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.

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

Now let us take care of 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

1.800.900.8582

www.camhealth.com Find us on Facebook

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

Now let us take care of you!
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.
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.venturacountyeldercrecare.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
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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

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

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P.O. Box 6006
Camarillo, CA 93011
VenturaCountyEldercare.com

The inclusion of advertising, logos or website 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.
Education

Camarillo Health Care District
3639 E. Las Posas Road, Suite 117
Camarillo, CA 93010
805-388-1952, ext. 100
www.camhealth.com
See ad 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.oxnardadulted.us/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.simitec.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

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 ad 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

City of Fillmore Parks & Recreation Dept. Senior Center
535 Santa Clara Ave.
Fillmore, CA 93015
805-524-4533
www.fillmoreca.gov/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.crpd.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
Orvane 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

City of Simi Valley Community Services
Senior Center Senior Excursions
3900 Avenida Simi
Simi Valley, CA 93063
805-583-6363

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.crpd.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
Comfort Keepers is a World Leader. Over 700 Offices

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Comfort Keepers Is the READER'S CHOICE AWARD Winner!

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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!

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

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

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

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
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.meloshomeminecraft.blogspot.com

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.simivalley.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

BrightStar Care Conejo Valley
516 Pennfield 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 118
Camarillo, CA 93010
805-389-6870
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
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

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

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 ad page 2, back cover

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
805-510-2020
www.ventura.org/vcaaa
See ad page 19

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 ad page 2, back cover

Disability Services

El Concilio del Condado de

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.crpd.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

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

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

Salvation Army Food Bank

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

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

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
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
805-482-4881
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.helpfojai.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.”
<table>
<thead>
<tr>
<th>Community Resources</th>
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</table>
| **Simi Valley Senior Center**  
3900 Avenida Simi  
Simi Valley, CA 93063  
805-583-6363  
www.ci.simivalley.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 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 | **Camarillo Volunteer Hospice and Grief Counseling Center**  
400 Rosewood Ave., Suite 102  
Camarillo, CA 93010  
805-389-6870  
camarillohospice.org  
See ad page 23 |
| **American Red Cross**  
Ventura County Executive Headquarters  
836 Calle Plano  
Camarillo, CA 93012  
805-987-1514  
www.arcventura.org | **Coast Caregiver Resource Center**  
1528 Chapala St., Suite 302  
Santa Barbara, CA 93101  
805-962-3600 |
| **Arthritis Foundation**  
2253 Las Positas Road, Suite A | **Kids and Families Together**  
Kinship Support Services Program  
856 E. Thompson Blvd.  
Ventura, CA 93001  
805-643-1446  
www.kidsandfamilies.org |
| **Life After Brain Injury**  
P.O. Box 1556  
Thousand Oaks, CA 91358  
805-493-5555  
LifeAfterBl@gmail.com | **Leukemia & Lymphoma Society**  
Greater Los Angeles Chapter  
6033 W. Century Blvd., Suite 300  
Los Angeles, CA 90045  
310-342-5800  
www.leukemia.org |
| **Muscular Dystrophy Association**  
ALS Division  
Midstate Division  
5638 Hollister Ave.  
Goleta, CA 93117  
805-560-7651  
www.als-md.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 | **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

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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

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

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/vcaaa/hicap-volunteering77-7
See ad page 19

Ventura County Volunteer Coordinators Council
www.vcvcc.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
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Hospice Care

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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

See ads page 23, 25

Hospice of the Conejo
80 E. Hillcrest Drive, Suite 204

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

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

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

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

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
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- 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

Ask us about education and enrollment services regarding the Affordable Care Act, Medi-Cal, and other programs!
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.
30 | 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

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- SSI
- Medi-Cal
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- 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

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

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

Estate & Property Attorneys

The Alvarez Firm
Christopher P. Young, Esq.
Offices in Ventura County and Calabasas
805-246-7272

Carmen B. Marquez, P.C.
Attorney and Counselor at Law
2655 First St., Suite 250
Simi Valley, CA 93065
805-915-4793
www.carmenbmarquez-pc.com
See ad page 19

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

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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.

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

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

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- Comprehensive medical clinic system throughout the County
- Nutrition education
- Smoking cessation programs
- Mammograms, cholesterol checks and more

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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

32 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

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
Conjeofreeclinic.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
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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
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
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or www.GlenwoodCareCenter.com

34 | HOUSING

Active Senior Communities

Cypress Place
Senior Living
1200 Cypress Point Lane
Ventura, CA 93003
805-650-8000
www.cypressplace
seniorliving.com
See ad page 35

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

Cypress Place
Senior Living
1200 Cypress Point Lane
Ventura, CA 93003
805-650-8000
www.cypressplace
seniorliving.com
See ad page 35

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

Glenwood Care Center
1300 N. C St.
Oxnard, CA 93030
805-983-0305
www.glenwood
carecenter.com
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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

Home Rehabilitation

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

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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.
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www.ventura.org/human-services-agency
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805-650-5993

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FHA Reverse Mortgage
programs for seniors
62 and older

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805-933-8300

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October 2013
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It’s a blessing to have them with us, but for me, it’s also like adding two more kid’s worth of work.

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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.

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See page 19

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See ad page 48

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

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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.

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Many patients have been frustrated by traditional care, only to find that their symptoms continue to get 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!

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Are you a candidate for Peripheral Neuropathy treatment?

There are several benefits 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.

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

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
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“Please note that the contents of this advertisement are paid for by the advertiser and do not constitute medical advice or recommendation of any kind. Any patient who has been injured, has a medical condition, or is considering medical treatment is advised to consult with a licensed and qualified health professional.”
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.
### Medical Services | 49

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<tr>
<th>Location</th>
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<td>Oxnard, CA 93030</td>
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**Skilled Nursing Facilities**

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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.

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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.
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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
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- Palliative Care
- Hospice
- Dietary Counseling
- Certified Home Health Aides
- Wound and Ostomy Care
- Patient & Family Education
- Post Op Care

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Adult Day Center Has Doubled In Size

- 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…

- Difficulty socializing?
- Show signs of depression or anxiety?
- Been diagnosed with Alzheimer’s or dementia?
- Experience long or short term memory loss?
- Require assistance with personal needs, such as, meal prep and bathroom care?
- Need assistance with medications?

Are you, as the caregiver…

- Worried about your loved one’s safety when left home alone?
- Stressed and unable to pursue personal interests?

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