

# Camarillo Health Care District

(<https://www.camhealth.com/>)

[Contact Us \(/contact-us\)](/contact-us)

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[Social Media \(/let-s-connect-on-social-media\)](/let-s-connect-on-social-media)

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## Our Adult Day Program offers clients a p...

The Adult Day Center at the Camarillo Health Care District is state-licensed and intentionally designed to provide a safe, respectful, compassionate option for adults...

*(/our-adult-day-program-offers-clients-a-person-centered-focus)*



### ABOUT OUR WEBSITE

[\(/about-our-website\)](/about-our-website)



### CLASS CALENDAR

[\(/class-calendar\)](/class-calendar)



### JOIN OUR TEAM

[\(/join-our-team\)](/join-our-team)



### SOCIAL MEDIA

[\(/let-s-connect-on-social-media\)](/let-s-connect-on-social-media)



Join our mailing list

## NEWSROOM

(/welcome-to-the-district-s-newsroom)



## PODCAST

(/local-residents-share-health-and-caregiver-journeys-on-our-podcast)




## VIDEOS

(/videos-of-our-classes-and-programs)

## OUR MAGAZINE

(/healthy-attitudes-magazine)


 May contain: human, person, sitting, canine, dog, pet, animal, mammal, and senior citizen

### **Our Adult Day Program offers clients a person-centered focus**

Clients look forward to spending time in a warm, inviting and home-like setting at Camarillo Health Care District's Adult Day Center, where activities are designed for socialization, mental and physical enrichment, recreation for all abilities, and most of all fun!

READ MORE »

(/our-adult-day-program-offers-clients-a-person-centered-focus)

 May contain: adult, male, man, person, female, woman, accessories, glasses, furniture, table, chair, clothing, footwear, shoe, computer hardware, electronics, hardware, monitor, and screen

### **Activate your health with our fall prevention programs**

Falls are a threat to the health of older adults and can reduce their ability to remain independent. The CDC reports that 1 in 4 adults age 65+ fall every year, resulting in 3 million admissions to ER...

READ MORE »

(/activate-your-health-with-our-fall-prevention-programs)

 May contain: transportation, truck, vehicle, and van


### **Offering door-through-door transportation services**

Camarillo Health Care District provides door-through-door transportation for non-emergency medical appointments and other activities of daily living, including to and from District programs, throughout Ventura County.

**Join our mailing list**

[READ MORE »](#)

[\(/offering-door-through-door-transportation-services\)](#)


 Four people in aprons stand behind a table with stacks of packaged meals.

## Home Delivered Meals for Seniors

Eating a balanced and healthy diet is important at every age, and especially for older adults. In partnership with the Ventura County Area Agency on Aging and City of Camarillo, we provide a home-delivered meal option for residents age 60 and over.

[READ MORE »](#)

[\(/home-delivered-meals-for-seniors\)](#)


 May contain: human and person

## Caregiving consultations and classes

Care Consultations are confidential, personalized discussions that can help sort out and address issues important to you. A professional social worker can help you prioritize needs, address concerns, and make recommended plans for living independently at home.

[READ MORE »](#)

[\(/caregiving-classes-build-confidence\)](#)

 May contain: accessories, bag, handbag, adult, female, person, woman, clothing, footwear, shoe, pen, glasses, book, publication, chair, furniture, computer hardware, electronics, hardware, monitor, and screen


## Classes to help you maintain your health

We offer a number of classes that empower you to take care and manage your health. Our Healthier Living classes is for those managing a chronic disease. We also offer Diabetes Self-Management, Dealing with Dementia, Dementia Live, Depression and Caregiver Burden Screening, UCLA Memory Training and Nutrition Counseling.

[READ MORE »](#)

[\(/classes-to-help-you-maintain-your-health\)](#)

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 May contain: adult, male, man, person, white board, accessories, bag, and handbag

## **Classes offer exercise and connection**

Regular walking can help strengthen your legs, reduce stress, benefit your heart and improve overall sense of well-being. This beginners walking group is for every age (minors must be accompanied by...

READ MORE »

(/classes-offer-exercise-and-connection)

 A group of five adults, two seated holding virtual reality headsets, three standing.

## **Join our 6-Week VR Travel Club**

Sign up for our new VR Travel Club and you'll become a member of a core group that meets regularly for six weeks exploring the world together. Each week is something different, from adventures in Asia...

READ MORE »

(/join-our-6-week-vr-travel-club)


 Two people sitting, wearing VR headsets, in an indoor setting.

## **District offers VR Activity Club**

Camarillo Health Care District's VR Activity Club encourages group experiences and social connection through an immersive program that combines virtual reality travel and in-real-life (IRL) activities...

READ MORE »

(/district-offers-vr-activity-club)

 May contain: person, human, wood, plywood, sitting, and hardwood


## **Digital Bridge**

We offer 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.

**Join our mailing list**

[READ MORE »](#)

(/digital-bridge-program-helping-you-access-the-virtual-world)


 Three people posing with an award plaque at a formal event with a California flag in the background.

## **District wins innovation award for Fall Prevention programming**

The Camarillo Health Care District has been awarded the Innovative Program of the Year Award for its BALANCEfit and POWERfit Fall Prevention programming from the California Special Districts...

[READ MORE »](#)

(/2024-district-wins-innovation-award-for-fall-prevention-programming)


 May contain: person, human, classroom, school, room, indoors, monitor, electronics, display, screen, sitting, chair, and furniture

## **Dementia Specialty Services**

As specialists in Alzheimer's disease and other related dementias, Camarillo Health Care District understands the challenges and adjustments families experience while living with this diagnosis. In the role of family caregiver, making decisions about such things as daily care, home safety and wandering, difficult behaviors, or the timing of other hard decisions, can be overwhelming.

[READ MORE »](#)

(/dementia-specialty-services)

 May contain: book, person, human, tie, accessories, accessory, chair, and furniture


## **Elder Legal Services**

Have you heard about an Advance Directive and Power of Attorney, but weren't quite sure how they worked or whether you needed one? Have you ever wondered whether the living trust you made a decade or more ago, or in another state, still works? If so, you might just benefit from an appointment with one of the elder law and trust attorneys who volunteer their time every Monday afternoon for the Camarillo Health Care District's senior law clinic.

[READ MORE »](#)

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(/elder-legal-services-39eea70)

 May contain: people, person, vr headset, accessories, bag, and handbag

## **VR classes offer immersive experiences**

Come explore with us. Join us for Adventures in VR. We are very excited for this opportunity to address depression and isolation in such a creative manner and look forward to sharing it with you. You'll have an opportunity to learn the equipment, practice using the application "First Steps" and then join one of introductory level explorations: snorkeling virtually in an underwater safari park in Ocean Rift, exploring the natural world and encountering 20 different animals in Nature Treks or learning Tai Chi in an environment of your choosing, including an igloo or tropical island!

READ MORE »

(/vr-classes-offer-immersive-experiences)

 May contain: clothing, apparel, pants, person, human, shoe, footwear, chair, and furniture

## **Tai Chi for Arthritis**

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

READ MORE »

(/tai-chi-for-arthritis)

 May contain: electrical device and microphone


## **Local residents share health and caregiver journeys on our podcast**

Listen to health and caregiver journeys focused on life, love and learning brought to you by the Camarillo Health Care District.

LISTEN »

(/local-residents-share-health-and-caregiver-journeys-on-our-podcast)

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 May contain: person, human, chair, furniture, indoors, room, building, tower, architecture, clock tower, and sitting

## Caregiver Center offers compassionate support for 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.

READ MORE »

(/caregiver-center-offers-compassionate-support-for-caregivers)

 May contain: person, human, clothing, apparel, sunglasses, accessories, accessory, shoe, footwear, and pants

## Beginners Walking Group

Regular walking can help strengthen your legs, reduce stress, benefit your heart and improve overall sense of well-being. This beginners walking group is for every age (minors must be accompanied by qualified guardian). There is a five-minute warm-up and 30-minute walk. Safe, weather-appropriate clothing and footwear are required. Please join us.

JOIN US! »

(/beginners-walking-group)


 May contain: vr headset

## VR offers interactive games

Studies have shown that seniors over the age of 75 were less likely to develop Alzheimer's disease if they played chess or checkers on a regular basis. The games exercise both sides of the brain, improving decision-making and problem-solving skills, and boost concentration. So, we are bringing you Interactives using virtual reality.

READ MORE »

(/vr-offers-interactive-games)

 May contain: woman, adult, female, person, college, building, architecture, people, handbag, bag, accessories, shoe, footwear, clothing, man, male, sandal, chair, and furniture

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## VR offers brain training exercises

The importance of maintaining excellent brain health is more important than ever as studies show the impact on quality of life. Being mentally active is a great way to keep our brains healthy, particularly as we approach our senior years. Put on one of our virtual reality headsets and participate in brain-training exercises that are immersive and fun. We use the application "Alcove." You'll enter virtually a home, select a cube in the living room and have your choice of three brain training exercises. Within the hour, you may have time for all three!

[READ MORE »](#)

[\(/vr-offers-brain-training-exercises\)](#)


 May contain: person and human

## Digital Literacy Classes

The Camarillo Health Care District is excited to offer new classes in digital literacy. We hope you can join in the fun as we learn and create. Current classes include Digital Scrapbooking, Social Media Basics, and How to create Facebook and Instagram Stories.

[READ MORE »](#)

[\(/hands-on-classes-teach-use-of-social-media-and-other-online-platforms\)](#)


 A smiling woman with long blond hair, wearing a burgundy shirt, against a white background. (Note: Image is rotated 90 degrees)

## Fraud/Scam Support & Information Coaching available

Anyone can become a target of a scam. In 2022, the FBI received reports totaling more than \$207 billion in financial losses from victims, But those numbers are likely much higher as many people don't...

[READ MORE »](#)

[\(/fraud-scam-support-information-coaching-available\)](#)

 May contain: laptop, electronics, pc, computer, computer keyboard, hardware, computer hardware, phone, mobile phone, finger, hand, person, and body part

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## Screenings

Financial planning services, dental screenings, Elder Legal Services, Care Consultations, Care Management Services, Fraud Intervention Coaching and more.

[READ MORE »](#)

[\(/screenings-3f08507\)](/screenings-3f08507)


 May contain: photography

## Check out videos of our classes and programs

Watch some of our programs and services come to life in video. We offer a virtual tour of our Adult Day Center, and have videos on our Adventures in VR classes, Digital Scrapbooking, Tai Chi, BALANCEfit, Senior Nutrition Program, Bingocize, Digital Bridge, Transportation Services, Walking Group and more!

[READ MORE »](#)

[\(/videos-of-our-classes-and-programs\)](/videos-of-our-classes-and-programs)


 May contain: computer keyboard, computer, hardware, keyboard, computer hardware, electronics, and hand

## Zoom Room

The Zoom Room Program provides a confidential setting equipped with the necessary computer components and services to help you conduct virtual calls for such activities as medical provider calls, attorney calls, family fun and connectivity calls or other online services to conduct activities of daily living.

[READ MORE »](#)

[\(/zoom-room-helping-you-connect\)](/zoom-room-helping-you-connect)

 May contain: photography

## Check out videos of our classes and programs

Watch some of our programs and services come to life in video. We offer a virtual tour of our Adult Day Center, and have videos on our Adventures in VR classes, Digital Scrapbooking, Tai Chi, BALANCEfit, Senior Nutrition Program, Bingocize, Digital Bridge, Transportation Services, Walking Group and more!

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READ MORE »

(/videos-of-our-classes-and-programs)

 May contain: microphone, electrical device, person, and human

## **Share your story on our podcast**

We are looking for you, friends, neighbors and notables to share health or caregiver journeys, to talk about 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. These stories will be shared on our podcast, "Stories from the Heart."

READ MORE »

(/work-with-a-storytelling-coach-and-record-your-personal-story-for-our-podcast)


 May contain: person, furniture, accessories, bag, handbag, clothing, footwear, shoe, and chair

## **Craige LeBreton Medical Supply Project**

Craige LeBreton Medical Supply Project provides durable medical equipment and home health care supplies to anyone in our community at no cost and without qualification requirements.

READ MORE »

(<https://camarilloumc.org/medical-supply-project>)

 May contain: architecture, building, furniture, indoors, living room, room, couch, clothing, pants, person, sitting, fireplace, accessories, glasses, adult, male, man, footwear, shoe, face, head, photography, portrait, and sandal

## **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...

READ MORE »

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(/healthy-choices-nutrition-counseling-offers-advice-and-encouragement)

## Board Meetings (/board-meetings-8c9cb20)

☐ Most Recent Agenda (/files/6c566ed37/02+-  
+February+27%2C+2025+Board+Meeting+Agenda+PDFA.pdf)

MAR  
**27**  
2025

Board Meeting Cancellation Notice  
(/2025-03-27-board-meeting-cancellation-notice)

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// Gives all iframes a generic title

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