

Eldercare

In partnership with



Ventura County Area Agency on Aging
"To Serve. To Guide. To Envision."



ACTIVE
LIVING

CAREGIVING

COMMUNITY
RESOURCES

END OF LIFE
ISSUES

INSURANCE

FINANCIAL &
LEGAL SERVICES

HOUSING

MEDICAL
SERVICES



#thankyou

Thank you for all that you do to care for your loved ones . . .

Now let us take care of you!



Is this your life?

I HELP MY LOVED WITH THE FOLLOWING:

- Making sure they have care they need
- Ordering medications and making sure they're taking them
- Scheduling doctors' appointments and getting them there on time
- Shopping for food and running errands
- Keeping up with laundry and cleaning
- Assisting with bathing and grooming
- Providing emotional support and a listening ear
- Assuring them they're safe

If you check 2 or more boxes, then you're likely a family caregiver and the Wellness & Caregiver Center is here to assist you.

- One-on-one personalized care plan tailored for your specific needs
- Caregiver training for the family caregiver
- Free legal consultations
- Free financial planning consultations
- Free health insurance counseling
- Respite care
- Home safety modifications and assistive devices
- Senior Support Line 1-800-235-9980
- Resource library
- Support groups

Wellness & Caregiver 
Center of Ventura County

1.800.900.8582

CAMARILLO
HEALTH
CARE
DISTRICT 
For your health & wellness

3687 E. Las Posas Road
Building H #188
Camarillo, CA 93010
805.388.1952



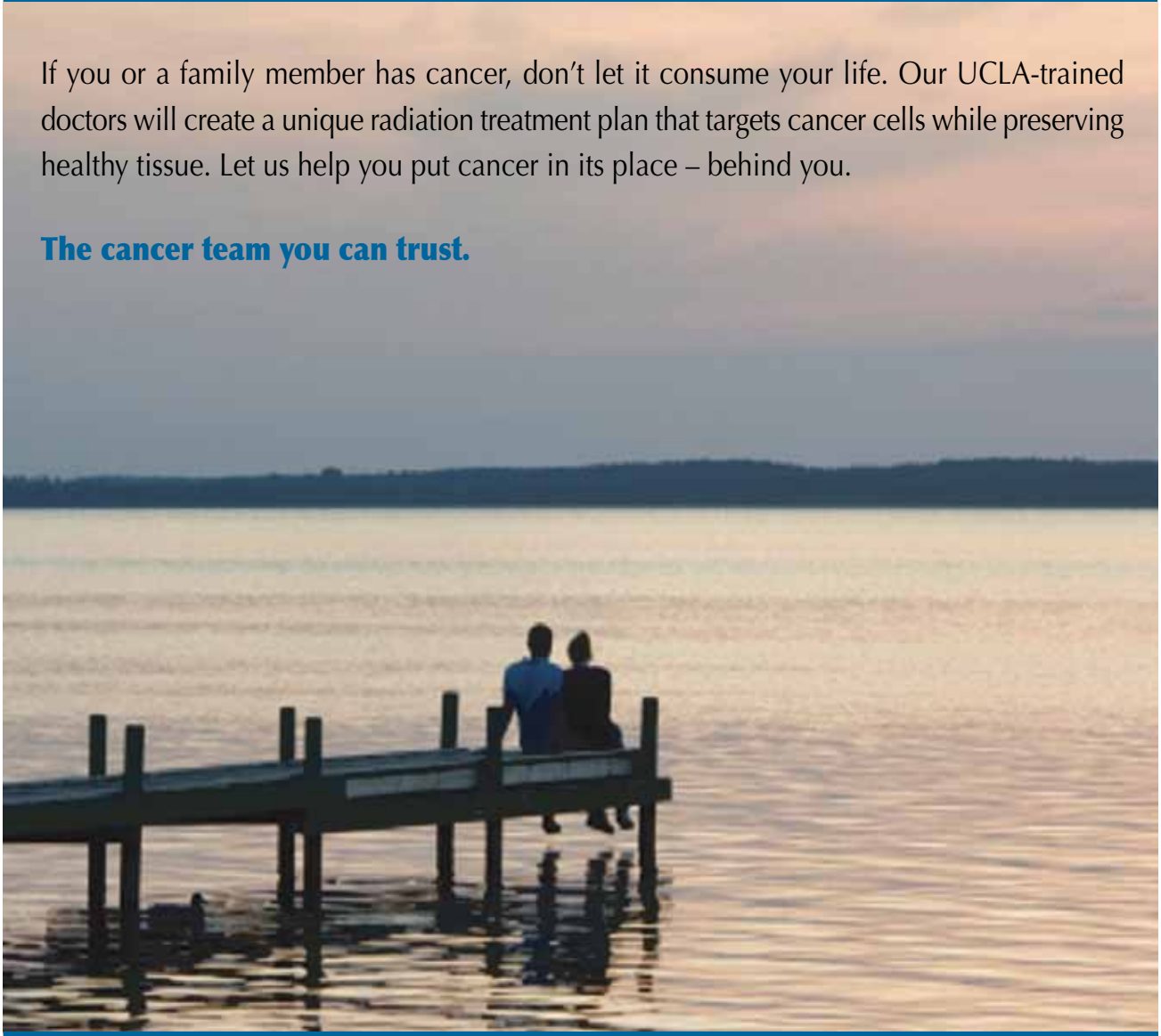
www.camhealth.com

 Find us on Facebook

Immerse Yourself In Life, Not Cancer.

If you or a family member has cancer, don't let it consume your life. Our UCLA-trained doctors will create a unique radiation treatment plan that targets cancer cells while preserving healthy tissue. Let us help you put cancer in its place – behind you.

The cancer team you can trust.



Timothy A.
O'Connor, M.D.



Henry Z.
Montes, M.D.

OXNARD CENTER
805-988-2657

CAMARILLO CENTER
805-484-1919

Se habla Español.



RADIATION
ONCOLOGY
centers of
Ventura County

www.rovc.com

Caregiver Bill of Rights

I have the right to:

■ Take care of myself. This is not an act of selfishness. It will give me the capability of taking better care of my relative.

■ Seek help from others even though my relative may object. I recognize the limits of my own endurance and strength.

■ Maintain facets of my own life that do not include the person I care for, just as I would if he or she were healthy.

■ Get angry, be depressed, and to express other difficult feelings occasionally.

■ Reject any attempt by my relative to manipulate me through guilt, anger or depression.

■ Receive consideration, affection, forgiveness and acceptance for what I do for my loved for as long as I offer these qualities in return.

■ Take pride in what I am accomplishing and to applaud the courage it has sometimes taken to meet the needs of my relative.

■ Protect my individuality and my right to make a life for myself that will sustain me in the time when my relative no longer needs my full-time help.

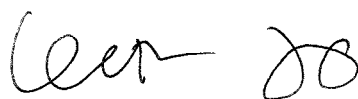
Excerpted from "Caregiving: Helping an Aging Loved One"

About this guide

The Ventura County Area Agency on Aging (VCAAA) is the focal point of aging in Ventura County, identifiable to older adults and caregivers as a leader in the aging industry that is innovative and responsive to the changing and varied needs of older adults. VCAAA provides older adults and their caregivers with beneficial resources and tools to meet their needs and maintain independence. One of those tools is this free directory, produced in collaboration with the Ventura County Star. The Eldercare guide is available in hard copy at various locations throughout Ventura County, and additional information can also be found at www.venturacountyeldercare.com.



I hope you find this directory to be a valuable tool in your tool belt of resources. VCAAA strives to provide the best possible service to Ventura County's older adults and has found that partnerships with other agencies, like the VC Star, complement our services and augment the visibility of our agency to ensure every older adult in the county is aware of the assistance we can provide. However, if VCAAA can engender the support of the community, we can trigger a community-wide collaboration to improve the overall quality of life for every older adult in our county. Mahatma Gandhi said, "You must be the change you wish to see in the world." Thus, I urge every resident of Ventura County to join VCAAA and the VC Star in achieving this goal.



Victoria Jump
Director, Ventura County Area Agency on Aging

To contact the Ventura County Area Agency on Aging's Information and Assistance Specialists, call 805-477-7300. To see what other resources the Agency has available, visit www.ventura.org/vcaaa

A Family Caregiver Resource Center can help

Did you know that unpaid family caregivers — many of them adult children of aging parents — will likely continue to be one of the largest source of long-term care services in the United States? Often, caring for older parents is about managing, not curing, a collection of overlapping chronic conditions (i.e. often nonmedical solutions, like respite care, adapting the environment with grab bars or assistive devices). Family caregiving is the backbone of our long term care, yet community services can be confusing and difficult to navigate.

According to the Family Caregiver Alliance, caregivers are often unaware of the availability of services, or even identify themselves as a "caregiver." A study of California caregivers found that 75 percent did not know where to access services

Caregiving takes many forms

- Hands-on health provider
- Care manager
- Finance manager
- Surrogate decision maker
- Advocate
- Transportation provider
- Household chore provider

See **CAREGIVER** on page 25



6



10



15



22



29

33



39



41

Active Living

Education • Employment Training • Fitness • Libraries • Recreation • Travel

Caregiving

Adult Day Care • Geriatric Case Management • Home Healthcare Services • In Home Services Nonmedical • Respite Services

Community Resources

Advocacy Groups • Disability Services • Disaster Services • Food, Meal and Nutrition Programs • Information & Assistance • Senior Centers • Support Groups • Transportation • Volunteer Opportunities

End of Life

Bereavement Services • Financial Assistance • Funeral & Memorial Services • Hospice Care

Financial & Legal Services

Attorneys • Elder Abuse Resources • Adult Protective Services • Estate & Property Attorneys • Financial Services • Investment Services • Legal Assistance

Housing

Active Senior Communities • Alzheimer's/Dementia Facilities • Assisted Living • Care Homes • Home Rehabilitation • Homeless Persons Resources • Housing Authorities • Independent Living Resources • Placement/Referral Services • Real Estate Agents • Reverse Mortgages

Insurance

Includes HICAP and Insurance Companies

Medical Services

Audiologist/Hearing Aids • Chiropractor • Dentist • General Health Care Services • Hospitals • Medical Clinics • Medical Equipment • Mental Health Resources • Optometry • Pharmacies & Drug Stores • Physical Therapists • Physicians • Radiology • Radiation Oncology • Skilled Nursing Facilities

Eldercare

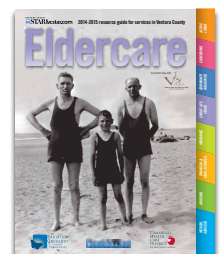
A resource guide for senior-related services in Ventura County.

Editor: Jeremy Zeller
Copy editors: John T. Garcia, Joann Groff
Vice President of Advertising: Donnie Welch
Online Director: Ray Meese

Published by:
The Ventura County Star
P.O. Box 6006
Camarillo, CA 93011

VenturaCounty
Eldercare.com

The inclusion of advertising, logos or web site links in this resource guide does not constitute an endorsement by the Ventura County Area Agency on Aging (VCAAA) of the products or services so advertised. Please also note that this listing is not exhaustive, however VCAAA can be contacted for specific questions or connections to services in the County of Ventura. For distribution, advertising or listing information, contact Joann Grof at jgroff@vcstar.com or 805-437-0342.



Eldercare | 6

ACTIVE LIVING



Education

Camarillo Health Care District

3639 E. Las Posas Road,
Suite 117
Camarillo, CA 93010
805-388-1952, ext. 100
www.camhealth.com
See ads page 2, **back cover**

Conejo Valley Adult School

1025 Old Farm Road
Thousand Oaks, CA 91360
805-497-2761
www.conejoadultschool.org/Generalclasses/adultenrichment.htm

Grey Law of Ventura County Inc.

290 Maple Court, Suite 128
Ventura, CA 93003
805-658-2266
greylaw.us
See ad page 30

Literacy Outreach Program

Oxnard Public Library
251 S. A St.
Oxnard, CA 93030
805-385-7536
www.oxnardlibrary.net

Osher Lifelong Learning Institute California State University, Channel Islands

One University Drive
Sage Hall, 2nd Floor
Camarillo, CA 93012
805-437-2748
ext.csuci.edu/community-ed/osher

Oxnard Adult School

1101 W. Second St.
Oxnard, CA 93030
805-385-2578
www.oxnardadulthood.com/departments/programs/lifelong_learning/

Road Scholar—Adventures in Lifelong Learning

800-454-5768
www.roadscholar.org

Simi Valley Adult School and Career Institute

1880 Blackstock Ave.
Simi Valley, CA 93065
805-579-6200
www.simi.tec.ca.us

Ventura Adult and Continuing Education

Lifelong Learners
5280 Valentine Road
Ventura, CA 93003
805-289-7925
www.vace.com/programs_older.html

Ventura County Community College District

805-652-5500
www.vcccd.edu

Moorpark College

7075 Campus Road
Moorpark, CA 93021
805-378-1400
www.moorparkcollege.edu

Oxnard College

4000 S. Rose Ave.
Oxnard, CA 93033
805-986-5800
www.oxnardcollege.edu

Ventura College

4667 Telegraph Road
Ventura, CA 93003
805-654-6400
www.venturacollege.edu

The Ventura County Library Adult Literary Program

5600 Everglades St., Suite A
Ventura, CA 93003
805-677-7160
www.vencolibrary.org/si/adultlit

Employment Training

California Dept. of Rehabilitation

www.rehab.ca.gov
Oxnard-Ventura Branch
Channel Island
Business Center
1701 Pacific Ave., Suite 120
Oxnard, CA 93033-1887
805-385-2400

Thousand Oaks Branch

101 Hodencamp Road,
Suite 212
Thousand Oaks, CA 91360
805-371-6279

National Association for Hispanic Elderly — Project Ayuda

315 S. C St.
Oxnard, CA 93030
805-240-7771
www.anppm.org

Senior Community Service Employment Program (SER)

Jobs for Progress
805-933-8448
805-654-5239

www.aging.ca.gov/
Programs/SCSEP/Listing

Ventura County Job & Career Centers

www.ventura.org/human-services-agency/online-resource-for-job-seekers

Fitness

Camarillo Health Care District

Arthritis Foundation Walk With Ease, Bone Builders' Balance and Building Program, Yoga, Zumba, etc.
3639 E. Las Posas Road,
Suite 117
Camarillo, CA 93010
805-388-1952
www.camhealth.com
See ads page 2, **back cover**

RSVP Bone Builders

350 N. C St.
Oxnard, CA 93030
805-385-8019
www.oxnardrec.org/17/1/1026

Southeast Ventura County YMCA

Branches in Thousand Oaks, Newbury Park, Simi Valley and Westlake Village
100 E. Thousand Oaks Blvd.,
Suite 295
Thousand Oaks, CA 91360
805-497-3081
www.sevymca.org

Libraries

Albert H. Soliz Library (El Rio)

2820 Jourdan St.

Oxnard, CA 93036
805-485-4515

Avenue Library

606 N. Ventura Ave.
Ventura, CA 93001
805-643-6393

Camarillo Library

4101 Las Posas Road
Camarillo, CA 93010 805-388-5222
www.ci.camarillo.ca.us

E.P. Foster Library

651 E. Main St.
Ventura, CA 93001
805-648-2761

Fillmore Library

502 Second St.
Fillmore, CA 93015
805-524-3355

Grant R. Brimhall Thousand Oaks Library

1401 E. Janss Road
Thousand Oaks, CA 91362
805-449-2660
www.toaks.org/library

Historical Museum Library

100 E. Main St.
Ventura, CA 93001
venturamuseum.org/
research-library

Meiners Oaks Library

114 N. Padre Juan Ave.
Meiners Oaks, CA 93023
805-646-4804

Moorpark Library

669 Moorpark Ave.
Moorpark, CA 93021
805-517-6370

moorparkca.gov/355/Library

Newbury Park Branch Library

2331 Borchard Road
Newbury Park, CA 91320
805-498-2139
www.toaks.org/library

Oak Park Library

899 N. Kanan Road
Oak Park, CA 91377
805-889-2239

Oak View Library

555 Mahoney Ave.
Oak View, CA 93022
805-649-1523

Ojai Library

111 E. Ojai Ave.
Ojai, CA 93040
805-646-1639

Oxnard Colonia Branch Library

1500 Camino Del Sol,
Suite 26
Oxnard, CA 93030
805-385-8108
www.oxnardlibrary.net

Oxnard Main Library

251 S. A St.
Oxnard, CA 93030
805-385-7507
www.oxnardlibrary.net

Piru Library

3811 Center St.
Piru, CA 93040
805-521-1753

Ray D. Prueter Library

510 Park Ave.
Port Hueneme, CA 93041
805-486-5460

Saticoy Library

11426 Violeta St.
Saticoy, CA 93004
805-647-5736

Simi Valley Library

2969 Tapo Canyon Road
Simi Valley, CA 93063
805-526-1735
simivalleylibrary.org

South Oxnard Center Library

4300 Saviers Road
Oxnard, CA 93033
805-385-8129
www.oxnardlibrary.net

The Alda & George Kroll Library

Wellness & Caregiver Center
of Ventura County
3687 E. Las Posas Road,
Suite 188
Camarillo, CA 93010
800-900-8582
www.camhealth.com/
wellness-caregiver-center-of-
ventura-county

Ventura County Library Services Administration

805-677-7150
www.vencolibrary.org

Recreation

Channel Islands YMCA

Branches in Ventura
and Camarillo
3760 Telegraph Road
Ventura, CA 93003
805-642-2131
www.ciyymca.org

City of Fillmore Parks & Recreation Dept. Senior Center

535 Santa Clara Ave.
Fillmore, CA 93015
805-524-4533
www.fillmoreca.com/rec-dept

Moorpark Active Adult Center

799 Moorpark Ave.
Moorpark, CA 93021
805-517-6261
www.moorparkca.gov/200/
Active-Adult-Center

City of Oxnard Recreation and Community Services

Senior Services and Special
Populations
350 N. C St.
Oxnard, CA 93030
805-385-8019
www.oxnardrec.org/17/1/

South Oxnard Senior Center

200 E. Bard Road
Oxnard, CA 93033
805-385-8042

Colonia Senior Center

126-B Amelia Court
Oxnard, CA 93030
805-385-8163

City of Santa Paula Community Services Senior Center

530 West Main St.
Santa Paula, CA 93060
805-933-4272
www.ci.santa-paula.ca.us/
CommunityServices

Conejo Recreation and Park District

Goebel Adult Community Center
1385 Janss Road
Thousand Oaks, CA 91362
805-381-2744
www.crpdp.org/parkfac/goebeladult

City of Ventura Parks, Recreation & Community Partnerships Senior Services

Ventura Avenue Center
550 N. Ventura Ave.
Ventura, CA 93001
805-648-3035
www.cityofventura.net/cs/senior-services

Help of Ojai — Little House

111 W. Santa Ana St.
Ojai, CA 93024
805-646-5122
www.helpofojai.org/what-we-do/programs/little-house-multi-purpose-center

Pleasant Valley Recreation and Park District Senior Center

1605 E. Burnley St.
Camarillo, CA 93010
805-482-4881
www.pvrpd.org/recreation/senior

Port Hueneme Dept. of Recreation & Community Services

Senior Activities & Programs
Orvene South Carpenter Community Center
550 Park Ave.
Port Hueneme, CA 93041
805-986-6542

Rancho Simi Recreation and Park District

1692 Sycamore Drive
Simi Valley, CA 93065
805-584-4400
www.rsrpd.org/rec/seniors/50plusbrochure.pdf

Ventura Adult and Continuing Education

5200 Valentine Road
Ventura, CA 93003
805-289-7925
www.tdcstudios.com

Travel

Care-A-Van Transportation

3639 E. Las Posas Road,
Suite 117
Camarillo, CA 93010
805-388-2529
www.camhealth.com/transportation-services

City of Oxnard Recreation and Community Services Senior Services and Special Populations

350 N. C St.
Oxnard, CA 93030
805-385-8019
www.oxnardrec.org/17/1/969/

City of Simi Valley Community Services

Senior Center Senior Excursions
3900 Avenida Simi
Simi Valley, CA 93063
805-583-6363
www.simivalley.org/index.aspx?page=157

City of Ventura

Travel Programs
Ventura City Hall
501 Poli St., Room 226
Ventura CA 93001
805-658-4730
www.cityofventura.net/travelprograms

Conejo Recreation and Park District

Goebel Adult Community Center
1385 Janss Road
Thousand Oaks, CA 91362
805-381-2744
www.crpdp.org/parkfac/goebeladult/newtrips

Pleasant Valley Recreation and Park District Senior Center

1605 E. Burnley St.
Camarillo, CA 93010
805-482-4881
www.pvrpd.org/recreation/senior/excursions.asp





Eldercare | 10

CAREGIVING

Adult Day Care

Camarillo Health Care District

Adult Day Program
3639 E. Las Posas Road,
Suite 117
Camarillo, CA 93010
805-388-1952, ext. 111
www.camhealth.com/adult-day-program
See ads page 2, **back cover**

Help of Ojai Adult Day Care

Oak Tree House
111 W. Santa Ana St.
Ojai, CA 93024
805-646-0161
www.helpofojai.org/what-we-do/programs/oak-tree-house-adult-day-care

Millennium Care Adult Day Healthcare Center

2150 Winifred St.
Simi Valley, CA 93063
805-583-0859

Senior Concerns Adult Day Center

401 Hodencamp Road
Thousand Oaks, CA 91360
805-497-0189
www.seniorconcerns.org/Programs/AdultDayCenter

Geriatric Case Management

Camarillo Volunteer Hospice and Grief Counseling Center

400 Rosewood Ave., Suite 102
Camarillo, CA 93010
805-389-6870
camarillohospice.org
See ad page 23

Catholic Charities — O.A.S.I.S.

Older Adults Services & Intervention System
2532 Ventura Blvd.
Camarillo, CA 93010
805-987-2083

Comfort Keepers In Home Care

275 E. Hillcrest Drive,
Suite 145
Thousand Oaks, CA 91360
805-494-9900
ComfortKeepers.com/Office-426
See ad this page

Darancare Health Corp.

4820 Adohr Lane, Suite C
Camarillo, CA 93012
805-553-0870
www.darancarehealth.com

National Association of Professional Geriatric Care Managers

3275 W. Ina Road, Suite 130
Tucson, AZ 85741
520-881-8008
www.caremanager.org

Integrity Care Managing

2674 E. Main St., Suite 277
Ventura, CA 93003
805-276-2776
www.integritycaremanaging.com

Paraclete Eldercare Services

250 Camino Cortina
Camarillo, CA 93010
805-388-2691
paracleteeldercare.com

Personal Parent Care, Inc.

P.O. Box 2597
Camarillo, CA 93011
805-389-0997

Ventura County Area Agency on Aging

Multipurpose Senior Services Program (MSSP)
646 County Square Drive,
Suite 100
Ventura, CA 93003
805-477-7300
800-510-2020
www.ventura.org/vcaaa/case-management
See ad page 19

Home Healthcare Services

Access TLC Home Health Care

5400 Atlantis Court
Moorpark, CA 93021
805-517-1620
www.accesstlchealthcare.com

Camarillo Health Care District

Care Transitions Interventions-Ventura County
3639 E. Las Posas Road,
Suite 117
Camarillo, CA 93010
805-388-1952, ext. 107
www.camhealth.com
See ads page 2, **back cover**

Comfort Keepers In Home Care

Keep Your Loved Ones Safe at Home
with the READERS' CHOICE AWARD Winner!



- ♥ In-Home Companionship Care
- ♥ Meal Preparation
- ♥ Light Housekeeping, Shopping and Errands
- ♥ Medication Reminders
- ♥ Personal Care and Walking Assistance
- ♥ Transportation
- ♥ Fall Prevention
- ♥ Dementia and Alzheimer's Care
- ♥ Part-Time, Full-Time, Live-In, Live-Out, Certified Nurse Aids, Caregivers, Flexible
- ♥ A poll of 3,000 Comfort Keepers clients across America showed 97% satisfaction!

OUR FRIENDLY CAREGIVERS ARE FULLY SCREENED, BONDED, TRAINED & INSURED

Comfort Keepers is a World Leader. Over 700 Offices

For a Free In-Home
Care Consultation
Call 805-494-9900



Comfort Keepers.

Darancare Health Corp.

4820 Adohr Lane, Suite C
Camarillo, CA 93012
805-553-0870
www.darancarehealth.com

Healthwise Home Care Solutions

1100 N. Ventura Road,
Suite 102
Oxnard, CA 93030
805-983-0086
www.healthwisehome
caresolutions.com
See ad page 51

In Your Home Care

1880 Goodyear Ave.
Ventura, CA 93003
805-886-6189
inyourhome-care.com
See ad this page

Lifeline of Ventura County

3639 E. Las Posas Road,
Suite 117
Camarillo, CA 93010
805-388-1952, ext. 120
www.camhealth.com/
lifeline-emergency-button

Livingston Memorial, VNA

Imvna.org
325 E. Hillcrest Drive, Suite 120
Thousand Oaks, CA 91360
805-495 9655

202A Cañada St.
Ojai, CA 93023
805-272-8593

1996 Eastman Ave., Suite 101
Ventura, CA 93003

805-642-0239
800-223-4862
See ads page 23, 25

Wellness & Caregiver Center of Ventura County

3687 E. Las Posas Road,
Suite 188
Camarillo, CA 93010
800-900-8582
www.camhealth.com/
wellness-caregiver-center-of-ventura-county

In Home Services Nonmedical

At Your Home Health Care, Inc.

1746-F S. Victoria Ave.,

Suite 173
Ventura, CA 93003
805-905-1400
805-501-9933
www.AtYourHome
HealthCare.net

Comfort Keepers In Home Care

275 E. Hillcrest Drive, Suite 145
Thousand Oaks, CA 91360
805-494-9900
ComfortKeepers.com/Office-426
See ad page 11

ContiCare Senior Living Referral Ventura County

805-405-1424
www.conticare.net

In Your Home Care
Provides Care in the Comfort of your Home

For people in need of extra assistance or extended care in their own home...



- Experienced Caregivers
- Matched to Client's Preferences
- Background Checked
- Licensed, Bonded, Insured
- Companionship
- Housekeeping
- Meal Preparation
- Hospital Sitter
- Caregivers are all employed by IYHC

For a Complimentary Consultation:
Please call
Gloria & Criz



Personalized Home Care Services in
Los Angeles, Santa Barbara & Ventura

805-886-6189 • 805-204-1222
1880 Goodyear Ave., Ventura, CA 93003
www.InYourHome-Care.com



“BECAUSE THE BEST CARE, IS TENDER HOME CARE”



Providing personalized care plans and skilled caregivers for companion and non-medical in home care.

- Meal Preparation
- Light housekeeping
- Grocery Shopping
- Errands
- Laundry
- Pet Care
- Respite Care
- Dressing
- Grooming
- Medication Reminders
- Companionship
- Transportation to Appointments

Call For An In-Home Assessment
Call 805-482-9933
or visit us at
www.tenderhome.net



Family Owned and Operated. Not affiliated with any other agency. Fully Insured and Bonded, Member CCSC National Organization, and Member Better Business Bureau Member CAHSAH and VCHA



VCS 1943023

Darancare, Inc.

4820 Adohr Lane, Suite C
Camarillo, CA 93012
805-482-0728
www.darancarehealth.com

**Elite Care
at Home, Inc.**

99 S. Glenn Drive
Camarillo, CA 93010
805-320-5550
805-816-2185
www.elitecareathomeinc.
com

**Homewatch
CareGivers**

3717 E. Thousand Oaks Blvd.
Thousand Oaks, CA 91362
805-409-2362
www.HomewatchCareGivers.
com/thousand-oaks
See ad page 50

In Your Home Care

1880 Goodyear Ave.
Ventura, CA 93003
805-886-6189
inyourhome-care.com

**Lifeline
of Ventura County**

3639 E. Las Posas Road,
Suite 117
Camarillo, CA 93010
805-388-1952, ext. 120
www.camhealth.com/
lifeline-emergency-button

**Livingston
CareGivers**

1996 Eastman Ave., Suite 105
Ventura, CA 93003
805-642-9570
www.livingstoncg.org

**Loving Arms
Family Care**

290 Maple Court, Suite 118
Ventura, CA 93003
805-248-6970

lovingarmsfamilycare.com

**MedicAlert
Foundation**

2323 Colorado Ave.
Turlock, CA 95382
888-633-4298
www.medicalert.org

Melos Home Care

2697 Tennyson St.
Thousand Oaks, CA 91360
805-267-6865
www.meloshomecare.
blogspot.com

**Personal Parent
Care, Inc.**

P.O. Box 2597
Camarillo, CA 93011
805-389-0997

**Right at Home of
Ventura County**

360 Mobil Ave., Suite 102A
Camarillo, CA 93010
805-389-5320
www.rah-vc.com

Senior Support Line

3639 E. Las Posas Road
Camarillo, CA 93010
800-235-9980
www.camhealth.com/senior-
support-line

**Simi Valley/
Moorpark Lifeline
Program**

2975 N. Sycamore Drive
Simi Valley, CA 93065
805-955-6954
www.ci.simi-valley.ca.us

**Tender Home Care,
Inc.**

360 Mobile Ave., Suite 108A
Camarillo, CA 93010
805-482-9933
www.tenderhome.net
See ad page 12

**Ventura County
Human Services
Agency**

**In-Home Support Services
(IHSS)**
805-654-3260
805-955-2290
www.ventura.org/human-
services-agency/in-home-
supportive-services

**Visiting Angels
Ventura County**

484 Mobil Ave., Suite 7
Camarillo, CA 93010
805-383-6483
www.visitingangels.com/
camarillo

**Wellness &
Caregiver Center
of Ventura County**

3687 E. Las Posas Road,
Suite 188
Camarillo, CA 93010
800-900-8582
www.camhealth.com/
wellness-caregiver-center-of-
ventura-county

**Respite
Services****BrightStar Care
Conejo Valley**

516 Pennsfield Place,
Suite 103
Thousand Oaks, CA 91360
805-233-3800
www.brightstarcare.com/
conejo-valley

**Camarillo Volunteer
Hospice and Grief
Counseling Center**

400 Rosewood Ave., Suite 102
Camarillo, CA 93010
805-389-6870
camarillohospice.org

See ad page 23

Darancare, Inc.

4820 Adohr Lane, Suite C
Camarillo, CA 93012
805-482-0728
www.darancarehealth.com

**Elite Care
at Home, Inc.**

99 S. Glenn Drive
Camarillo, CA 93010
805-320-5550
805-816-2185
www.elitecareathomeinc.com

**Loving Arms
Family Care**

290 Maple Court, Suite 118
Ventura, CA 93003
805-248-6970
lovingarmsfamilycare.com

**Tender Home Care,
Inc.**

360 Mobile Ave., Suite 108A
Camarillo, CA 93010
805-482-9933
www.tenderhome.net
See ad page 12

**Visiting Angels
Ventura County**

484 Mobil Ave., Suite 7
Camarillo, CA 93010
805-383-6483
www.visitingangels.com/
camarillo

**Wellness &
Caregiver Center
of Ventura County**

**Care Consultations and
Caregiver Support Groups**
3687 E. Las Posas Road,
Suite 188
Camarillo, CA 93010
800-900-8582
www.camhealth.com/
wellness-caregiver-center-of-
ventura-county

Home safety: lifelong comfort in your home

If one or both of your parents are still living at home, you're probably not a big fan of the idea of them having to go to an assisted living or a skilled nursing facility. On the other hand, you want to make sure they're safe from mishaps like burns and injuries from falls.

One option is to help your loved ones age in place by becoming aware of the most common hazards seniors face. You can then assist your loved ones with safety-proofing, home modification and behavioral changes that will decrease their risk of injury.

FALLS

More than 60 percent of falls experienced by senior citizens take place at home. They lose their balance on the stairs, slip getting out of the bathtub, or trip on something in the middle of the floor. There are several things you can do to enhance fall prevention.

- Get rid of clutter. Find a place for anything on the floor. Shoes, for instance, can go into the closet. Old stacks of newspaper can be recycled or, if your loved one wants to hang onto them, stored in an unused room.
- Remove accent rugs. Accent rugs are lovely, and they usually have some interesting stories behind them, but it's very easy to get your feet tangled in one. This is especially true if you use a walker or a cane to get around, or if you have trouble with balance.
- Install grab bars in the bathroom. Warn your loved one not to use the towel rack to pull himself or herself up. Towel racks are not screwed deeply into the wall and may come loose, causing a tumble.
- Make sure any stairs in your loved one's house have a set of handrails.
- Encourage your loved one to exercise. If your loved one is physically capable, try to steer him or her towards a low-impact exercise class like water aerobics, yoga or Tai Chi. Exercise will improve stamina, flexibility and balance which can all help in fall prevention.
- Purchase your loved one a personal alarm. A personal



alarm is a waterproof button that your loved one wears on a thin strap around his or her wrist or neck. If your loved one has a fall or another type of emergency, he or she can press the button to be immediately connected to a call center. The call center can call for help.

FIRE

Most fires and burns occur in the kitchen. Another common place for a fire to start is the bedroom, especially if your loved one smokes in bed. These safety

tips can help reduce the risk of fire and burns.

- Ask your loved one to stop smoking. You can't force him or her to do so, but it won't hurt to make the request.
- Remind your loved one that there are times when he or she simply cannot smoke, when she is wearing supplemental oxygen, for instance, or when he is in bed for the night.
- Teach your loved one to make sure all the appliances are off before leaving the kitchen. You might even want to create a checklist that you pin to a cabinet or to the kitchen door.
- Hire a plumber to lower the temperature on your loved one's water thermostat. This will reduce the risk of getting burned by stepping into water that is too hot.
- Install smoke alarms in each room. Make sure to check them twice a year to ensure their batteries are still working and that the alarms themselves are in good operating condition. You might, for instance, make it a point to check the batteries when daylight savings time begins and ends.
- Tell your loved one to leave the house quickly in the event of a fire. Remind your loved one not to stay and try to put the fire out and not to try to rescue any belongings. Things can be replaced. Your loved one can't.

SCAMS/FRAUDS

It is sickening to think that people exist who would deliberately try to steal a senior citizen's life savings, but those people are out there, and they're often very good at what they do. They typically target widows and widowers who live alone and are lonely.

See **LIVING AT HOME** on page 49



Eldercare | 15

COMMUNITY RESOURCES

Advocacy Groups

Alzheimer's Association

California Central Coast Chapter
80 N. Wood Road, Suite 302
Camarillo, CA 93010
805-484-6028
800-272-3900
www.alz.org/cacentralcoast

Better Business Bureau of the Tri-Counties

P.O. Box 129
Santa Barbara, CA 93102
805-963-8657
www.santabarbara.bbb.org

Camarillo Health Care District

3639 E. Las Posas Road,
Suite 117
Camarillo, CA 93010
805-388-1952
www.camhealth.com
See ads page 2, back cover

Clinicas

Clinic sites throughout the county
200 S. Wells Road, Suite 100
Ventura, CA 93004
805-647-6322
www.clinicas.org
See ad page 26

Coast Caregiver Resource Center

1528 Chapala St., Suite 302
Santa Barbara, CA 93101
805-962-3600
www.sbch.org/tabid/799/Default.aspx

El Concilio del Condado de

Ventura

301 S. C St.
Oxnard, CA 93030
805-486-9777
www.elconciliofs.org

Family Caregiver Alliance

National Center on Caregiving
180 Montgomery St.,
Suite 1100
San Francisco, CA 94104
800-445-8106
www.caregiver.org

Grey Law of Ventura County Inc.

290 Maple Court, Suite 128
Ventura, CA 93003
805-658-2266
greylaw.us
See ad page 30

Ombudsman Program

Longterm Care Services of Ventura County
2021 Sperry Ave., Suite 35
Ventura, CA 93003
805-656-1986
www.ombudsmanventura.org

Ventura County Area Agency on Aging

646 County Square Drive,
Suite 100
Ventura, CA 93003
805-477-7300
800-510-2020
www.ventura.org/vcaaa
See ad page 19

Disability Services

A to B Transport, LLC

4820 Adohr Lane, Suite C
Camarillo, CA 93012
805-389-1600
www.atobtransport.com

Assistive Technology Network

1304 Southpoint Blvd.,
Suite 240
Petaluma, CA 94954
800-390-2699
TTY: 800-900-0706
www.atnet.org

Braille Institute

Santa Barbara Regional Center, Serves Ventura County
2031 De La Vina St.
Santa Barbara, CA 93105
805-682-6222
805-983-3324 (voicemail)
www.brailleinstitute.org/santabarbara

California Telephone Access Program

P.O. Box 3310
Stockton, CA 95213
800-806-1191
ddtp.org

Care-A-Van Transportation Camarillo Health Care District

3639 E. Las Posas Road,
Suite 117
Camarillo, CA 93010
805-388-2529
www.camhealth.com/transportation-services
See ads page 2, back cover

EyeCare America Seniors EyeCare

800-222-3937

www.eyecareamerica.org

Independent Living Resource Center

1802 Eastman Ave., Suite 112
Ventura, CA 93003
805-650-5993
TTY: 805-650-0669
www.ilrc-trico.org

Pacific ADA Center Technical Assistance Hotline

555 12th St., Suite 1030
Oakland, CA 94607
800-949-4232
TTY: 510-285-5600
www.adapacific.org

The Arc of Ventura County

5103 Walker St.
Ventura, CA 93003
805-650-8611
arvcv.org

Tri-Counties Regional Center

2401 E. Gonzales Road,
Suite 100
Oxnard, CA 93036
805-485-3177
www.tri-counties.org

Tri-County GLAD

Serving the deaf and hard of hearing community
702 County Square Drive,
Suite 101
Ventura, CA 93003
805-644-6322
TTY: 805-644-6323
tcglad.org

Disaster Services

American Red Cross Ventura County Chapter

www.arcventura.org

Executive Headquarters
836 Calle Plano
Camarillo, CA 93012
805-987-1514

**Naval Base Ventura County,
Port Hueneme Service Center**
2600 Dodson St., Suite 2
Building 1169 NBVC
Port Hueneme, CA 93043
805-982-3074

**Federal Emergency
Management
Agency (FEMA)**
500 C St., S.W.
Washington, DC 20472
800-621-3362
www.fema.gov

**Ready America
Disaster
Preparedness**
500 C St., S.W., Suite 714
Washington, DC 20472
800-621-3362
www.ready.gov/seniors

**Ventura County
Sheriff's Dept.
Office of Emergency
Services**
800 S. Victoria Ave.
Ventura, CA 93009
805-654-2551
www.vcsd.org/oes

Food, Meal and Nutrition Programs

**American Dietetic
Association**
120 S. Riverside Plaza,
Suite 2000
Chicago, IL 60606
800-877-1600
www.eatright.org

Camarillo Health Care District

**Apple-A-Day Cafe, Free
Produce Day, home-
delivered meals, Meals
on Wheels, nutrition
counseling**
3639 E. Las Posas Road,
Suite 117
Camarillo, CA 93010
805-388-1952
www.camhealth.com/senior-
meals-program
See ads page 2, back cover

Clinicas
**Clinic sites
throughout the county**
200 S. Wells Road, Suite 100
Ventura, CA 93004
805-647-6322
www.clinicas.org
See ad page 26

**Community
Memorial Hospital**
Dietician and classes
147 N. Brent St.
Ventura, CA 93003
805-652-5066
www.cmhshealth.org

FOOD Share
4156 Southbank Road
Oxnard, CA 93030
805-983-7100
www.foodshare.com/
Programs/SeniorPrograms

**Goebel Adult
Community Center**
Marquee Cafe
1385 E. Janss Road
Thousand Oaks, CA 91362
805-381-2746
www.crpdp.org/
parkfac/goebelsenior/
seniornutrition.asp



**Help of Ojai —
West Campus**
Group meals, Meals on Wheels
370 W. Baldwin Road
Ojai, CA 93023
805-649-9218
www.helpofojai.org

5924 E. Los Angeles Ave.,
Suite F
Simi Valley, CA 93063
805-522-5676

1407 Los Angeles Ave., Suite P
Simi Valley, CA 93065
805-527-1070

**Manna Conejo
Valley Food Bank**
3020 Crescent Way
Thousand Oaks, CA 91362
805-497-4959
www.mannaconejo.org

Shop Ahoy
**A nonprofit, volunteer-
based grocery shopping
and delivery service**
Camarillo
805-236-1267

**St. Francis
of Assisi Church
Breakfast Site**
1048 W. Ventura St.
Fillmore, CA 93015
805-524-1306

**Simi Valley
Senior Center**
**Rendezvous Cafe, Meals on
Wheels, Senior Share Program**
3900 Avenida Simi
Simi Valley, CA 93065
805-583-6042
www.ci.simi-valley.ca.us

**Salvation Army
Food Bank**

Ventura Avenue Adult Center

Westside Cafe
550 N. Ventura Ave.
Ventura, CA 93001
805-648-3035
www.cityofventura.net/cs/senior-services

Ventura County Area Agency on Aging

Senior Nutrition Program
646 County Square Drive,
Suite 100
Ventura, CA 93003
805-477-7339
www.ventura.org/VCAAA
See ad page **19**

Information & Assistance

Camarillo Health Care District

3639 E. Las Posas Road,
Suite 117
Camarillo, CA 93010
805-388-1952, ext. 100
www.camhealth.com
See ads page **2, back cover**

Clinicas

Clinic sites throughout the county
200 S. Wells Road, Suite 100
Ventura, CA 93004
805-647-6322
www.clinicas.org
See ad page **26**

County of Ventura Human Services Agency

Veterans Service Office
1701 Pacific Ave., Suite 110
Oxnard, CA 93033
805-385-6366
portal.countyofventura.org

Camarillo Volunteer Hospice and Grief Counseling Center

400 Rosewood Ave., Suite 102
Camarillo, CA 93010
805-389-6870
camarillohospice.org
See ad page **23**

El Concilio del Condado de Ventura

301 S. C St.
Oxnard, CA 93030
805-486-9777
www.elconciliofs.org

Independent Living Resource Center Ventura County

1802 Eastman Ave., Suite 112
Ventura, CA 93003
805-650-5993
www.ilrc-trico.org

Interface Children and Family Services

211 Ventura County / 24-hour helpline
1305 Del Norte Road,
Suite 130
Camarillo, CA 93010
211 (Ventura County only)
www.icfs.org

Moving Seniors Forward

Community Resource Group
223 E. Thousand Oaks Blvd.,
Suite 320
Thousand Oaks, CA 91360
805-558-8157
www.movingseniorsforward.org

The Simple Life

A concierge service for errands, event planning, organizing, etc.

Simi Valley
805-794-4005
www.shoppingthesimplelife.com

Ventura County Area Agency on Aging Information and Assistance

646 County Square Drive,
Suite 100
Ventura, CA 93003
805-477-7300
800-510-2020
www.ventura.org/vcaaa
See ad page **19**

Wellness & Caregiver Center of Ventura County

3687 E. Las Posas Road,
Suite 188
Camarillo, CA 93010
800-900-8582
www.camhealth.com/wellness-caregiver-center-of-ventura-county

Senior Centers

Camarillo-Pleasant Valley Senior Center

1605 E. Burnley St.
Camarillo, CA 93010
805-482-4881

Colonia Senior Center

126-B Amelia Court
Oxnard, CA 93030
805-385-8163
oxnardrec.org

Fillmore

Senior Center
533 Santa Clara St.
Fillmore, CA 93015
805-524-4533
www.fillmoreca.com/senior.htm

Goebel Adult Community Center

1385 E. Janss Road
Thousand Oaks, CA 91362
805-381-2744
www.goebelsenioradultcenter.org

Help of Ojai Little House

111 W. Santa Ana St.
Ojai, CA 93023
805-646-5122
www.helpofojai.org

Moorpark Active Adult Center

799 Moorpark Ave.
Moorpark, CA 93021
805-517-6261
ci.moorpark.ca.us

Oxnard Wilson Senior Center

350 N. C St.
Oxnard, CA 93030
805-385-8028
oxnardrec.org

Port Hueneme Senior Center

550 Park Ave.
Port Hueneme, CA 93041
805-966-6542
www.ci.port-hueneme.ca.us

Santa Paula Senior Center

530 W. Main St.
Santa Paula, CA 93060
805-933-4272
www.ci.santa-paula.ca.us

SCAN Senior Resource Center/ SCAN Health Plan

6633 Telephone Road,
Suite 100
Ventura, CA 93003
805-658-0365
community.scanhealthplan.com/ventura



VENTURA COUNTY *
Area Agency on Aging

Got Questions?

Are you a **Senior** or a **Caregiver**?

Call us...We can help guide
you in the right direction!



805-477-7300 or
1-800-510-2020



Or visit us on the web:

www.ventura.org/vcaaa



“To Serve. To Guide. To Envision.”

Simi Valley Senior Center
3900 Avenida Simi
Simi Valley, CA 93063
805-583-6363
www.ci.simi-valley.ca.us

South Oxnard Senior Center
200 E. Bard Road
Oxnard, CA 93033
805-385-8042
oxnardrec.org

Ventura Avenue Adult Center
550 N. Ventura Ave.
Ventura, CA 93001
805-648-3035
www.cityofventura.net/cs/senior-services

Ventura Senior Recreation Center
420 E. Santa Clara St.
Ventura, CA 93001
805-648-2829
www.cityofventura.net/cs/senior-services

Support Groups

Alzheimer's Association California Central Coast Chapter
80 N. Wood Road, Suite 302
Camarillo, CA 93010
805-484-6028
alz.org/cacentralcoast/in_my_community_support.asp

American Cancer Society Greater Ventura County
2186 Knoll Drive, Suite A
Ventura, CA 93003
805-644-4248

www.cancer.org
American Diabetes Association
Los Angeles office
611 Wilshire Blvd., Suite 900
Los Angeles, CA 90017
323-966-2890
800-342-2383
www.diabetes.org

American Heart Association
Ventura Division 333
805-445-7050
www.americanheart.org

American Lung Association
805-963-1426
www.lungusa.org

American Parkinson's Disease Association
Parkinson's Disease Support Serving Ventura County
805-482-2151
866-499-2732
apdaparkinson.org
Ojai
805-646-4120
Simi Valley
805-526-5895
Ventura
805-647-2960
Westlake Village
805-498-7095

American Red Cross Ventura County
Executive Headquarters
836 Calle Plano
Camarillo, CA 93012
805-987-1514
www.arcventura.org

Arthritis Foundation
2253 Las Positas Road,
Suite A

Santa Barbara, CA 93105
805-563-4685
www.arthritis.org

Braille Institute
Santa Barbara Regional Center
Serves Ventura County
2031 De La Vina St.
Santa Barbara, CA 93105
805-682-6222
805-983-3324 (voicemail)
www.brailleinstitute.org/santabarbara

Camarillo Volunteer Hospice and Grief Counseling Center
400 Rosewood Ave.,
Suite 102
Camarillo, CA 93010
805-389-6870
camarillohospice.org
See ad page 23

Coast Caregiver Resource Center
1528 Chapala St., Suite 302
Santa Barbara, CA 93101
805-962-3600

Kids and Families Together
Kinship Support Services Program
856 E. Thompson Blvd.
Ventura, CA 93001
805-643-1446
www.kidsandfamilies.org

Leukemia & Lymphoma Society
Greater Los Angeles Chapter
6033 W. Century Blvd.,
Suite 300
Los Angeles, CA 90045
310-342-5800
www.leukemia.org

Life After Brain Injury
P.O. Box 1556
Thousand Oaks, CA 91358
805-493-5555
LifeAfterBI@gmail.com

Muscular Dystrophy Association ALS Division
Midstate Division
5638 Hollister Ave.
Goleta, CA 93117
805-560-7651
www.als-mda.org

Tri-County GLAD
Serving the deaf and hard of hearing community
702 County Square Drive,
Suite 101
Ventura, CA 93003
805-644-6322
TTY: 805-644-6323
tcglad.org

Ventura County Jewish Family Service
Senior Peer Counseling
www.jfsvc.org

857 E. Main St.
Ventura, CA 93001
805-641-6565

80 E. Hillcrest Drive,
Suite 206
Thousand Oaks, CA 91360
805-496-3896

Wellness & Caregiver Center of Ventura County
3687 E. Las Posas Road,
Suite 188
Camarillo, CA 93010
800-900-8582
www.camhealth.com/wellness-caregiver-center-of-ventura-county

Transportation

A to B Transport, LLC

4820 Adohr Lane, Suite C
Camarillo, CA 93012
805-389-1600
www.atobtransport.com

Agoura Hills Dial-A-Ride

Also serving Oak Park
30001 Ladyface Court
Agoura Hills, CA 91301
818-707-2005
www.ci.agoura-hills.ca.us

Camarillo Area Transit

601 Carmen Drive
Camarillo, CA 93010
805-988-4228
www.ci.camarillo.ca.us

Camarillo Volunteer Hospice and Grief Counseling Center

400 Rosewood Ave.,
Suite 102
Camarillo, CA 93010
805-389-6870
camarillohospice.org
See ad page **23**

DMV Law Firm

15 West Carrillo St.
Santa Barbara, CA 93101
805-618-1768
www.dmvlegalteam.com
See ad page **30**

Fillmore and Piru

VISTA Dial-A-Ride
950 County Square Drive,
Suite 207
Ventura, CA 93003
805-524-2319
www.goventura.org

Gold Coast Transit

201 E. Fourth St.
Oxnard, CA 93030
805-487-4222
www.goldcoasttransit.org

Help of Ojai

111 W. Santa Ana St.
Ojai, CA 93023
805-646-5122
www.helpofojai.org

Moorpark City Transit

799 Moorpark Ave.
Moorpark, CA 93021
805-517-6257
ci.moorpark.ca.us

Moorpark Dial-A-Ride City of Moorpark

799 Moorpark Ave.
Moorpark, CA 93021
805-375-5467
ci.moorpark.ca.us

Ojai Trolley Service

P.O. Box 1570
Ojai, CA 93024
805-646-5581, ext. 207
www.ojaitrolley.com

Santa Paula VISTA Dial-A-Ride

950 County Square Drive,
Suite 207
Ventura, CA 93003
805-933-2267
800-438-1112
www.goventura.org

Simi Valley Dial-A-Ride

Simi Valley Transit
490 W. Los Angeles Ave.
Simi Valley, CA 93065
805-583-6464
www.simivalley.org

Thousand Oaks Dial-A-Ride

Transit Center
265 S. Rancho Road
Thousand Oaks, CA 91362
www.totransit.org

Ventura County Transportation Commission (VCTC)

ADA Certification
Appointment
950 County Square Drive,
Suite 207
Ventura, CA 93003
805-642-1591
800-438-1112
www.goventura.org

VISTA

Ventura Intercity Service
Transit Authority
950 County Square Drive,
Suite 207
Ventura, CA 93003
805-642-1591
800-438-1112
www.goventura.org

Volunteer Opportunities

Caregivers Volunteers

Assisting the Elderly
1765 Goodyear Ave.,
Suite 205
Ventura, CA 93003
805-658-8530
www.vccaregivers.org

Longterm Care Services of Ventura County

To report elder abuse
in facilities
2021 Sperry Ave., Suite 35
Ventura, CA 93003
805-656-1986

ombudsmanventura.org

Retired Senior Volunteer Program

www.venturacountyrsvp.org

111 W. Santa Ana St.
Ojai, CA 93023
805-646-7787

350 N. C St.
Oxnard, CA 93030
805-385-8023

1385 Janss Road
Thousand Oaks, CA 91362
805-381-2742

United Way Volunteer Ventura County

4001 Mission Oaks Blvd.,
Suite E
Camarillo, CA 93012
805-485-6288
vcunitedway.org

Ventura County Area Agency on Aging

Health Insurance
Counseling
and Advocacy Program
646 County Square Drive,
Suite 100
Ventura, CA 93003
800-434-0222
805-477-7310
www.ventura.org/vcaa/
hicap-volunteering77-7
See ad page **19**

Ventura County Volunteer Coordinators Council

www.vcvcc.org

END OF LIFE ISSUES

A photograph of a wooden bench on a beach. The bench has a concrete base with a semi-circular cutout at the bottom. The text "DON & BETTY MET HERE SUMMER OF 47" is engraved on the concrete. The bench is made of weathered wooden planks and is situated on a wooden boardwalk. In the background, there is a sandy beach and a clear sky.

DON & BETTY
MET HERE
SUMMER OF 47

Bereavement Services

Camarillo Volunteer Hospice and Grief Counseling

400 Rosewood Ave.,
Suite 102
Camarillo, CA 93010
805-389-6870
camarillohospice.org
See ad this page

Joseph P. Reardon Funeral Home and Cremation Service

757 E. Main St.
Ventura, CA 93001
805-643-8623
license FD #883
michael@reardonfuneral.com

www.reardonfuneral.com
See ad page 24

Financial Assistance

County of Ventura Public Administrator Indigent Burials

800 S. Victoria Ave.
Ventura, CA 93009
805-654-3141
www.countyofventura.org
www.ventura.org/human-services-agency/public-administrator-public-guardian

Funeral & Memorial Services

Cremation Society of Ventura County

805-641-0071
License FD #2168
www.simpleventura.com

Garcia Mortuary

629 S. A St.
Oxnard, CA 93030
805-486-9148
www.garciamortuaryoxnard.com

Joseph P. Reardon Funeral Home and Cremation Service

757 E. Main St.
Ventura, CA 93001

805-643-8623
license FD #883
michael@reardonfuneral.com
www.reardonfuneral.com
See ad page 24

Rites of Passage

P.O. Box 7054
Ventura, CA 93006
805-216-0649
jonathanritesofpassage@gmail.com

Robert Rey Garcia Jr. Funeral Services

830 E. Santa Paula St.
Santa Paula, CA 93060
805-229-7054
robert@spfuneralhome.com
www.santapaulafuneralhome.com
See ad page 28

Hospice Compassionate End Of Life Care



Comfort Care for Improved Quality of Life

Pain and Symptom Management
Support for Families
A Focus on Living
Livingston Hospice can help

We care, and we understand...



VCS1343214 805-642-1608 • www.livingstonvna.org

COPING WITH LIFE...

We are a volunteer hospice and grief support center offering free practical and emotional assistance, including respite for caregivers, friendly visiting, support groups and one-on-one counseling, to individuals and families facing a life-limiting illness or grieving the loss of a loved one, as well as education and resources on end-of-life issues to all.

Camarillo Hospice
a volunteer hospice and grief counseling center

400 Rosewood Avenue, Suite 102, Camarillo, CA 93010
805-389-6870 • www.camarillohospice.org



VCS1342991

FUNERALS/CREMATION NEED NOT BE EXPENSIVE



JOSEPH P. REARDON FUNERAL HOME & CREMATION SERVICE

757 EAST MAIN STREET, VENTURA, CA 93001

PHONE: 805-643-8623 • License FD#883

www.ReardonFuneral.com

Michael K. Boyko
President/Funeral Director

Joseph H. "Jay" Ryba
Funeral Director

CALL FOR NO OBLIGATION QUOTES/ESTIMATES ON ALL FUNERAL AND CREMATION SERVICES

By **Pre-Planning** with us, You will:

- Eliminate the emotional burden and financial responsibility from your Kids/Survivors
- Lock in prices at today's rates, fighting future inflation
- Assure that your wishes are fulfilled



- Pre-Planning and Pre-Funding Services • Traditional and non-traditional Funeral Services
- Cremation Services • Scatterings at Sea • Veteran's Burial and Cremation Services
- Creative Memorial Services • Social Security Benefits • Options For All Budgets
- *JOSEPH P. REARDON accepts pre-planned accounts & insurance policies from other Funeral/Cremation Providers*

**TO START PRE-PLANNING TODAY
VISIT WWW.REARDONFUNERAL.COM**

Hospice Care

Camarillo Volunteer Hospice and Grief Counseling

400 Rosewood Ave., Suite 102
Camarillo, CA 93010
805-389-6870
camarillohospice.org

See ad page **23**

Buena Vista Hospice

143 Triunfo Canyon Road,
Suite 103
Westlake Village, CA 91361
805-777-1133
www.buenavistahospicecare.com

Livingston Memorial, VNA and Hospice

1996 Eastman Ave., Suite 101
Ventura, CA 93001
805-642-0239
800-223-4862
lmvna.org
See ads page **23, 25**

Thousand Oaks, CA 91360
805-495-2145
www.hospiceoftheconejo.org

Santa Clara Valley Hospice Home Support Group

133 N. Mill St.
Santa Paula, CA 93060
805-525-1333

CAREGIVER continued from page 4

that they would have used.

The Ventura County Area Agency on Aging (VCAAA) recognizes that caregivers are the unsung heroes of long term care, but continue to need support for these sometime overwhelming tasks. The VCAAA is partnering with the Camarillo Health Care District and Senior Concerns to create innovative caregiver support centers that provide vital services for neighbors and family members caring for an older adult.

Available caregiver support services include caregiver assessments and care planning, respite care personalized to need, home modifications (grab bars, assistive devices), caregiver education, support groups and links to other community resources. Older Americans Act-funded caregiver centers can also refer people to other great non-profit caregiving agencies, some of which are listed in this guide.

For more information call:

Camarillo Health Care District's Wellness & Caregiver Center
3687 E. Las Posas Road, Building H, Suite 188
Camarillo, CA 93010
800-900-8582
www.camhealth.com

Senior Concerns, Inc.
401 Hodencamp Road
Thousand Oaks, CA 91360
805-497-0189
www.seniorconcerns.org

Information provided courtesy of Ventura County Area Agency on Aging, 646 County Square Drive, Suite 100, Ventura, CA 93003, 805-477-7300, www.ventura.org/VCAAA

Caregiver health stress

- Risk of developing coronary disease
- Elevated blood pressure
- Increased risk of hypertension
- Poorer immune function
- Slower wound healing
- Depression
- Risk of Mortality

Help Of Ojai Caring Neighbors

111 W. Santa Ana St.
Ojai, CA 93023
805-646-5122
www.helpofojai.org

Hospice of the Conejo

80 E. Hillcrest Drive,
Suite 204

Tender Loving Care Home Hospice

5400 Atlantis Court
Moorpark, CA 93021
805-517-1620
See ad page **12**

Your Home is
Where Our Heart Is!



Skilled Nursing Care

Rehabilitative Care

Palliative Care

Hospice Care

Personal Care

Telemedicine

Not for Profit, Serving all residents throughout Ventura County



Livingston Memorial

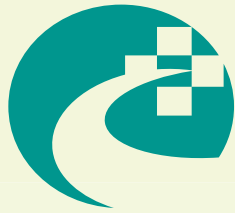
Visiting Nurse Association & Hospice

est. 1947

www.livingstonvna.org

805-642-0239 800-223-4862

VCS1343215



CLINICAS

del Camino Real, Incorporated



Providing Quality
and Affordable Care
Since 1971

•
Medical

Dental

Optometry

Mental Health

Specialty Services

Hospital Care

Pharmacy

805.647.6353

www.clinicas.org

Medi-Cal, Medicare, HMO, PPO, Discounted Fees

15 Locations to Serve You!

El Rio Office

221 Ventura Blvd., #126
Oxnard, CA 93036 · (805) 436-3444

Fillmore Office

355 Central Avenue
Fillmore, CA 93015 · (805) 524-4926

Maravilla Office

450 West Clara Street
Oxnard, CA 93033 · (805) 488-0210

Newbury Park Office

1000 Newbury Road #150, #195
Newbury Park, CA 91320 · (805) 498-3640

North Oxnard Office

1200 N. Ventura Road, #E
Oxnard, CA 93030 · (805) 988-0053

Pediatric Office

1300 N. Ventura Road, #5
Oxnard, CA 93030 · (805) 988-1225

Women's Health Center

1300 N. Ventura Road, #6
Oxnard, CA 93030 · (805) 988-1180

Moorpark Office

4279 Tierra Rejada Road
Moorpark, CA 93021 · (805) 222-2324

Ocean View Office

4400 Olds Road
Oxnard, CA 93033 · (805) 986-5551

Ojai Office

1200 Maricopa Highway
Ojai, CA 93023 · (805) 640-8293

Oxnard Office

650 Meta Street
Oxnard, CA 93030 · (805) 487-5351

Santa Paula Office

500 East Main Street
Santa Paula, CA 93060 · (805) 933-0895

Simi Valley Madera Office

1424 Madera Road
Simi Valley, CA 93065 · (805) 915-4135

East Simi Valley Office

3655 Alamo Street, #100
Simi Valley, CA 93063 · (805) 915-4420

Ventura Office

200 South Wells Road
Ventura, CA 93004 · (805) 647-6322

california *health*⁺_{SM}



**COVERED
CALIFORNIA**



Ask us about education and enrollment services
regarding the Affordable Care Act, Medi-Cal,
and other programs!

WE UNDERSTAND

That everyone
has *different*
religious practices.



That your
family is *unique*.

That every *detail*
is important
to you.



The *honor*
of our veterans
and what they've
done for our
country.

The *value* in
planning and the
importance of
planning ahead



FAMILY OWNED AND OPERATED

FUNERARIA
GARCIA
MORTUARY
F.D. 1338

FD 1993
Robert
Rey Jr. **GARCIA**
FUNERAL SERVICES
The difference is in the service.

805.486.9148

805.229.7054

www.garciamortuaryoxnard.com

www.santapaulafuneralhome.com

VCS1342993

Community Based Care Transitions Program Healthy at home in Ventura County

**Ventura County Area Agency On Aging
Camarillo Health Care District**
Special to Eldercare

The Community Based Care Transitions Program (CCTP) is a free, evidence-based program that is statistically proven to help you maintain your independence and can prepare you to confidently manage your health condition(s) at home after a hospital stay.

If you, or someone you know, is admitted to a Ventura County hospital and has Medicare Part A and B, you may qualify.

CCTP is funded by traditional Medicare

and is a partnership between the Ventura County Area Agency on Aging, the Camarillo Health Care District, and our local hospitals. The goal of CCTP is to reduce preventable hospital readmissions countywide.

Care Transitions includes three easy steps:

1. Care Transitions Specialist

You will meet your Care Transitions Specialist at the hospital before you leave. Your specialist has been specifically trained in improving quality and safety for patients returning home and assisting patients to manage their health condition(s) at home.

2. Home Visit

At a one-time home visit, your specialist will make sure you understand the instructions you received in the hospital regarding your medications and care, assist you in organizing your follow-up appointments, connect you with any community resources needed, and generally help prepare you to maintain your independence at home.

3. Follow-up

Your specialist will provide follow-up telephone calls during the 30 days after you leave the hospital to answer questions, review your established goals, and make sure you are successfully managing your health condition.

The health of Ventura County seniors is important to us! If you, or someone you know, is interested in CCTP, contact the CCTP staff of the Ventura County Area Agency on Aging at 805-477-7334; www.ventura.org/VCAAA or the CCTP Staff of the Camarillo Health Care District at 805-388-1952; www.camhealth.com.





Eldercare | 29

FINANCIAL & LEGAL SERVICES

Attorneys

DMV Law Firm

15 West Carrillo St.
Santa Barbara, CA 93101
805-618-1768
www.dmvlegalteam.com
See ad this page

Law Office of Robert M. Triplett

223 E. Thousand Oaks Blvd., Suite 320
Thousand Oaks, CA 91360
805-496-4681
www.myfamilysecurity.net

Elder Abuse Resources

Adult Abuse Prevention Council

P.O. Box 3373
Ventura, CA 93006
805-765-1066
www.vcaapc.orgusing

Longterm Care Services of Ventura County

To report elder abuse in facilities
2021 Sperry Ave., Suite 35
Ventura, CA 93003
805-656-1986
ombudsmanventura.org

Adult Protective Services

Ventura County Human Services Agency (HSA)
24-Hour Reporting Line

To report abuse or neglect
805-654-3200
www.ventura.org/human-services-agency/adult-protective-services

Ventura County Area Agency on Aging

646 County Square Drive, Suite 100
Ventura, CA 93003
805-477-7300
800-510-2020
www.ventura.org/vcaaa
See ad page 19

Ventura County District Attorney

Crime Victims' Assistance Program
805-654-3622
vcdistrictattorney.com

Estate & Property Attorneys

The Alvarez Firm

Christopher P. Young, Esq.
Offices in Ventura County and Calabasas
805-246-7272
www.AlvarezFirm.com/
ElderLaw.php

Carmen B. Marquez, P.C.

Attorney and Counselor at Law
2655 First St., Suite 250
Simi Valley, CA 93065
805-9154793
www.carmenbmarquez-pc.com
See ad page 50

FREE Senior Legal Services One-on-one legal consultation

- Social Security • SSI • Medi-Cal
- Consumer Problems
- Powers of Attorney
- Advanced Healthcare Directives
- Estate Planning
- Landlord/Tenant Complications
- Creditor Issues



If it's not something we can do, we might know who can **help you.**
Grey Law of Ventura County, Inc.
Established 1979
805-658-2266

VCS1342505

KEEP YOUR FREEDOM TO DRIVE

We are a law firm founded by a former prosecutor and dedicated to protecting the rights of drivers before the California DMV. Our mission is not only to advocate, but to manage every step of the process with the goal of getting you back on the road as safely and efficiently as possible. **We are here to help you.**



Law offices of William M. Aron, esq
805.618.1768
help@dmvlegalteam.com
www.dmvlegalteam.com

VCS1343098



Ventura County Health Care Agency

*Here to keep you
Healthy, Productive, and Independent*

Our hospitals, conveniently-located medical clinics, and prevention programs offer the highest quality services for all your healthcare needs

- **2 Hospitals: Ventura County Medical Center and Santa Paula Hospital**
- **Comprehensive medical clinic system throughout the County**
- **Nutrition education**
- **Smoking cessation programs**
- **Mammograms, cholesterol checks and more**

**We'll help keep you moving!
We provide excellent, comprehensive, and compassionate care under one roof.**

For more information on programs and services available, please call (805) 677-5110.

**www.vchca.org
www.wellnesseveryday.org
www.countyofventura.org**

Financial Services

Administration for Children and Families

Low Income Home Energy Assistance Program
866-674-6327
www.acf.hhs.gov/programs/ocs

Best Interest Financial & Insurance Solutions

2945 Townsgate Road, Suite 200
Westlake Village, CA 91361
805-388-5979
bestinterestfinancial.com

Cabrillo Economic Development Corp.

702 County Square Drive
Ventura, CA 93003
805-659-3791
www.cabrilloedc.org

Community Action of Ventura County Home Weatherization/Energy Assistance/CalFresh/Medi-Cal

621 Richmond Ave.
Oxnard, CA 93030
805-436-4000
www.ca-vc.org

Internal Revenue Service

751 Daily Drive
Camarillo, CA 93010
805-445-4771
www.irs.gov

Social Security Administration

800-772-1213
www.ssa.gov

2000 Outlet Center Drive,
Suite 250
Oxnard, CA 93036

322 E. Thousand Oaks Blvd.,
Suite 110
Thousand Oaks, CA 91360

6477 Telephone Road
Ventura, CA 93003

Surepath Financial Solutions

80 N. Wood Road, Suite 200
Camarillo, CA 93010
877-615-7873
www.surepath.org

Tax Assistance Franchise Tax Board

800-852-5711
www.ftb.ca.gov

Ventura County Human Services (HSA)

Intake and Eligibility Center
www.ventura.org/human-services-agency

1400 Vanguard Drive
Oxnard, CA 93033
805-385-9363

725 E. Main St., Suite 301
Santa Paula, CA 93060
805-933-8300

2003 Royal Ave.
Simi Valley, CA 93065
805-584-4842

4651 Telephone Road,
Suite 100
Ventura, CA 93003
805-658-4100

Investment Services

Christine Sztukowski

Independent Capital Management
770 Paseo Camarillo, Suite 130
Camarillo, CA 93010
805-415-3986
www.icmcamarillo.com
See ad page 50

Legal Assistance

California Rural Legal Assistance

338 S. A St.
Oxnard, CA 93030
805-486-1068
crla.org

Conejo Free Clinic

80 E. Hillcrest Drive, Suite 102
Thousand Oaks, CA 91360
805-497-3575
Conjefreeclinic.org

Dept. Fair Housing and Employment

Employment/Public Accommodations
800-884-1684
www.dfeh.ca.gov
Housing District Office
800-884-1684

Grey Law of Ventura County Inc.

290 Maple Court, Suite 128
Ventura, CA 93003
805-658-2266
greylaw.us
See ad page 30

Housing Rights Center

Fair Housing and Anti-Predatory Hotline Serves Ventura County
800-477-5977
www.hrc-la.org

Simi Valley Free Clinic

2060 Tapo St.
Simi Valley, CA 93063
805-522-3733
www.freeclinicsv.com

Ventura Center for Dispute Settlement

4001 Mission Oaks Blvd.,
Suite L
Camarillo, CA 93012
805-384-1313
www.vcds.bz

Ventura County Bar Association

4475 Market St., Suite B
Ventura, CA 93003
805-650-7599
vcba.org

Ventura County District Attorney Consumer Protection and Mediation

805-654-3110
www.vcdistrictattorney.com

Ventura County Jewish Family Service

Justice Clinic
www.jfsvc.org/justice-clinic

857 E. Main St.
Ventura, CA 93001
805-641-6565

80 E. Hillcrest Drive,
Suite 206
Thousand Oaks, CA 91360
805-496-3896



Eldercare | 33

HOUSING

SPECIALIZING IN ORTHOPEDIC REHABILITATION

BEST NURSING HOMES BY
US NEWS AND WORLD REPORT



RANKED
FIVE OUT OF FIVE STARS
★★★★★
by medicare.gov



**GLENWOOD
CARE CENTER**

VIEW OUR MEDICARE 5 STAR RATING

WWW.MEDCARE.GOV/NHCOMPARE

CONTACT US AT (805) 983-0305

OR WWW.GLENWOODCARECENTER.COM

34 | HOUSING

Active Senior Communities

805-650-8000
[www.cypressplace
seniorliving.com](http://www.cypressplace
seniorliving.com)
See ad page **35**

Cypress Place Senior Living

1200 Cypress Point Lane
Ventura, CA 93003
805-650-8000
[www.cypressplace
seniorliving.com](http://www.cypressplace
seniorliving.com)
See ad page **35**

Santa Paulan Apartments

115 N. 4th St.
Santa Paula, CA 93060
805-525-5804
[www.cabrilloedc.org/santa-
paulan](http://www.cabrilloedc.org/santa-
paulan)

Ventura Townhouse

4900 Telegraph Road
Ventura, CA 93003
805-642-3263
venturatownhouse.com
See ad page **37**

Alzheimer's/ Dementia Facilities

Aegis of Ventura

4964 Telegraph Road
Ventura, CA 93003
805-650-1114
aegisliving.com
See ad page **38**

AlmaVia of Camarillo

2500 N. Ponderosa Drive
Camarillo, CA 93010
805-388-5277
www.almaviaofcamarillo.org
See ad page **35**

Cypress Place Senior Living

1200 Cypress Point Lane
Ventura, CA 93003

Ventura Townhouse

4900 Telegraph Road
Ventura, CA 93003
805-642-3263
venturatownhouse.com
See ad page **37**

Assisted Living

AlmaVia of Camarillo

2500 N. Ponderosa Drive
Camarillo, CA 93010
805-388-5277
www.almaviaofcamarillo.org
See ad page **33**

Camarillo Healthcare Center

205 Granada St.
Camarillo, CA 93010
805-482-9805
[www.camarillo
healthcare.com](http://www.camarillo
healthcare.com)

Cypress Place Senior Living

1200 Cypress Point Lane
Ventura, CA 93003
805-650-8000
[www.cypressplace
seniorliving.com](http://www.cypressplace
seniorliving.com)
See ad page **35**

Glenwood Care Center

1300 N. C St.
Oxnard, CA 93030
805-983-0305
[www.glenwood
carecenter.com](http://www.glenwood
carecenter.com)
See ad this page

The Palms at Bonaventure

111 N. Wells Road

Ventura, CA 93004
805-647-0616
seniorlivinginstyle.com
See ad page 36

Ventura Townhouse
4900 Telegraph Road
Ventura, CA 93003
805-642-3263
venturatownhouse.com
See ad page 37

Care Homes

Action Foundation Home Modification
4001 Mission Oaks Blvd., Suite S
Camarillo, CA 93012
805-987-0300
www.actionvc.org

Ventura County Area Agency on Aging
646 County Square Drive, Suite 100
Ventura, CA 93003
805-477-7300
800-510-2020
www.ventura.org/vcaaa
See ad page 19

Home Modification

Liv-Ability Independent Living Consultants
762 Twin Peaks Ave.
Simi Valley, CA 93065
800-936-6251
www.Liv-ability.com

Home Rehabilitation

Camarillo Community Development Dept.
601 Carmen Drive
Camarillo, CA 93010
805-388-5360
www.ci.camarillo.ca.us

Thousand Oaks Community Development Dept.
2100 Thousand Oaks Blvd.
Thousand Oaks, CA 91362
805-449-2393

Oxnard Housing Rehabilitation
435 S. D St.
Oxnard, CA 93030

805-385-8041
housing.cityofoxnard.org

Residential Rehabilitation Loan Program
City of Port Hueneme
250 N. Ventura Road
Port Hueneme, CA 93041
805-986-6552
www.ci.port-hueneme.ca.us/neighpres/affordable_housing_assistance_programs_002.htm

San Buenaventura Housing Revitalization Program
11122 Snapdragon St., Suite 100
Ventura, CA 93004

CYPRESS PLACE SENIOR LIVING
Time to Enjoy the Life You Deserve.

ASK ABOUT OUR PRIVATE SUITES FOR COUPLES!

ACTIVE SENIOR LIVING & ASSISTED LIVING MEMORY CARE
Come see why Cypress Place is THE place Ventura area seniors call home!

Winner for Best Senior Living!

CALL US TODAY TO SCHEDULE A TOUR!

1200 Cypress Point Lane • Ventura, CA 93003
805.650.8000
www.cypressplaceseniorliving.com
Lic. #565801008

2014 WINNER OF THE STAR

Home Begins Here

Person-Centered Care
Dedicated to You, Not Profits

Special Gift with Your Tour! Call 805.388.5277

ALMAVIA of CAMARILLO
an ELDER CARE ALLIANCE community

Assisted Living | Memory Care

2500 Ponderosa Dr. North (Near St. John's Pleasant Valley Hospital)
almaviaofcamarillo.org

AlmaVia of Camarillo, an Elder Care Alliance community, is a nonprofit, faith-based assisted living and memory care program cosponsored by the Sisters of Mercy of the Americas West Midwest Community & the Sierra Pacific Synod of the Evangelical Lutheran Church in America. RCFE Lic. # 565800682.

805-647-5990
 hacityventura.org

Homeless Persons Resources

Action Foundation

4001 Mission Oaks Blvd.,
 Suite S
 Camarillo, CA 93012
 805-987-0300
 www.actionvc.org/action/
 ministries/homeless

Community Action of Ventura County Homeless Transition Center & Oxnard One-Stop

621 Richmond Ave.
 Oxnard, CA 93030
 805-436-4000

www.ca-vc.org/html/
 transition_center

Homeless Services Program

Ventura County Human Services Agency
 805-385-1800
 www.ventura.org/human-services-agency/services-for-homeless-people

Lutheran Social Services

80 E. Hillcrest Drive, Suite 101
 Thousand Oaks, CA 91360
 805-497-6207
 www.lsssc.org

Many Mansions

1459 E. Thousand Oaks Blvd.
 Building D
 Thousand Oaks, CA 91362

805-496-4948
 www.manymansions.org

Project Understanding

43 E. Vince St.
 Ventura, CA 93001
 805-652-1326
 www.projectunderstanding.org

Ventura County Homeless and Housing Coalition

www.vchhc.org

Habitat for Humanity of Ventura County

121 S. Rice Ave.
 Oxnard, CA 93030
 805-485-6065

habitatventura.org

Housing Authorities

Area Housing Authority of Ventura County

1400 W. Hillcrest Drive
 Newbury Park, CA 91320
 805-480-9991, ext. 235
 www.ahacv.org

City of Oxnard Housing Administration

435 S. D St.
 Oxnard, CA 93030
 805-385-8041
 www.cityofoxnard.org

City of Santa Paula Housing Authority

MOST HOME OWNERS DO NOT KNOW THE FINANCIAL ADVANTAGES OF A REVERSE MORTGAGE. LET ME EDUCATE YOU!

CONSULTATION ALWAYS FREE

- Must be 62 or Older
- No Income Qualifications
- Purchase with a Reverse Mortgage
- Own your home (paid for or not)

REVERSE MORTGAGE

John A. Sinkler

DRE#01257049
 NMLS#250487

Senior Loan Specialist

THE SENIOR EQUITY GROUP DIRECT: (805) 816-1781

VCS1343645



Welcome to a community where caring hearts & friendly smiles await you;

WELCOME HOME!

Your beautiful private apartment includes numerous amenities:

- Delicious chef prepared meals
- Full licensed nurse on staff
- Weekly housekeeping and linen service
- Recreational activities and outings
- Utilities

Health and personal care services may be included

- Medication management
- Daily living assistance
- Memory care

No leases or buy-in fees ever!

Call now to arrange a complimentary meal and personal tour! 805-647-0616

The Palms
At Bonaventure
 Assisted Living & Memory Care

111 North Wells Road, Ventura, CA 93004

© 2012 HRG

VCS1343645

15500 W. Telegraph Road
Santa Paula, CA 93060
805-525-3339
www.ci.santa-paula.ca.us/
EconomicDevelopment/
Housing.htm

City of Simi Valley
Housing & Special Projects
3855-A Alamo St.
Simi Valley, CA 93063
805-583-6757
www.ci.simi-valley.ca.us

Housing Authority
City of Port Hueneme
250 N. Ventura Road
Port Hueneme, CA 93041
805-986-6522
www.ci.port-hueneme.ca.us

Housing Authority
City of San Buenaventura

hacityventura.org

995 Riverside St.
Ventura, CA 93001
805-648-5008

11122 Snapdragon St.,
Suite 100
Ventura, CA 93004
Phone: 805-647-5990

Independent Living Resources

Grey Law of Ventura County Inc.
290 Maple Court, Suite 128
Ventura, CA 93003
805-658-2266
greylaw.us
See ad page 30

Independent Living Resource Center
1802 Eastman Ave., Suite 112
Ventura, CA 93003
805-650-5993

Santa Paulan Apartments
115 N. 4th St.
Santa Paula, CA 93060
805-525-5804
www.cabrilloedc.org/santa-paulan

Ventura County Human Services Agency (HSA) Intake and Eligibility Center
www.ventura.org/human-services-agency

1400 Vanguard Drive

Oxnard, CA 93033
805-385-9363

725 E. Main St., Suite 301
Santa Paula, CA 93060
805-933-8300

2003 Royal Ave.
Simi Valley, CA 93065
805-584-4842

4651 Telephone Road,
Suite 100
Ventura, CA 93003
805-658-4100

Placement/Referral Services

ContiCare Senior Living Referral
Ventura County

VENTURA TOWNEHOUSE
CALIFORNIA'S CROWN JEWEL IN RETIREMENT LIVING

Make All of Your Days Better This Year!

Enjoy Lush, Mature, Landscapes on 12 plus acres, Weekly Excursions, Live Music & Events, Delicious Home Cooking by Professional Chefs & a Pastry Chef in our Sun Drenched Dining Room, All Day Transportation, Full Kitchens, Remodeled or Standard Beautiful Apartments & Garden Villas with Choice of Ocean, Mountain or Landscaped Views.

Call Now for a Visit! Stay for Lunch!

4900 Telegraph Road, Ventura, CA 93003
805.642.3263 · 805.642.3229 fax
www.venturatownehouse.com
CA LIC# 565801810

VCS1344567

OpenMortgage
Where Better Is Possible®

Open Mortgage is Rated #9 out of Top 100 Reverse Lenders
Experienced, Local Reverse Mortgage Professionals to Help You³
³ From Reverse Mortgage Insight October 2013

Home Equity Conversion Mortgages (HECM's) For Purchase & Refinance Transactions
FHA Reverse Mortgage programs for seniors 62 and older

Program Details:

- Available to Seniors, ages 62 and older
- Allows buyers to combine reverse mortgages proceeds with a down payment to purchase a new home
- No monthly mortgage payments¹
- Downsize for more affordable living
- Relocate closer to family and/or friends
- Purchase a primary residence with better accessibility
- FHA Insured²
- Homeowner remains solely on title

¹ Homeowner must continue to pay insurance, HOA, property taxes, maintain home, and live in home as primary residence.² Open Mortgage, LLC and its DBA's are not acting on behalf of or associated with HUD/FHA or the Federal Government.

We understand the New HECM programs that can provide you financial solutions in retirement.
Call Me to Schedule a FREE Consultation

Carlos Camargo, Reverse Mortgage Specialist
805-985-2808 | 818-324-3802
ccamargo@openmtg.com
www.Carlos4ReverseMortgage.com
4315 Admiral Way, Oxnard, CA 93035
NMLS #362117 | Branch NMLS# 1005994
Licensed by the Department of Business Oversight under the California RMLA # 4170030

VCS1344125

VCS1344125



A Kiss is Still A Kiss...

Time has gone by and Mom and Dad are still sweet on each other after 60 years. Last year they moved in with my family - too many stairs in their home. We all happily gave up our prime spots on the sofa so they could cuddle nightly, watch the news, and smooch goodnight.

It's a blessing to have them with us, but for me, it's also like adding two more kid's worth of work.

If you are caring for aging parents full or part time, you deserve a break.

Go ahead and plan that summer get-away, it's important to reconnect with your spouse and kids – slow down, breathe. Peace of mind is possible, just call Aegis Living.

Aegis Living is the trusted senior living company, known for the finest care, the most balanced and nutritious cuisine, all in loving and beautiful environments where seniors enjoy planned activities and socializing all day long.

Short-term stays can be custom made to your family's needs. Please call the Aegis nearest you and learn how we can help you take the break you need.

≡ ASSISTED LIVING & MEMORY CARE ≡

Aegis Living

We're the people who make life better.

Aegis of Ventura
4964 Telegraph Road
Ventura, CA 93003
805-290-1174
AegisofVentura.com

VC51342377



RCFE #565800685

805-405-1424
www.conticare.net

Longterm Care Services of Ventura County

To report elder abuse in facilities

2021 Sperry Ave., Suite 35
Ventura, CA 93003
805-656-1986
ombudsmanventura.org

Personal Parent Care

Free placement services

P.O. Box 2597
Camarillo, CA 93011
805-389-0997

Real Estate Agents

Debbie Soden

Coldwell Banker
883 S. Westlake Blvd.
Westlake Village, CA 91361
805-300-0936
www.debbiesoden.com

Linda Archie, SRES

Berkshire Hathaway Home Services

2860 Thousand Oaks Blvd.
Thousand Oaks, CA 91362
805-558-8157

Katy Ho

Troop Real Estate
4165 E. Thousand Oaks Blvd.,
Suite 100
Westlake Village, CA 91362
818-929-5109
www.katyho.com

Reverse Mortgage Specialists

Debbie Lee

Security 1 Lending
2655 First St., Suite 250
Simi Valley, CA 93065
805-402-0176
www.debbielee.com

Jeff Phillips

Broker Associate
Alliance West Mortgage
5775 Los Angeles Ave.,
Suite 210
Simi Valley, CA 93063
805-624-4383
jphillips@awmloan.com

John A. Sinker

Senior Loan Specialist
Serving Ventura County
805-816-1781
See ad page 36

Open Mortgage

4315 Admiral Way
Oxnard, CA 93035
818-324-3802
www.Carlos4Reverse
Mortgage.com
See ad page 37

Security 1 Lending

Shelley Wells

2655 First St., Suite 250
Simi Valley, CA 93065
805-377-9000

Steve Scheiern

1st Reverse Mortgage USA
2625 Townsgate Road,
Suite 330
Westlake Village, CA 91361
805-279-3480
sscheiern@1strmusa.com



Belinda Lang

Lang Insurance Services
Newbury Park
805-262-7970
www.myseniorventure.com/
answers

Health Insurance Counseling and Advocacy Program (HICAP)

Camarillo Health Care District
3639 E. Las Posas Road,
Suite 117
Camarillo, CA 93010
805-388-1952
www.camhealth.com

Colonia Senior Center
126-B Amelia Court
Oxnard, CA 93030
805-385-8163

**Community Memorial
Hospital**
147 N. Brent St.
Ventura, CA 93003
805-477-7310

Fillmore Senior Center
533 Santa Clara St.
Fillmore, CA 93015
805-477-7310

**Goebel Adult Community
Center**
1385 E. Janss Road
Thousand Oaks, CA 91362
805-381-2744

Help of Ojai — West Campus
370 Baldwin Road
Ojai, CA 93023
805-649-9218

**Moopark Active
Adult Center**
799 Moorpark Ave.
Moorpark, CA 93021
805-517-6261

**Pleasant Valley
Senior Center**
1605 E. Burnley St.
Camarillo, CA 93010
805-482-4881

**Port Hueneme
Community Center**
550 Park Ave.
Port Hueneme, CA 93041
805-986-6542

Santa Paula Senior Center
530 W. Main St.
Santa Paula, CA 93060
805-477-7310

Simi Valley Senior Center
3900 Avenida Simi
Simi Valley, CA 93063
805-583-6363

South Oxnard Senior Center
200 E. Bard Road
Oxnard, CA 93033
805-477-7310

**Ventura Senior
Recreation Center**
420 E. Santa Clara St.
Ventura, CA 93001
805-648-2829

Wilson Senior Center
350 N. C St.
Oxnard, CA 93030
805-385-8028

**Social Security
Administration**
Oxnard, Thousand Oaks
and Ventura offices
805-477-7310

**Ventura County Area
Agency on Aging**
646 County Square Drive,
Suite 100
Ventura, CA 93003
805-477-7310
800-510-2020

HICAP program helps to guide your way through Medicare

Short for Health Insurance Counseling and Advocacy Program, HICAP is funded through the Older Americans Act. The Center of Medicare and Medicaid Services sends funding through the Department of Aging. HICAP is a national volunteer Medicare program providing free and unbiased counseling and comparisons on, as well as enrollments in, all Medicare health insurance and Medicare prescription drug plans. HICAP volunteers also help to resolve Medicare, HMO, LTC and prescription drug complaints for Medicare beneficiaries.

Every year Medicare has its annual election period Oct. 15 through Dec. 7. This is the time every Medicare beneficiary needs to reevaluate his or her health plan and prescription drug plan.

It's not only important to do so under the Patient Protection and the Affordable Care Act, which was signed into law to reform the health care industry in 2010, but because Medicare plans change every year.

See **HICAP** on page **43**

Get Medicare Ready!



Call a local
licensed
Humana agent.

1-855-791-4079 (TTY: 711)

8 a.m. to 8 p.m., Monday–Friday

Humana.

Humana is a Medicare Advantage organization with a Medicare contract. Enrollment in this Humana plan depends on contract renewal. Call Humana sales and customer service 1-855-791-4079 (TTY: 711), 8 a.m. to 8 p.m., Monday–Friday.

Y0040_GHHHKYAHH Accepted

Eldercare | 41

MEDICAL SERVICES



Audiologist/ Hearing Aids

Acoustic Hearing Aids

2412 N. Ponderosa Drive,
Suite B-101
Camarillo, CA 93010
805-482-1104
www.acoustichearingaid.com

Ascent Hearing Center

1717 Simi Town Center Way,
Suite 3
Simi Valley, CA 93065
805-491-4688
www.ascenthearing
simivalley.com
See ad page **44**

Audibel Hearing Center

253-B Lombard St.
Thousand Oaks, CA 91360
805-322-4938
www.Thousand
OaksAudibelHearing.com

1000 S. Hill Road, Suite 112
Ventura, CA 93003
See ad page **44**

Decibel Hearing Services

www.decibelhearing.com

375 E. Rolling Oaks Drive,
Suite 140
Thousand Oaks, CA 91361
805-449-2380

2655 First St., Suite 170
Simi Valley, CA 93065

805-584-3327
See ad this page

Second Chance Hearing Center

1240 S. Westlake Blvd.,
Suite 117
Westlake Village, CA 91361
805-870-4498
www.secondchancehearing.com

Chiropractor

Camarillo Spine and Nerve Institute

4087 Mission Oaks Blvd.,
Suite B
Camarillo, CA 93012
805-484-1077
camarillospineand
nerveinstitute.com
See ad page **47**

Dentist

Clinicas

Clinic sites
throughout the county
200 S. Wells Road, Suite 100
Ventura, CA 93004
805-647-6322
www.clinicas.org
See ad page **26**

General Healthcare Services

Camarillo Spine and Nerve Institute

4087 Mission Oaks Blvd.,
Suite B
Camarillo, CA 93012
805-484-1077
camarillospineand
nerveinstitute.com



Coastal View Healthcare Center

Skilled Nursing and Rehabilitation

Specializing in Rapid Recovery Rehabilitation



Walk in Tours and Visitors Welcome!

- Physical, Occupational and Speech Therapy
- 24-Hour Skilled Nursing Care
- IV Therapy • Wound Care
- Excellent Patient Care and Customer Service
- Medicare • PPO • Private Pay • HMO • VA • Medi-Cal
- Gold Coast

(805) 642-4101 • Fax (805) 642-0156
4904 Telegraph Rd, Ventura, CA 93003



Play time **REVIVED**

Revive your hearing.
Revive life.



Ellen Baker, AuD



Kelley Bannon, AuD

SERVICES WE PROVIDE

- Audiology Evaluations
- Hearing Aid Evaluations
- Educational Seminars
- Hearing Aid Sales & Service

Thousand Oaks: 805.449.2380 | Simi Valley: 805.584.3327

Center for Diabetes & Endocrinology

1700 Lombard St., Suite 115
Oxnard, CA 93030
805-482-5550
www.centerfordiabetes.org

Clinicas

Clinic sites throughout the county
200 S. Wells Road, Suite 100
Ventura, CA 93004
805-647-6322
www.clinicas.org
See ad page **26**

Dept. of Veteran Affairs

www.va.gov

Hospitals

Community Memorial Hospital

147 N. Brent St.
Ventura, CA 93003
805-646-1401
www.cmhshealth.org

Los Robles Hospital & Medical Center

215 W. Janss Road

Thousand Oaks, CA 91360
805-497-2727
losrobleshospital.com

Ojai Valley Community Hospital

1306 Maricopa Highway
Ojai, CA 93023
805-646-1401
www.cmhshealth.org
See ad page **43**

Santa Paula Hospital

825 N. Tenth St.
Santa Paula, CA 93061
805-933-8600
www.vchca.org

Simi Valley Hospital

2975 N. Sycamore Drive
Simi Valley, CA 93065
805-955-6000
www.simivalleyhospital.com
See ad page **45**

St. John's Pleasant Valley Hospital

2309 Antonio Ave.
Camarillo, CA 93010
805-389-5800

HICAP continued from page **40**

If you are a low-income subsidiary for Medicare Part D or a Medicare beneficiary, you will have to reevaluate your plan during the open enrollment period.

HICAP can help you choose a plan that is right for you. You want to make sure that you don't incur more expenses with each plan change. Be aware that some plans terminate their contract with Medicare.

If you will soon be eligible for Medicare or if you already are a Medicare beneficiary, you can call the HICAP offices for a personal appointment to go over all your options.

HICAP services are free and unbiased. Counselors do not sell any products. HICAP is a department of the County of Ventura Area Agency on Aging.

For help in your Medicare needs, contact HICAP at 800-434-0222, and make a personal appointment.

**Continuing Care Center
In the Ojai Valley**



Skilled Nursing and Rehabilitation Services

The Continuing Care Center is the only skilled nursing facility in Ojai that is connected to an acute care hospital.

The Center Features:

- Recovery from post operative conditions, (hip or knee replacement) and complex medical conditions, including stroke and Parkinson's.
- Occupational, Physical, Respiratory and Speech Therapy
- Wound Care
- IV Therapy
- Hospice Care
- 24 hour skilled nursing care.
- Part of an acute-care hospital. 1 of 3 hospital based facilities in all of Ventura County.
- Planned on-site and off-site activities, and regularly scheduled exercise classes.



Ojai Valley Community Hospital

Community Memorial Health System

Continuing Care Center
1306 Maricopa Highway
Ojai, California 93023

**Call for a tour:
805/640-2280**

www.stjohnshealth.org
See ad page 48

St. John's Regional Medical Center

1600 N. Rose Ave.
Oxnard, CA 93030
805-988-2500
www.stjohnshealth.org
See ad page 48

Ventura Convalescent Hospital

4020 Loma Vista Road
Ventura, CA 93003
805-642-4196
vchospital.com
See ad page 45

Ventura County Area Agency on Aging

Community-Based Care Transitions Program (CCTP)
646 County Square Drive, Suite 100
Ventura, CA 93003
805-477-7300
800-510-2020
www.ventura.org/vcaaa/community-based-care-transitions-program-cctp
See ad page 19

Ventura County Medical Center

3291 Loma Vista Road
Ventura, CA 93003
805-652-6000
www.vchca.org

Camarillo Health Care District

Care Transitions Inventions Community Based Care Transitions Program (CCTP)
3639 E. Las Posas Road, Suite 117
Camarillo, CA 93010
805-388-1952
www.camhealth.com
See ads page 2, back cover

805-383-4520

Center for Women's Health

422-A Arneill Road
Camarillo, CA 93010
805-383-4522

Fillmore

852 Ventura St.
Fillmore, CA 93015
805-524-2672

Oak View

655 N. Ventura Ave.
Oak View, CA 93022
805-649-3750

Ojai

1202 Maricopa Highway, Suite A
Ojai, CA 93023
805-640-2296

Channel Islands Surgicenter

2300 Wankel Way

Medical Clinics

Centers for Family Health

www.cmhshealth.org/cfh

Camarillo Urgent Care

422-A & B Arneill Road
Camarillo, CA 93010
805-482-1282

Have you noticed the signs of hearing loss in you or a loved one?

Continually asking people to repeat words or phrases?

Play the TV or radio louder than others do?

Avoid group meetings, social occasions or family gatherings where listening may be difficult.

Struggle to hear at movies, concert halls, houses of worship or other public gatherings.

If yes to any, you may have hearing loss. Call today for your Free hearing test.

Learn more: www.VenturaAudibelHearing.com



253-B Lombard Street Thousand Oaks, CA 91360
1000 S. Hill Rd., Suite #112 Ventura, CA 93003
(805) 418-5744 **(805) 804-5893**

Hearing exam is always free. This is not a medical exam and is intended for amplification selection only.

Live Better... With Better Hearing!

DO YOU OR DOES SOMEONE YOU KNOW...

- Have trouble following conversations in groups or noisy environments?
- Hear but do not understand clearly?
- Have trouble hearing the TV or radio?
- Have ringing or buzzing in your ears?
- Are you ready to hear clearly and understand words again?

Take the next step to Live Better today!

Mention this ad and receive a **Complimentary 60 minute Hearing Aid Consultation with Audiologist, Dr. John Malan!**



John Malan, Au.D.
Doctor of Audiology



1717 Simi Town Center Way, #3
Simi Valley, CA 93065
(805) 416-2451

Most Insurance Accepted.
0% Financing Available.

www.ascenthearingsimivalley.com

Oxnard, CA 93030
805-485-1908

Family Care
2361 E. Vineyard Ave.
Oxnard, CA 93036
805-981-3770

Oxnard
3641 W. 5th St.
Oxnard, CA 93035
805-985-5505

Urgent Care
2921 Saviers Road
Oxnard, CA 93030
805-487-5588
805-487-5585

**Port Hueneme
Family Care**
321 E. Port Hueneme Road
Port Hueneme, CA 93041
805-652-4267

**Santa Paula
Family & Urgent Care**
242 E. Harvard Blvd., Suite C
Santa Paula, CA 93060
805-525-9595

**Ventura
Family Care**
138 W. Main St., Suite E
Ventura, CA 93001
805-667-2850

Family Care
120 N. Ashwood Ave.
Ventura, CA 93003
805-658-5800

Clinicas
Clinic sites throughout the county
200 S. Wells Road, Suite 100
Ventura, CA 93004
805-647-6322
www.clinicas.org

See ad page **26**

**Conejo Valley
Free Clinic**
80 E. Hillcrest Drive, Suite 102
Thousand Oaks, CA 91360
805-497-3575
conejofreeclinic.org

**Dignity Health
Medical Group
Ventura County**

64 E. Daily Drive
Camarillo, CA 93010

5051 Verdugo Way, Suite 100
and 110
Camarillo, CA 93012
805-384-8071

1700 N. Rose Ave., Suite 110

Oxnard, CA 93030
805-384-8071

1100 W. Gonzalez Drive,
Suite 110
Oxnard, CA 93036
805-278-9599

943 W. 7th St.
Oxnard, CA 93030
805-487-0464

Facey Medical Group
2655 First St., Suite 325
Simi Valley, CA 93065
805-206-2000
www.facey.com
See ad page **46**

**Grossman Imaging
Centers**
805-988-0616

2001 N. Solar Drive, Suite 135

**Ventura Convalescent Hospital
Therapy Providers**

Helping You to Create Change



At Ventura Convalescent Hospital, we look forward to helping you on your path to recovery. Please give us a call to discuss your family's needs. We always welcome your visit. Feel free to schedule a tour with our Admissions Coordinator today.

Call Us:
(805) 642-4196

Dedicated to your recovery, we're here for you 7 days a week

Ventura Convalescent Hospital
California Care Center

VCS1343639

Discover the Difference



Discover

Adventist Health

Home Care Services - Simi Valley

Where you want it. When you need it.

simivalleyhospital.com

805.955.8190

VCS1343639

Oxnard, CA 93036

2151 Gonzalez Road, Suite 101
Oxnard, CA 93036

2705 Loma Vista Road,
Suite 100
Ventura, CA 93003

2900 Loma Vista Road,
Suite 101
Ventura, CA 93003
See ad page **49**

**Simi Valley
Free Clinic**
2060 Tapo St.
Simi Valley, CA 93063
805-522-3733
www.freeclinicsv.com

**Westminster
Free Clinic**
1000 E. Janss Road

Thousand Oaks, CA 91360
805-241-8366
www.westminsterclinic.org

**Medical
Equipment**

**Merlin Medical
Supply**
699 Mobil Ave.
Camarillo, CA 93010
805-389-8142
www.merlinmed.com

**Mental Health
Resources**

Clinicas
Clinic sites
throughout the county
200 S. Wells Road, Suite 100
Ventura, CA 93004
805-647-6322

www.clinicas.org
See ad page **26**

**Ventura County
Behavioral Health
— Crisis Team**
Throughout Ventura County
866-998-2243

**Ventura County
Behavioral Health
Older Adult Services**
1911 W. Williams Drive,
Suite 160
Oxnard, CA 93035
805-289-3203

**Ventura County
Jewish Family Service**
Counseling Services
857 E. Main St.
Ventura, CA 93001
805-641-6565

www.jfsvc.org

Optometry

**EyeCare America
Seniors Eye Care**
eyecareamerica.org

Clinicas
Clinic sites
throughout the county
200 S. Wells Road, Suite 100
Ventura, CA 93004
805-647-6322
www.clinicas.org
See ad page **26**

**Pharmacies &
Drug Stores**

Clinicas
Clinic sites
throughout the county



You're always young enough
to enjoy life.

For 90 years, the Facey name has pointed Southern Californians towards the hands of physicians who practice medicine the way it should be: With care, compassion and a dedication to making you well again. Our clinics have grown over time, and so has our dedication to your health. That's because we want to see you reach 90 years and beyond, too.



DONALD DOWNS, MD
Family Medicine
Board Certified

FACEY MEDICAL GROUP

CELEBRATING 90 YEARS OF INNOVATIVE CARE
1923-2013

2655 First Street
Simi Valley, CA 93065
(805) 206-2000

WWW.FACEY.COM



SUNEETA CHOUDHARY, MD
Family Medicine
Board Certified

VCS193464

Facey isn't an insurance company. We're the doctors who accept most of the HMO, PPO or Medicare insurance plans that you may have to help cover the cost of your care. Visit our website at www.facey.com/insurance for a list of the companies we currently contract with or call us at (818) 837-5755.

Paid advertisement

Finally, a Solution for Peripheral Neuropathy

Get Rid of the Pain in Your Legs and Feet



Are pain pills effective, long-term solutions for Neuropathy treatment? Absolutely NOT!

Until now, treatment options for Peripheral Neuropathy have been a small handful of medications. Patients have masked their pain by frequently taking prescription pain pills. This type of pain relief is temporary. Often these treatments lead to even more health problems or worse yet-addiction. So many people innocently fall into abusing prescription pain pills while initially using them to alleviate the pain.

If you suffer from one or more of these symptoms, you might have Diabetic Peripheral Neuropathy

Many patients have been frustrated by traditional care, only to find that their symptoms keep getting worse. Diabetic Peripheral Neuropathy is a nerve disorder caused by diabetes. Over time, uncontrolled sugar levels can damage your nerves. This nerve damage causes different symptoms and the problems first appear in the toes, feet and hands.

Neuropathy may contribute to emotional stress and depression

Many people suffering with pain don't realize that the symptoms could be due to Peripheral Neuropathy. It is a condition that can be misdiagnosed or ignored until it is unbearable. This can affect all aspects of your life and may even cause emotional stress or depression. Why suffer longer than you need to? If you feel that your symptoms may be caused by Peripheral Neuropathy, call today and schedule a no risk visit with Dr. Dooman. If you are experiencing severe pain, take action now! Don't let pain control your life!

The Solution: The latest FDA Cleared Neuropathy treatment

Our new program for treating Peripheral Neuropathy is a



Suffering from the misery of Neuropathy?

Symptoms of Neuropathy:

- Numbness
- Burning pain
- Leg cramping
- Sharp electrical-like pain
- Pain when you walk
- Difficulty sleeping from leg & foot discomfort
- Prickling or tingling of the feet or hands

PATIENTS FLOOD OFFICE OF DR. DOOMAN FOR LATEST FDA CLEARED TREATMENT

"If you suffer from pain due to Peripheral Neuropathy; tingling, numbness, burning, or you can't feel your feet, I invite you to call our office and schedule an appointment to learn more about the latest treatment available. Countless Americans suffer from Peripheral Neuropathy, a condition caused by damage to the nerves. Whether it's work, play or time spent with the family, Neuropathy pain ultimately lowers your quality of life by affecting everything that you do. I am here to tell you that there is hope. You can get rid of your pain and get your life back. We offer some of the most advanced programs available and our goal is to help you have a better quality of life. We are so confident that we can help you, we are offering a FREE Consultation/Evaluation. There is no obligation, and the only thing you have to lose is your pain."

There are many symptoms of Peripheral Neuropathy, which is essentially damage to the peripheral nerve system. Some Peripheral Neuropathy sufferers describe it as wearing an invisible 'sock' of pins and needles, burning pain or extreme electric-like sensitivity to touch. Others report the sensation of walking on broken glass or thumbtacks.

If you suffer from Peripheral Neuropathy, change your life today by being one of the first 25 callers.

The FREE 4-Point Qualifying Assessment

No charge at all and you don't need to buy anything. But you will find out if you qualify for this revolutionary new therapy. You won't leave our office wondering if it's something that could have helped you get rid of your pain. During your assessment, we'll check out your: pain levels, reflex response, balance & risk of fall assessment and a complete quantitative & qualitative examination.

What are Patients Saying?

Since receiving my treatment for neuropathy in my feet and legs, I have experienced wonderful results within the hot burning pain in my right leg. It was horrible pain, almost to the point of stopping almost all of my activities that involved walking. Now with the treatment most of the pain is gone with no use of pain medication. I love this place. All of the staff are wonderful!

D.H. Camarillo, CA

Well where do I begin? I suffered severely with Neuropathy in both of my feet. It was both annoying and painful. When Dr. Dooman suggested he could help me I almost laughed. Yes I was skeptical but thank you to the good Dr. Dooman and his superior staff I decided to give it a try. Oh my goodness here I am after the last treatment I am walking around with no cane and wearing any kind of shoe I want. These include heels and sandals. Now who could ask for anything more than that!!

The first day I came to Dr. Dooman's office I could barely walk and I arrived with bedroom slippers on. So I want you to take a chance and feel better whether it's back, neck, shoulder, leg or foot pain. Let the CAMARILLO SPINE & NERVE INSTITUTE relieve your pain. Give it to the Dr. and his excellent staff and you will feel good as soon as you walk in the door and meet them. What a great experience you will have. I can say that because I had that very great experience.

*Sincerely,
R.B. Newbury Park, CA*

Are you a candidate for Peripheral Neuropathy treatment?

There are several symptoms that can be treated including burning pain, shooting pain, balance problems, sensations of walking on broken glass and much more. If you have pain in your feet or legs, you may have Peripheral Neuropathy.

Why Dr. Dooman?

Dr. Dooman offers some of the most advanced non-surgical FDA cleared procedures for relieving chronic pain. You will find the latest technology used to customize a program specifically for your needs and conditions. We offer programs and procedures that will improve your health with the utmost safety and precision. Dr. Dooman will provide you with an accurate diagnosis and recommend a program that best fits your needs. If you are serious about finding a lasting solution to your chronic pain, you owe it to yourself to call Dr. Dooman's office for a complimentary consultation. By careful evaluation of your condition and intensive training, Dr. Dooman will design a treatment specifically tailored to your individual needs. From your first visit when you meet our friendly staff and complete a tour of the office, you will get a sense of our deep commitment to your health and to you as a person.

FREE
CONSULTATION/EXAMINATION
FOR THE FIRST 25 CALLERS!

If you have been suffering from any of these symptoms of Neuropathy I urge you to call and schedule your free consult with Dr. Dooman.

Call Today! 888-240-1077

Dr. Edmond Dooman, D.C. • Camarillo Spine & Nerve Institute
4087 Mission Oaks Blvd. Building P, Suite B Camarillo, CA 93012
www.camarillospineandnerveinstitute.com

200 S. Wells Road, Suite 100
Ventura, CA 93004
805-647-6322
www.clinicas.org
See ad page 26

Physical Therapists

Darancare Health Corp.

4820 Adohr Lane, Suite C
Camarillo, CA 93012
805-553-0870
www.darancarehealth.com

U.S. HealthWorks

1851 N. Lombard St.,
Suite 100
Oxnard, CA 93030
805-983-2234

4934 Verdugo Way

Camarillo, CA 93012
805-484-0095

Physicians

Clinicas

Clinic sites
throughout the county
200 S. Wells Road, Suite 100
Ventura, CA 93004
805-647-6322
www.clinicas.org
See ad page 26

Physician Locator Ventura County Medical Association

805-484-6822
www.venturamedical.org

Radiology

Grossman Imaging Centers

805-988-0616
2001 N. Solar Drive, Suite 135
Oxnard, CA 93036

2151 Gonzalez Road,
Suite 101
Oxnard, CA 93036

2705 Loma Vista Road,
Suite 100
Ventura, CA 93003

2900 Loma Vista Road,
Suite 101
Ventura, CA 93003
See ad page 49

Radiation Oncology

Grossman Imaging Centers

805-988-0616

2001 N. Solar Drive, Suite 135
Oxnard, CA 93036

2151 Gonzalez Road,
Suite 101
Oxnard, CA 93036

2705 Loma Vista Road,
Suite 100
Ventura, CA 93003

2900 Loma Vista Road,
Suite 101
Ventura, CA 93003
See ad page 49

Radiation Oncology Centers of Ventura County

Timothy A. O'Connor, M.D.
Henry Z. Montes, M.D.
www.rocvc.com

1700 N. Rose Ave. Suite 120

Wait in waiting room.

Wait at home.

Online ER Waiting Service™

No one likes waiting, especially in the ER. That's why, at Dignity Health St. John's Hospitals in Oxnard and Camarillo, you can get an estimated treatment time online and even wait at home. Because when you're not feeling well, being at home is always the kinder option.

To begin, visit stjohnsER.org.

Hello humankindness™

InQuicker is intended for individuals with non-life and non-limb threatening medical conditions.

POWERED BY InQuicker



Dignity Health.
St. John's Hospitals

Oxnard, CA 93030
805-988-2657

5301 Mission Oaks Blvd.
Camarillo, CA 93012
805-484-1919
See ad page 3

Rehabilitation Specialists

Coastal View Healthcare Center

4904 Telegraph Road
Ventura, CA 93003
805-642-4101
See ad page 42

Vista Cove Care Center at Santa Paula

250 March St.
Santa Paula, CA 93060
805-525-7134
vistacove.net

Skilled Nursing Facilities

Coastal View Healthcare Center

4904 Telegraph Road
Ventura, CA 93003
805-642-4101
See ad page 42

Moorpark Health Care Center

4762 Maureen Lane
Moorpark, CA 93021
800-852-9887

Ventura Convalescent Hospital

4020 Loma Vista Road
Ventura, CA 93003
805-642-4196
vchospital.com
See ad page 45

Vista Cove Care Center at Santa Paula

250 March St.
Santa Paula, CA 93060
805-525-7134
vistacove.net

LIVING AT HOME from page 14

They may approach your loved one by saying he or she has won a prize but must pay taxes to claim it or by offering to invest your loved one's money.

Stopping scammers can be quite a challenge, especially if your loved one has come to trust the con artist and doesn't want you to know what is happening. These tips may help:

- Warn your loved one about the most common scams and how to recognize them.
- Let your loved one

know you'll always be glad to talk to them about decisions regarding donations or investments. Don't force your help, but do offer it.

Keeping track of your loved one's safety at home is one of the best gifts you can give him or her.

Mariana Conti has a BA in Clinical Psychology. She is the owner and founder of ContiCare Senior Living Referral and Placement Service. For more information, call 805-405-1424 or visit www.conticare.net.



*Early Detection Saves Lives
One of them may be yours!*



Featuring Soft Touch Mammography

- *MammoPad*, a softer, gentler technology
- *Ultrasound Guided Breast Biopsy*
- *DEXA - Bone Density*
- *Bilateral Breast MRI*
- *Breast Ultrasound*



For All of Your Imaging Needs

Grossman Imaging Centers

Accepts Most Insurance

(805) 988-0616

www.GrossmanImagingCenter.com

- *MRI/CT*
- *X-RAY*
- *OpenMRI*
- *Ultrasound*
- *PET/CT*
- *Interventional Radiology*

**Choose Grossman Imaging Center...
You have a choice!**

2001 N. Solar Dr., #135, Oxnard | 2151 E. Gonzales, #101, Oxnard
2705 Loma Vista Rd., #100, Ventura
2900 Loma Vista Road Suite 101 Ventura

Guidelines for reporting elder and dependent adult abuse

By Melanie Farber
Secretary of the Board – VCAAPC
CEO, Personal Parent Care, Inc.

Abuse of an elder or a dependent adult can include physical abuse, neglect, financial abuse, abandonment, isolation, abduction or other treatment with resulting physical harm or pain or mental suffering, or the deprivation by a care custodian of goods or services that are necessary to avoid physical harm or mental suffering.

Elder and dependent

adult abuse is on the rise in our country, with financial abuse and scams and fraud being the most common type reported. Suspected abuse can be reported anytime, anonymously to the Adult Abuse Hotline: 805-654-3200. Or call their office at 805-658-4450.

To report abuse that occurs in a residential care facility for the elderly or community care home for dependent adults, call the Ventura County Longterm Care Ombudsman at 805-656-1986.

The Ventura County Adult

Abuse Prevention Council (VCAAPC) is a nonprofit service organization dedicated to the prevention of elder and dependent adult abuse by providing education and advocacy to the citizens of Ventura County. The VCAAPC holds regular outreach

educational presentations throughout the county in English and Spanish, and has speakers available on this topic. For more information on elder and dependent adult abuse prevention, contact the VCAAPC at vcaapc@gmail.com, or call 805-765-1066.

Index of display advertisers

Aegis of Ventura	38
AlmaVia of Camarillo	35
Ascent Hearing Center	44
Audibel Hearing Center	44
Camarillo Health Care District	2, Back cover
Camarillo Helathcare	34
Camarillo Hospice Inc	23
Camarillo Spine and Nerve Institute	47
Carmen B. Marquez, P.C.	50
Clinicas	26
Coastal View Healthcare Center	42
Comfort Keepers	11
Community Memorial Hospital	43
Cypress Place Assisted Living	35
Decibel Hearing Services	42
DMV Law Firm	30
Facey Medical Group	46
Grey Law of Ventura County	30
Grossman Imaging Center	49
Healthwise Home Care Solutions	51
Homewatch CareGivers	50
Humana	40
In Your Home Care	12
Independent Capital Management	50
John A. Sinker Mortgage	36
Joseph Reardon Mortuary	24
Livingston Memorial VNA	23, 25
Open Mortgage	37
Palms at Bonaventure	36
Radiation Oncology Center	3
Robert Rey Garcia Jr. Funeral Home	28
Simi Valley Hospital	45
St. John's Regional Medical Center	48
Tender Home Care	12
VCAAA	19
Ventura Convalescent Hospital	45
Ventura County Healthcare Agency	31
Ventura Townehouse	37

Am I Outliving My Income?
 Providing Financial Solutions for Middle Income Families



Christine Sztukowski
 Investment Advisor Representative*
 Estate and Financial Planner*
805.415.3986 Direct
csztukowski@sagepointadvisor.com | www.ICMCamarillo.com



Independent Capital Management, Inc.
 770 Paseo Camarillo, Suite 130,
 Camarillo, CA 93010
 CA Insurance License #0E50230

*Securities and Investment Advisory offered through SagePoint Financial, Inc. member FINRA/SIPC and a registered investment advisor. Fixed and traditional insurance services offered through Independent Capital Management. Mortgage services offered through ICM Lending. Estate Planning services offered through Diabed Law Corporation. Independent Capital Management, ICM Lending and Diabed Law Corporation are not affiliated with SagePoint Financial, Inc. and are not registered as broker/dealer or investment advisor.

VCS13442732

Carmen B. Marquez, P.C.
Attorney and Counselor at Law



"Making Quality Estate Planning Available To Everyone."
Over 12 years of experience in Estate Planning
 • Estate Planning • Trusts & Wills •

805-915-4793 for free consultation
15% off when you mention Eldercare
 "Hablo Espanol!"
www.carmenbmarquez-pc.com • trusts@carmenbmarquez-pc.com

2655 First Street, Suite 250, Simi Valley, CA 93065
 655 N. Central Ave. 17th Floor, Glendale, CA 91203

VCS1343685



Trained, Experienced, Screened Caregivers in the home
 Call us today to learn how we can help
(805) 409-2362
kmartin@homewatchcaregivers.com
www.HomewatchCareGivers.com/thousand-oaks



VCS1343378



JCAHO Accredited
Medicare Certified
California Licensed

Available 24/7
Se Habla Español

Healthwise

Home Care Solutions, Inc.

Serving Ventura and Santa Barbara Counties
and select Los Angeles Areas

Home Health Care

Home Health Care is for patients who need skilled care to function independently at home, increase their comfort and improve overall health. They are eligible when under the care of a physician who certifies the need for one or more of the following services:

- Home Safety Evaluation
- Joint Replacement Program
- Intravenous (IV) Therapy
- Palliative Care
- Hospice
- Dietary Counseling
- Certified Home Health Aides
- Wound and Ostomy Care
- Patient & Family Education
- Post Op Care

BE WISE. BE HOME.

Skilled Nursing
Physical Therapy
Occupational Therapy

Speech Therapy
Medical Social Services
Laboratory Services



Suzanne Fussell MD
Owner/CEO

medicare and private insurance accepted

ph: 805 983-0086 fax: 805 983-0079

www.healthwisehcsi.com



**Open House
Oct. 22**

Enrolling Now!



Adult Day Center Has Doubled In Size

**CAMARILLO
HEALTH
CARE
DISTRICT** 

For your health & wellness

3639 E. Las Posas Road
Suite 117

Camarillo, CA 93010

(805) 388-1952

www.camhealth.com

- **Innovations in technology** link family and friends near and far via Skype and email opportunities
- **Person-centered approach** in caring for the unique physical, emotional, and social needs of participants and their caregivers
- **Touchscreen brain fitness programs** strengthen attention, focus and concentration
- **Wireless medical diagnostic systems** including blood pressure monitoring, weight, pulse oximetry and blood glucose allow family access to the readings from work or home
- **Renovated kitchen** offers a comfortable, home-like atmosphere with a kitchen island for interactive meal preparation, appetite stimulation and aroma therapy
- **Art, music, and pet therapy**, intergenerational programs, creative craft projects, reminiscing experiences, evidence-based exercise programs, and disease-specific programs
- **Prevent or postpone long-term-care placement** as participants stay mentally and physically active, reduce isolation, improve health, delay decline
- **State-of-the-art egress** and wandering notification systems provide additional peace of mind at the center and at home

Is your loved one ready for an Adult Day Center?

Is your loved one experiencing these signs of aging . . .

	YES	NO
Difficulty socializing?	<input type="radio"/>	<input type="radio"/>
Show signs of depression or anxiety?	<input type="radio"/>	<input type="radio"/>
Been diagnosed with Alzheimer's or dementia?	<input type="radio"/>	<input type="radio"/>
Experience long or short term memory loss?	<input type="radio"/>	<input type="radio"/>
Require assistance with personal needs, such as, meal prep and bathroom care?	<input type="radio"/>	<input type="radio"/>
Need assistance with medications?	<input type="radio"/>	<input type="radio"/>

Are you, as the caregiver . . .

Worried about your loved one's safety when left home alone?	<input type="radio"/>	<input type="radio"/>
Stressed and unable to pursue personal interests?	<input type="radio"/>	<input type="radio"/>

If you answered, "YES," to two or more questions, it is likely that our **ADULT DAY CENTER** has something to offer your loved one.



Innovation. Renovation. Transformation.