

Healthy ATTITUDES

camhealth.com

APRMAYJUN 2023

CAMARILLO HEALTH CARE DISTRICT

Caring

for ourselves & others



A MESSAGE FROM KARA RALSTON, CHIEF EXECUTIVE OFFICER



If you've taken an airline flight you've heard the safety instructions regarding a loss of cabin pressure. They say an oxygen mask will drop down and you're to put it over your mouth and nose, tighten the strap, and breathe normally. The first thing wrong with that seems to be the instruction to "breathe normally"! LOL

You MUST take care of yourself first before you are any use to anyone else.

But all kidding aside, the premise behind this instruction also asks people to go against every instinctive fiber of their being. Especially parents! The instruction tells parents to take care of themselves before they take care of their child. As difficult as that may be, this instruction is critical to the success of that situation. You MUST take care of yourself first before you are any use to anyone else. This premise is also true for family caregivers.

In our work of training, educating and supporting caregivers, we see the health effects family caregivers experience while caring for loved ones. They unwittingly become "patients" themselves due to prolonged neglect of their own health.

In the strictest sense, taking care of yourself can mean go to doctor appointments, get health screenings, and take your medications. It can also mean taking time for exercise, reading a book or taking a nap.

The District is ready to assist you and your family in developing a plan of action that builds in attention to the caregiver's health as well. Please look through this issue of the Healthy Attitudes, peruse our website, or call us... we're here to help!

Kara

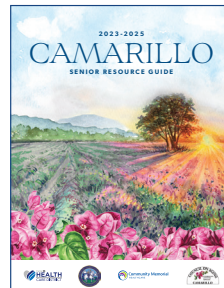
IN THE NEWS

District is Guest on Camarillo CityScene TV

Two members of our staff and two local residents were filmed on Feb. 6 for an episode for the City of Camarillo's CityScene TV. Michelle Rogers, community outreach and education manager, and Mariana Gutierrez, health promotion coordinator, both teach the District's "Adventures in VR" (virtual reality) classes which connect people with the latest technology for education and entertainment. Joanne Kennedy, vice chair of Camarillo Council on Aging, and Anne-Marie Widick of Camarillo, are regular participants in the District's virtual reality classes, and spoke about the health benefits of virtual reality, as well as the joy and wonder it brings to participants, many of whom are traveling the world virtually in the District's intermediate level classes. Check out this session on YouTube @TheCityofCamarillo.



Mariana Gutierrez, health promotion coordinator at the District, records for CityScene TV



District Has Senior Resource Guides Available

The 2023-2025 Camarillo Senior Resource Guide, published by the Camarillo Council on Aging, is available at District offices. The 31-page guide offers contact information for a variety of resources and services including medical services, nutrition, support services, transportation, housing and moving, government services, end-of-life issues, caregiving, active living, insurance, legal and tax services, and community resources. The Camarillo Council on Aging, formed by the Camarillo City Council in 1978, encourages older adults to participate in community life and interact with City leaders, while promoting the general welfare of the senior community.

Connecting in the Community

Community Outreach and Education manager Michelle Rogers represented the District during recent events hosted by Moving Seniors Forward. Moving Seniors Forward is a community resource group consisting of dedicated and compassionate professionals committed to providing guidance and information to enhance the lives of older adults and their families. To learn more about Moving Seniors Forward, please visit movingseniorsforward.org.



BOARD OF DIRECTORS

Thomas Doria, MD President
Neal Dixon, MD Vice President
Paula Feinberg Clerk of the Board
Christopher Loh, MD Director

Louanne Kroell, PT Director

STAFF

Kara Ralston, MBA, SDA Chief Executive Officer
Lynette Harvey, RN, BSN, CCM Clinical Services Director
Blair Barker, MPH Care Services Director
Sonia Amezcua, MPPA Chief Administrative Officer
Mary Ann Ratto, BA, CSA Adult Day Center Director

Testimonials



I am **enjoying and benefiting** from Tai Chi for Arthritis...
thank you!

—satisfied client

I love Bingocize!!

—satisfied client

The team at the health care district does such a **fantastic job!**
My mom had dementia, and requires lots of supervision. The team
is always kind and patient with mom. Mary Ann always reaches out
to see how things are going. Really appreciate her and your whole
team.

—satisfied client

I talked with the (VCAAA) nutritionist at the District...and she was very
helpful. **Great service!**

—satisfied client

Keep up your **excellent work.** Thanks to each and every one of
you for your service.

—satisfied client

contents



2

Healthy
Choices

4

Adult Day
Program



5

Kathy is
a family
caregiver

6

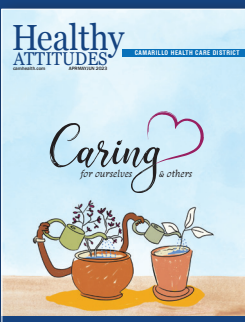
Stories from
the Heart
Invitation



7 Caregiving & Health Management

8 Digital Literacy & Connectivity
Advocacy Services

9 Programs & Services
Moving & Strengthening
Important Numbers



ON THE COVER

Caring for yourself is just as
important as caring for your loved
one. Please make a point to keep
your self-care up to date!



**we
are
social**

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



HEALTHY CHOICES

Nutrition counseling offers advice and encouragement

Karen and Dan found love 34 years ago on the dance floor.

After Dan, 65, retired from the U.S. Navy, they settled in Camarillo. While they've been physically active throughout their lives, medical conditions and weight gain have taken a toll on their health, particularly Karen's. So, they needed strategies to get back on track and turned to the Camarillo Health Care District for help. "I am not in the best shape," admits Karen, 71, who needs a hip and knee replacement but must meet medical criteria before qualifying for either surgery.

In the past, Karen enjoyed regular Jazzercise and Zumba classes, but a series of deaths in her family had her feeling down and she experienced weight gain while seeking comfort in food and not exercising regularly. Over time, this led to reduced mobility, along with a diagnosis of diabetes, back pain, and neuropathy in her feet.

But last year, following a recommendation to speak with a nutritionist, they registered for a free appointment at the Camarillo Health Care District with Patti Jaeger, a registered dietician from the Ventura County Area Agency on Aging. Patti offers one-hour appointments to adults aged 60 and over, on the second Tuesday of each month, between 1 and 4 p.m., on the District's campus or by telephone.

After their initial appointment, Karen and Dan have checked in with Patti quarterly for the past year as she helps them with their health journey. "We always walk away from our appointments with Patti feeling really positive," Dan said.

Health management see page 7

Dan has embraced his “support” role, encouraging them both as they make changes. He is also in charge of grocery shopping and cooking their meals, and Patti’s nutrition advice has been instrumental in helping them eat healthier.

“Each opportunity I have with the client, we discuss both how to achieve a healthy meal plan for that individual, as well as develop a daily exercise/activity plan and other healthy lifestyle choices,” Patti said. “It’s very individual and it’s important to work with their specific paradigm.”

As an example of Karen and Dan’s plan, Patti recommended a balanced diet and portion control for Karen and has encouraged Dan to incorporate more vegetables into their diet. Karen has replaced “junk food” with protein bars and vitamin drinks in between meals.

Patti has also recommended Karen wake up earlier and stick to a daily exercise routine, which includes lifting weights and incorporating stretch bands to strengthen her arms and legs.

“Patti said to keep a mind frame of, ‘If I don’t exercise, I’ll miss it.’ I previously had an attitude that if I wasn’t losing weight then it wasn’t worth exercising. But she corrected me. She said that’s unrealistic, and I needed to look at exercise as part of my daily routine – something I would miss if I was no longer doing it.”

“I believe our health is one of the most important things we have, and nutrition and healthy lifestyle play a vital role. Many chronic illnesses can be terminated or reversed if a person is committed to make the necessary changes in their dietary plans, as well as activity level, and adopt a healthier lifestyle,” Patti said.



Moving & Strengthening Classes see page 9

“I think what makes Patti unique is that in addition to her extensive knowledge, her care and concern really comes across, and that makes you feel comfortable and cared for. We recommend that older adults take advantage of the nutrition counseling offered at the District,” Dan said.

Patti also suggested Karen use a pool for exercises like water aerobics to help reduce the strain on her back and joints, and she encouraged Karen, an accomplished artist, to get back to creating art and watch less television, which is a more sedentary lifestyle and can lead to eating out of boredom.

“Over time, we decided together that creating a realistic meal plan and achievable activity level she could adhere to, were the first steps,” Patti said. “Then we focused on creating daily habits that incorporate her lifestyle and disabilities, in order to have the habits eventually become second nature.”

In the past year, Karen has lost 10 pounds and has her diabetes under control by employing Patti’s strategies. She said she’s feeling uplifted and rejuvenated because she’s seeing results from diet, exercise, and consistent daily routine.

“Patti, being that third voice, saying ‘you can do this’ has been a big incentive for us,” Dan said.

“It takes a strong will to want to make a change, and also to sustain that change and truly develop a healthier lifestyle,” Patti said. “I provide the nutritional advice, suggestions, encouragement and help determining what changes have to occur. But, in the end, each individual has to do the work themselves.

“I think one has to believe in themselves and feel they are worth the work it takes to develop new, healthier habits and a healthier lifestyle in general,” she said.



Schedule nutrition counseling with Patti see page 7

ADULT DAY PROGRAM

Serving a lifeline for many families



Carol loves hugs. A mother of three and grandmother of six, Carol enjoys children and is an animal lover and proud cat mom. Thriving on structure and very much accustomed to organizing her days and time, Carol's dementia diagnosis now has her leaning on family for support.

Her daughters and their families have served as her caregivers since her husband's death in 2021. Spending alternating months at daughters Laura's and Rosanne's houses they share responsibilities throughout the year with medication management, daily grooming tasks and reminders to eat regularly. At this point in her diagnosis, Carol can't be left alone.

Carol also attends the Camarillo Health Care District's Adult Day Center (Center) several times a week. The programming in the Center provides an opportunity for her to interact with new friends, participate in different activities such as arts and crafts, exercise and music while giving her family of caregivers some essential respite time.

Being a caregiver is hard work -- physically, mentally and emotionally. "It is so exhausting to become your parent's caregiver when they have mental decline. It is not only emotional for the individual, but it is hard on your whole family," Rosanne said. "Having my mom at the Center during the day has allowed everyone the space they need to accomplish life and then come back together refreshed and ready to enjoy each other's company."

"She has her own friends and feels like she has a purpose outside of hanging with our families every day."

— Daughter Laura

The District's Adult Day Center appears to be having a positive effect on their mother, a nurse for 40 years who devoted her life to caring for others. "She is so happy," Laura said. "She seems more content with her downtime at home knowing that she has her group to go to. Honestly, if she could go seven days a week, I think she might. She loves to tell me and the rest of the family about her day. She seems proud that she has a topic that she can talk about and something that is her own," Laura said.



SHARE program with care plans





Classes support dementia caregiving see page 7



"I appreciate knowing he's in a safe environment, socially stimulated and well taken care of."

— Kathy, Caregiver

Kathy is a family caregiver.

Her husband, Bill, was diagnosed with vascular dementia six years ago and regularly attends the Adult Day Center, which also serves people experiencing



decreasing mobility, isolation or loneliness. Bill enjoys the activities and thinks of it as a day camp.

"He enjoys the word association activities or reviewing facts about famous people and is impressed with what his fellow 'campers' know," Kathy said.

Kathy uses the time her loved one is at the Center to take care of her everyday responsibilities as well as her own mental health. "While Bill is at the Center, I am able to see my friends, grocery shop, keep doctor appointments and go for walks. Walking is most important to me. It helps me remember to be grateful," she said.



Support group just for caregivers see page 7

The Caregiving Support Group meets virtually on the second and fourth Friday of each month from 9:30 to 11 am

Consider joining our Caregiver Support Group. It's 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.



Program helps plans see page 9

"The Center touches so many lives on a daily basis and we see that in action each time families refer other families to the Center," Adult Day Program Director Mary Ann Ratto said. "It's very heartwarming to hear families speak of the Center as 'the greatest blessing' and 'so wonderful'."

"I am proud of work for a District that truly cares for the community. The Day Center is just one of the many offerings that allows us to show support for our family caregivers and their loved ones."

— Mary Ann Ratto
Director, Adult Day Program

"Many activities and events are collaborative efforts with other community agencies," Director Ratto said. "Thinking outside the box to come up with unique events allows us to offer amazing experiences for our participants."



Care-A-Van provides non-emergency medical transport see page 9

Call Mary Ann Ratto at 805-388-1952, ext. 111



CAMARILLO



stories

FROM THE HEART

HEALTH CARE DISTRICT

YOU'RE INVITED!



Ventura County residents will share their personal stories as caregivers as part of a "storytelling" event organized by the Camarillo Health Care District and hosted at the Camarillo Library on **Thursday, April 20 at 6 p.m.** The event is free and open to the public, but advanced registration is required as there is limited seating.

Register to attend the event by going to camhealth.com, under Events, Storytelling Show, or call 805-388-1952, ext. 100. Seating is limited and pre-registration is required.



Susan Seats was a caregiver for her father for six years.

While at times challenging, it was fulfilling to be there for him in his time of need and bring him joy when she could. Holding a living memorial, honoring her father while he was alive and could hear everything people wanted to say, and recording his life story are among those moments she holds close to her heart.

"There are always ways to incorporate some meaning into life no matter the circumstances," she says.

Susan says she hopes to convey through her story that one should never live with regrets.

"I learned the importance of responding to take care of someone you love. It's not easy – it's exhausting and difficult to watch someone suffer ... yet at the same time there are so many cherished moments of laughter and sharing memories."

"I am glad I was able to share in such an intimate journey of my dad's life. I realize that it was a way to give back to the many sacrifices he made in his life for his children."



Ruby Simpkins served as an internal medicine physician in Agoura Hills for 33 years.

She is also a "storyhealer," someone who weaves tales primarily to heal the soul, spirit and body. She made her debut as a storyteller at By The Sea Theater in Malibu and has been featured at the Promenade Playhouse in Santa Monica, as well as other venues across California.

Her story is about family love and support. It stresses the importance of community in nurturing, protecting and encouraging its young, especially in poor and disadvantaged communities. "My story shows that we have different motivations to achieve our goals," Ruby says. "If we are strong enough and persistent, we can reach our goals."

Ruby's story recounts her great-aunt's stroke and how the events that unfolded propelled her to become a doctor. "Greatest lesson learned on my journey is that we are all one," she says. "We must help and support each other. We must share, connect and empathize with each other. Compassion and love are the answers."



Joanna Wullschleger's story is about grief – grief as a mother, wife and caregiver – and how she has persevered throughout her journey.

"I believe that when your loved ones have serious illnesses, it makes you stronger to accept all that life has to offer – both good and bad," she says.



Online Class Registration

Online
camhealth.com

Phone (M-F 8am-5pm)
(805) 388-1952, Ext. 100

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, ext 100 if you experience difficulty logging into your class

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

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

Caregiving & 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 May 8 (M) 2:30-3:30pm | R | NC
May 15-Jun 26 (M) 2:30-3:30pm | 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. 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

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.

Virtual class with Session Zero scheduled for April 25 (T) 11am-12pm | R | NC
May 2-June 6 (T) 11 am-12pm

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.

May 19 (F) 8:30-12:30pm | \$25 (cost of materials) (non-district residents add \$4)

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.

June 2 (F) 9am-12pm in one-hour blocks | 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.

May 5 (F) 9am-12pm | R | NC Sign up for one hour.

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 May 3 (W) 10-11am
May 10-June 14 (W) 10:30-11:30am | 6-week series | R | NC

NEW Finding Meaning and Hope

(805) 388-1952x100

How can family caregivers regain hope and build resilience when dealing with feelings of ongoing loss while caring for someone with a chronic illness, like dementia? The series equips family caregivers with an understanding of ambiguous loss, the phrase coined by Dr. Pauline Boss, to describe the loss one feels when someone is physically present but mentally absent. "Finding Meaning and Hope" explores skills that help you stay strong, healthy, resilient, and positive as you navigate your caregiving journey with healing and hope.

May 4-July 6 (Th) | 2:30-4pm | A | 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. Must be 60 or older. Second Tuesday of each month | 1-4pm | 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.

May 2-June 6 (T) 2:30-4pm | 6-week series | R | 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.

Call to be added to our interest list | 4 week-series | R | \$40/\$44 material cost (non-district residents add \$4)

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.

Special Presentations

NEW Orthopedic Surgeon Dr. Ryan Quinn

(805) 388-1952x100

Attend a free, informational presentation by Dr. Ryan Quinn, an orthopedic surgeon who practices at Ventura Orthopedics in Camarillo and Oxnard. Join him for an educational talk on the causes and diagnosis of hip and knee arthritis, including the latest advancements in technology and treatment options. Advanced registration is required by calling the District.

April 20 (Th) 12-1pm | R | NC

Digital Literacy & Connectivity

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. Digital Scrapbooking can help you turn your beloved photos into an actual book for your coffee table.

Apr 27-May 11 (Th) 10-11am | 3-part series | R | \$10 (non-district residents add \$4)

NEW Instagram & Facebook Stories

(805) 388-1952x100

Do you find yourself watching Stories on Facebook or Instagram? You know, those images and videos strung across the top of your Insta or Facebook that tell the stories your friends and family want to share? They involve creativity. Some feature gifs, stickers, polls, links, tags and music. Together, they may tell a story of your friends' vacation or day trip, what they're feeling or thinking, what they are reading or watching, or how they are experiencing their day, a moment in time or a moment in history. If you have seen those Stories and want to learn how to make your own, we are offering a two-part, hands-on class. Bring your smartphone and have some photos or videos ready to go.

June 12-19 (M) 1-2pm | 2-part series | R | \$10 (non-district residents add \$4)

Intro to Adventures in VR

(805) 388-1952x100

Nature Treks: 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. If this is your first time to using Meta 2 virtual reality headsets and controllers, no worries. We'll spend 20-25 minutes showing you how to use them, plus discussing the benefits of VR. The next 50 minutes will be spent enjoying our adventures before we all chat about our experiences and document our travel adventures in our Adventures in VR passport.

Apr 5-June 28 (W) 9-10:15am | individual classes | R | \$5 per class (non-district residents add \$4)

Intro to Adventures in VR

(805) 388-1952x100

Ocean Rift: Explore the ocean as a virtual scuba diver getting introduced to and learning about the different sea creatures. If this is your first time to using Meta 2 virtual reality headsets and controllers, no worries. We'll spend 20-25 minutes showing you how to use them, plus discussing the benefits of VR. The next 50 minutes will be spent enjoying our adventures before we all chat about our experiences and document our travel adventures in our Adventures in VR passport.

Apr 7-June 30 (F) 10-11:15am | individual classes | R | \$5 per class (non-district residents add \$4)

Intro to Adventures in VR

(805) 388-1952x100

Guided Tai Chi: Learn the movements, select your flow, such as Energized, Joyful, Relaxation, Spontaneous, Courage or Flourish. Then choose six environments in nature among 20 available to practice Tai Chi while relaxing and connecting with your mind, body and spirit. Afterward, we'll discuss the benefits of VR and participate in a post-survey and chat about our experiences.

May 18 (Th) 11am-noon | individual class | R | \$5 (non-district residents add \$4)

June 22 (Th) 11am-noon | individual class | R | \$5 (non-district residents add \$4)

Intermediate Adventures in VR: BRINK Traveler

(805) 388-1952x100

So you've completed one of our Intro VR classes or you already have experience in VR, then you're invited to join our intermediate class Brink Traveler. The first session will have a 15-minute review, followed by virtual travel through our state and national parks, and we'll end with a discussion and optional journaling/travelogue in our Adventures in VR passport.

Apr 17 & 18 (M&T) 9-10:15am | 2-part series | R | \$20 (non-district res. add \$4)

May 15 & 16 (M&T) 9-10:15am | 2-part series | R | \$20 (non-district res. add \$4)

Intermediate Adventures in VR: Alcove

(805) 388-1952x100

So you've completed one of our Intro VR classes or you already have experience in VR, then you're invited to join our intermediate class Alcove. Choose your mode of transportation: a convertible sports car for a U.S. road trip, Las Vegas to Ventura, and eight other trips; take a hot-air balloon and view Kenya and the Swiss Alps from the sky; or hop on a double-decker bus for a guided tour of Washington, D.C., Paris, Tokyo, Dubai, Rome and other places. We'll discuss the benefits of VR, chat about our experiences and document our travel adventures in our Adventures in VR passport.

Apr 10 & 24 (M) 9-10:15am | 2-part class | R | \$20 (non-district residents add \$4)

May 8 & 22 (M) 9-10:15am | 2-part class | R | \$20 (non-district residents add \$4)

June 5 & 19 (M) 9-10:15am | 2-part class | R | \$20 (non-district residents add \$4)

Intermediate Adventures in VR: Wander

(805) 388-1952x100

So you've completed one of our Intro VR classes or you already have experience in VR, then you're invited to join our intermediate class Wander. Go wherever your heart desires, whether the address of your childhood home, your college campus, the streets of your hometown, a tropical or historical destination, or somewhere you've always wanted to explore or return to a favorite vacation spot to bring back those memories.

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 11 (T) 9-10:15am | individual class | R | \$10 (non-district residents add \$4)

May 9 (T) 9-10:15am | individual class | R | \$10 (non-district residents add \$4)

May 23 (T) 9-10:15am | individual class | R | \$10 (non-district residents add \$4)

June 13 (T) 9-10:15am | individual class | R | \$10 (non-district residents add \$4)

June 20 (T) 9-10:15am | individual class | R | \$10 (non-district residents add \$4)

Intermediate Independent Adventures in VR

(805) 388-1952x100

So, you've completed one of our Intro VR classes or you already have experience in VR.

Now you're invited to join Independent Adventures, where the world is your oyster. In Independent Adventures, you'll be assigned a VR headset with pre-loaded apps. You can choose virtual travel, guided Tai Chi or meditation, cook in a virtual kitchen, experience heightened senses with Notes on Blindness, or snorkel or hangout in nature with animals. A staff member will be available to help troubleshoot any issues with the equipment or apps, or give you tips and tricks on navigating to the place you want to go.

Apr 4-June 27 (T) 1-2pm | independent experience | R | \$10 (non-district res. add \$4)

NEW Independent Adventures in VR:

Brain Training and Musical Concerts

(805) 388-1952x100

So, you've completed one of our Intro VR classes or you already have experience in VR. Now you're invited to join Independent Adventures, where you can select the "Alcove" application to access brain training games and musical concerts. Play chess or checkers, or choose Memory Wall to train your recollection or improve short-term memory, Hide & Seek to train your spatial orientation skills and particularly your auditory spatial cognition, or Magic Deck to use your memory to place cards where they belong. If you want to relax, choose a private concert: Guitar Duo, Clarinet and Accordion Duo, Piano Concert, Piano Recital, Jazz Concert, String Quartet and more. A staff member will be available to help troubleshoot any issues with the equipment or apps, or give you tips and tricks on navigating to the place you want to go.

Apr 4-June 27 (T) 1-2pm | independent experience | R | \$10 (non-district res. add \$4)

Social Media Basics

(805) 388-1952x100

Do you feel lost when it comes to social media? Or do you primarily use one platform, but want to understand others so you can connect with more family, friends and colleagues? If the answer is yes, then our Social Media Basics class is for you. We'll share an overview and talk about the mechanics of using Facebook, Twitter, Instagram, LinkedIn, Snapchat and TikTok. Bring your smartphone or laptop for hands-on learning.

May 25-June 8 (Th) 2-3pm | 3-part series | R | \$10 (non-district residents add \$4)

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 | 1-4pm | 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.

First and third Thursday | one-hour increments | 9am-12pm | A | 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.
- 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) 388-1952x107
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) 388-1952x100
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. 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.
- Senso Balance Machine** (805) 388-1952x100
This twice-a-week, eight-week program aims to reduce fall risk and improve cognition while progressing participants through a series of games that get more complex and challenging as people move through the program. Games are focused on various cognitive and physical skills, from natural cognitive tasks that may be second nature to some people and a challenge to others with some sort of cognitive impairment. Work one-on-one with a health promotion coach. Call to schedule your first appointment or join our interest list. No charge.
- 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 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.
- 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. The room is confidential, and appropriately sanitized between uses.

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.
May 15-July 24 (M&W) 11am-12pm | 10-week series | R | NC

- 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.
Apr 27-June 15 (Th) 10am-12pm | 8-week series | R | NC
June 6-Aug 1 (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!
Apr 18-June 22 (T&Th) 3:30-4:30pm | 10-week series | R | NC
May 8-July 17 (M&W) 2-3pm | 10-week series | R | NC
- NEW Yoga-Gentle** Mikal Rogers, Instructor (805) 388-1952x100
Health benefits include improved flexibility, muscle tone and stress alleviation. Classes meet in sessions and you may join at any time.
May 1-Jul 10 (M) 3:45-4:45pm | 10-week series | R | \$80 for 10-week series
\$15 per class for drop-in (non-district residents add \$4) *No class May 29

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 | Evidence-Based Programs (800) 900-8582
Rigorously tested programs scientifically proven to show results |
| Care Management Services (Hospital to Home) (800) 900-8582
Supporting well-prepared transitions from hospital to home | Fall Prevention & Home Modifications (800) 900-8582
Home safety through resources and education |
| Care-A-Van Transportation (805) 388-2529
Door-through-door non-emergency service throughout Ventura County | Health Education, Promotion & Advocacy Classes (805) 388-1952 x100 |
| Caregiver Center (800) 900-8582
No-cost resources for caregivers and their loved ones. | Senior Nutrition Program (805) 388-1952 x168
Nutrition and socialization for home-bound and active residents age 60+ |
| Caregiver Respite, Education & Training (800) 900-8582
Training, resources, respite and options for family caregivers | Senior Support Line (800) 235-9980
Trained volunteers provide resources and friendly conversation |
| Counseling Services – Legal, Financial & Emotional (800) 900-8582 | Resource Specialists (800) 388-1952 x100
Staff connect you with helpful resources within the District |

CAMARILLO



stories
FROM THE HEART
HEALTH CARE DISTRICT

INSPIRING TALES OF
life, love AND learning
FEATURING
Susan Seats, Dr. Ruby Simpkins, Michelle Rogers and Joanna Wullschleger






THURSDAY, APRIL 20 | 6-7 PM

—LOCATION—
Camarillo Public Library
Community Room
4101 Las Posas Road

FREE EVENT
REGISTRATION REQUIRED
camhealth.com
805-388-1952, ext. 100
Limited seating



Camarillo HEALTH CARE DISTRICT
3639 E. Las Posas Road, Suite 117
Camarillo, CA 93010
camhealth.com

PRSR STD
U.S. Postage
PAID
Oxnard, CA
Permit No. 139





RADIATION ONCOLOGY
centers of
Ventura County



You Deserve the Best Prostate Cancer Treatment Available.

Retaining your current lifestyle and potency is important and we want you to know all your treatment options. We are here for you!

Our cancer team will design a personalized, non-invasive and precise radiation therapy plan, that targets cancer cells, while preserving healthy tissue.

6D Robotic SBRT Prostate Cancer Treatment Available right here in Ventura County!
Schedule a consultation to find out the best treatment option for you.

OXNARD CENTER 805-988-2657 ■ CAMARILLO CENTER 805-484-1919 ■ ROCVC.COM

The cancer care team you can trust.



Timothy A. O'Connor, M.D.



Henry Z. Montes, M.D.
Se habla Español.

PROVIDING THE LATEST IN CANCER TREATMENTS SINCE 1979.