

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

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

Bingocize

(805) 388-1952

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

Apr 2-Jun 6 (T&Th) 3-4pm | 10-week series | R | NC

Matter of Balance

(805) 388-1952

Have you fallen? Are you worried about falling? Join us to learn how to prevent falls, discuss safety techniques to reduce concerns, and set goals for increasing activity.

Apr 16-Jun 4 (T) 10 am-12pm | 8-week series | R | NC

Tai Chi for Arthritis

(805) 388-1952

This award-winning series, based on research conducted by Dr. Lam from the Tai Chi Institute in Sydney, Australia, is designed for anyone looking to relieve pain from arthritis or other chronic conditions and improve movement, balance, strength, flexibility, and relaxation. Beginner's welcome!

May 6-July 15 (M&W) 10:30-11:30am | 10-week series | R | NC

Jun 24-Aug 28 (M&W) 2-3pm | 10-week series | R | NC

Yoga-Gentle Mikal Rogers, Instructor

(805) 388-1952

Health benefits include improved flexibility, muscle tone and stress alleviation. Classes meet in sessions and you may join at any time.

Apr 1-June 10 (M) 3:45-4:45pm | 10-week series | R | \$80 (No class May 27)

*\$15/\$19 ND per class for drop-in, if space is available

Support Groups

Caregiver Support Group

(800) 900-8582

Intended for those who are on the journey with a parent, spouse, friend, neighbor and others, who have a chronic condition requiring care such as dementia, Parkinson's, or other illnesses.

Second and Fourth Friday of each month | 9:30-11am | R | NC | Currently virtual only

Programs & Services

Adult Day Center (805) 388-1952 x111

Schedule a personal tour of our state-licensed, award-winning Adult Day Center. The Center offers support, comfort, and activities five days a week for individuals who may benefit from additional supervision and social interaction during the day. Call for details.

BALANCEfit (805) 388-1952

This twice-a-week, eight-week program that aims to reduce fall risk and improve cognition while progressing participants through a series of games that get more complex and challenging as people move through the program.

30 minutes | twice a week | 8 weeks | NC

POWERfit (805) 388-1952

This program is available to those who have completed at least one BALANCEfit series. POWERfit combines another round of BALANCEfit games with the use of resistance bands to help strengthen the upper body, and build on the success of the previous BALANCEfit work. It's designed as a more independent workouts, which is why it requires a previously completed BALANCEfit series. Call for more information or to join our interest list.

30 minutes | twice a week | 4-week package | NC

SMARTfit (805) 388-1952

Preventative and rehabilitative solutions to both cognitive and motor functions. Its unique approach to improving physical, cognitive and mental health is engaging, exciting and very interactive. At the end of the 6-week series, individuals receive an assessment to compare their improvement from when they started. Call to join our interest list.

30 minutes | twice a week | 6-week package | \$25 for the series

Care-A-Van Transportation Services (805) 388-2529

Care-A-Van offers door-through-door, non-emergency medical transportation service throughout Ventura County for medical visits and other activities of daily living. Call for additional information regarding service area, fees and reservations.

Caregiver Center (800) 900-8582

The Caregiver Center is designed to help caregivers understand that they are a caregiver, and provide a calm and compassionate environment designed for respect and dignified learning. We offer high-quality education, skills training, programs and resources to help caregivers be the best they can be, while also taking care themselves. The center can also assist with Health Promotion and Disease Prevention services.

Care Management Services (805) 388-1952

Care Management Services offer an array of programs designed to help families develop plans that guide them to age successfully and independently in the home setting, manage chronic illness issues, and learn strategies for managing the care of loved ones with dementia and Alzheimer's disease. Person-centered plans are developed.

Digital Bridge Program (805) 388-1952

Schedule your Digital Bridge appointment today. One-on-one, step-by-step assistance, either in-person or over the phone, to help you in the use of various computer, communication devices and applications so that you can participate in virtual health services, medical portals, banking services, Zoom, Facetime and other virtual services. NC

Home Delivered Meals (805) 388-1952 x168

Provides "ready-to-heat" meals to home-bound residents of Camarillo/Somis age 60 and up. Includes main course, bread, butter, apples, oranges, tomatoes, fruit cups and yogurt. Mon, Wed, Fri | 9:30-11:30am | 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.

SHARE (Support • Health • Activities • Resources • Education) (805) 388-1952

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

Zoom Room Program (800) 900-8582

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

Special Presentations & Community Outreach Events

NEW "The Aging Spine – Arthritis and Spinal Stenosis" (805) 388-1952

Dr. Justin Millard, a board-certified spine surgeon at Community Memorial Healthcare, will present "The Aging Spine – Arthritis and Spinal Stenosis." In his practice, he focuses on minimally invasive spine surgery and motion preservation spine surgery.

Apr 26 (F) 12-1:30pm Register in advance for this presentation. Seating is limited.

"Elder Legal Answers Your Questions On ..." (805) 388-1952

Talks will take place on our campus. Attend a free, informational presentations on elder legal issues. Check our website for the topic or give us a call. Register in advance.

Apr 22 (M) 12-1:30pm | R | NC Doors open at 11:30 a.m.

NEW Scam Prevention Academy

Join us for a two-part series designed to educate seniors about the most prevalent scams in Ventura County. Presented by Deputy District Attorney Melissa McMurdo and Senior Victim Advocate Kellie Tyndall. Register in advance. Doors open at 9:30 a.m.

June 13 & 20 (Th) 10am-12pm | R | NC

(805) 388-1952



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

Autism Society, Ventura County (805) 437-9856

Office hours in our Caregivers Center 1-4 p.m. first Tuesday of the month

Care Management Services (Hospital to Home) (800) 900-8582

Supporting well-prepared transitions from hospital to home

Care-A-Van Transportation (805) 388-2529

Door-through-door non-emergency service throughout Ventura County

Caregiver Center (800) 900-8582

No-cost resources for caregivers and their loved ones.

Caregiver Respite, Education & Training (800) 900-8582

Training, resources, respite and options for family caregivers

Counseling Services – Legal & Financial (800) 900-8582

Evidence-Based Programs (800) 900-8582

Rigorously tested programs scientifically proven to show results

Fall Prevention & Home Modifications (800) 900-8582

Home safety through resources and education

Health Education, Promotion & Advocacy Classes (805) 388-1952

Senior Nutrition Program (805) 388-1952 x168

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

Senior Support Line (800) 235-9980

Trained volunteers provide resources and friendly conversation

Resource Specialists (805) 388-1952

Staff connect you with helpful resources within the District

Share your thoughts and ideas,

WE'RE LISTENING



“ We would appreciate receiving your thoughts and perspective on District programs and services, especially new ideas! ”



✉ Please email us at info@camhealth.com



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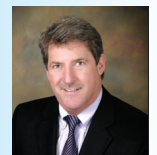
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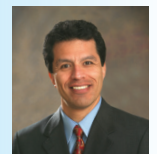
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