VENTURA COUNTY

AREA AGENCY ON AGING
To Serve. To Guide. To Envision.

WE ARE YOUR SOURCE FOR
Assistance, Information & Referrals

NOT just FOR SENIORS ANYMORE!

800-510-2020
805-477-7300
vcaaa.org

Connect with us:
@VCAAAging @VC_AAA Ventura County Area Agency on Aging

WHAT WE DO FOR

Older Adults, PEOPLE WITH Disabilities AND THEIR Caregivers

• Aging & Disability Resource Center (ADRC)
• Benefit Enrollment Center (BEC)
• Case Management
• Education
• Elder Care
• Elder Abuse
• Evidence-Based Health Programs
• Fall Prevention
• Family Caregiver Assistance
• Financial Abuse – Fraud
• Health Insurance & Medicare Counseling (HICAP)
• In-Home Care Services
• HomeShare
• Housing
• Legal Assistance
• Long-Term Care Services
• Respite Care
• Senior Meals & Nutrition
• Transportation
CONTENTS

Active Living
LISTINGS ................................................................. 6
Education and Employment Training • Libraries • Fitness,
Exercise, and Recreation • Travel Programs and Trips
Senior Centers .......................................................... 7
Volunteer Opportunities .................................................. 9
THE VENTURA COUNTY
Elderly Fall Prevention Coalition ...................................... 10
The Heart of a Volunteer .................................................... 14
Becoming an Agent of Change .............................................. 15

Caregiving
LISTINGS ................................................................. 16
Adult Day Care • Caregiver Support • Geriatric Case
Management • Home Healthcare and In-Home Care
Services • Personal Emergency and Lifeline Systems
Healthy Living Tip: Medication Management .......................... 17
Bringing Awareness to Elder Abuse ...................................... 19
Making Aging in Place the New Normal .................................. 20
Caregiving: Senior Concerns, Catholic Charities –
OASIS, The Wellness & Caregiver Center of VC ...................... 22

Community Resources
LISTINGS ................................................................. 24
Advocacy Groups • Disaster Services • Information
& Assistance • Services for People with Disabilities
• Support Groups • Transportation
Nutrition Programs & Food Providers .................................... 25
Human Services Agency ..................................................... 26
When You Need Help With Your Pets .................................... 28
Senior Nutrition Program .................................................... 29
Feeding Ventura County ..................................................... 32
Dementia Friendly Ventura County ......................................... 34

End of Life
LISTINGS ................................................................. 35
Bereavement Services • Financial Assistance • Funeral,
Burial, and Cremation Services • Hospice Care

Financial & Legal Services
LISTINGS ................................................................. 36
Elder Abuse Prevention and Reporting • Financial
Services • Low Cost and Free Legal Assistance
Senior Scam: Investment Schemes ......................................... 37

Health Insurance
LISTINGS ................................................................. 38
Insurance Plans • Health Insurance Counseling and
Advocacy Program (HICAP)
Senior Scam: Medicare Health Insurance Fraud ....................... 38
Learning Your Medicare A, B, C’s & D’s ............................... 38

Housing
LISTINGS ................................................................. 40
Home Rehabilitation and Modification • Homeless
Persons Resources • Housing Authorities • Independent
Living Resources • Placement/Referral Services
Healthy Living Tip: Wise Breakfast Choices ............................ 42
Senior Scam: Homeowner Scams .......................................... 43
Filling the Void with HomeShare .......................................... 44

Medical Services
LISTINGS ................................................................. 46
Audiologists/Hearing Aids • Dentist/Denturist • Health
Services • Hospitals • Medical Clinics • Mental Health
Resources • Physical Therapists • Physicians
Healthy Living Tip: Immunization ......................................... 48

VISIT LIVEWell VCAAA ONLINE AT
livewellvcaaa.wordpress.com
About this guide

Welcome to the 2017-2018 Ventura County Resource Guide for senior, adults with disabilities and caregiver related services. The landscape of issues for the population we serve is continually changing, therefore the Ventura County Area Agency on Aging (VCAAA) is continually creating innovative methods and programs to enhance quality of life and provide options to safely, securely, and optimally age in place in our home, Ventura County. VCAAA’s commitment to continually evolving to meet the needs of seniors, adults with disabilities and their caregivers extends to the look and feel of our Resource Guide, formerly titled Eldercare and now titled LIVEWell.

The articles and listings in the guide are to help you and your loved ones navigate through some of the challenges we all face in our quest to maintain our independence and to provide you with tools to advocate for the services that you need to LIVEWell and age optimally.

This guide can be a valuable tool, but remember, it is just that, a guide to help you find resources. If you have specific questions or need further assistance, don’t hesitate to contact one of our Information & Assistance Specialists to assist you further. They can be reached at (805) 477-7300, 8:00 a.m. to 5:00 p.m., Monday – Friday and are trained to connect you to the multitude of resources available in Ventura County and can arm you with the information you need to make those important life decisions.

Pick up your Ventura County Resource Guide, LIVEWell at markets, senior centers, libraries and many other locations around the County or from the VCAAA offices. You can also find this information online at www.vcaaa.org.

Respectfully,

VICTORIA JUMP, Director
Ventura County Area Agency on Aging
A legal information workshop for older adults.

L.I.F.E.
Legal Information For Elders

To schedule a workshop or register for a class, please call (805) 477-7300
Active Living

Education and Employment Training • Fitness, Exercise and Recreation • Libraries • Travel Programs and Trips

EDUCATION AND EMPLOYMENT TRAINING

Conejo Valley Adult School
1025 Old Farm Road
Thousand Oaks, CA 91360
(805) 497-2761
www.conejoadultschool.org/
Generalclasses/adultenrichment.htm

Department of Rehabilitation
OXNARD
1701 Pacific Avenue Ste. 120
Oxnard, CA 93033
(805) 263-2680

THOUSAND OAKS
101 Hodencamp Rd., Ste. 212
Thousand Oaks, CA 91360
(805) 371-6293

Goodwill Industries
130 Lombard St.
Oxnard, CA 93030
(805) 981-0130
www.goodwillvsb.org

Literacy Outreach Program
251 South A Street (Second Floor)
Oxnard, CA 93030
(805) 385-7536
www.oxnard.org/library/literacy-outreach-program

America’s Job Center of California
www.workforceventuracounty.org/
job-seekers/employment-services

WEST OXNARD
2901 North Ventura Road 3rd floor
Oxnard, CA 93036
(800) 500-7705

EAST COUNTY
2900 Madera Road
Simi Valley, CA 93065
(800) 500-7705

National Association for Hispanic Elderly
315 South C Street
Oxnard, CA 93030
(805) 240-7771
www.anppm.org

Osher Lifelong Learning Institute
One University Drive, Sage Hall 2109
Camarillo, CA 93012
(805) 437-2748, option #6
http://ext.csuci.edu/programs/osopher-lifelong-learning-institute/index.htm

Oxnard Adult School
1101 West 2nd Street
Oxnard, CA 93030
(805) 385-2578
www.oxnardadulted.us

Senior Community Service Employment Program
(805) 654-5239
www.aging.ca.gov/
ProgramsProviders/SCSEP

Simi Institute for Careers and Education
1880 Blackstock Avenue
Simi Valley, CA 93065
(805) 579-6200
http://simiinstitute.org/

Ventura Adult and Continuing Education
5200 Valentine Road
Ventura, CA 93003
(805) 289-7925
www.adultedventura.edu

Ventura County Community College District
761 East Daily Drive
Camarillo, CA 93010
(805) 652-5500
www.vcccd.edu

MOORPARK COLLEGE
7075 Campus Road
Moorpark, CA 93021
(805) 378 -1400
www.moorparkcollege.edu

OXNARD COLLEGE
4000 South Rose Avenue
Oxnard, CA 93033
(805) 678-5800
www.oxnardcollege.edu

VENTURA COLLEGE
4667 Telegraph Road
Ventura, CA 93003
(805) 289-6000
www.venturacollege.edu
Senior Centers are located in nearly every city in Ventura County, offering a variety of services ranging from exercise classes to meal and volunteer programs. Please call your local Senior Center to learn about specific programs offered in your area.

**Camarillo-Pleasant Valley Senior Center**
1605 E. Burnley Street
Camarillo, CA 93010
(805) 482-4881
www.pvrdp.org/recreation/senior

**Fillmore Active Adult Center**
533 Santa Clara Street
Fillmore, CA 93015
(805) 524-4533
www.fillmoreca.com

**Goebel Adult Community Center**
1385 Janss Road
Thousand Oaks, CA 91362
(805) 381-2744
www.crpd.org/programs/goebeladult/default.asp

**Moorpark Active Adult Center**
799 Moorpark Avenue
Moorpark, CA 93021
(805) 517-6200
www.moorparkca.gov/200/Active-Adult-Center

**Oxnard Wilson Senior Center**
350 North C Street
Oxnard, CA 93030
(805) 385-8028
www.oxnard.org/recreation/senior-services/senior-centers

**Palm Vista Senior Center**
801 South C Street
Oxnard, CA 93030
(805) 385-8163
www.oxnard.org/recreation/senior-services/senior-centers

**Port Hueneme - Orvene S. Carpenter Community Center**
550 Park Avenue
Port Hueneme, CA 93041
(805) 986-6542
www.ci.port-hueneme.ca.us/index.aspx?NID=410

**Santa Paula Senior Center**
530 West Main Street
Santa Paula, CA 93060
(805) 933-4226 ext. 356
www.calseniorcenters.org/counties/ventura/report/93060_759.html

**Simi Valley Senior Center**
3900 Avenida Simi
Simi Valley, CA 93063
(805) 583-6363
www.simivalley.org/departments/community-services/senior-center

**South Oxnard Senior Center**
200 East Bard Road
Oxnard, CA 93033
(805) 385-8042
www.oxnard.org/recreation/senior-services/senior-centers

**Ventura Avenue Adult Center**
550 North Ventura Avenue
Ventura, CA 93001
(805) 648-3035
www.cityofventura.ca.gov/669/Adult-Senior-Services
LIBRARIES

Albert H. Soliz Library (El Rio)
2820 Jourdan Street
Oxnard, CA 93036
(805) 485-4515
www.vencolibrary.org/
locations/albert-h-soliz-library

Alda & George Kroll Library
Wellness & Caregiver Center of Ventura County
3687 East Las Posas Road, Suite 188
Camarillo, CA 93010
(800) 900-8582
www.camhealth.com/wellness-
caregiver-center-of-ventura-county

Avenue Library
606 North Ventura Avenue
Ventura, CA 93001
(805) 643-6393
www.vencolibrary.org/
locations/avenue-library

Camarillo Library
4101 Las Posas Road
Camarillo, CA 93010
(805) 388-5222
www.camarillolibrary.org

E.P. Foster Library
651 East Main Street
Ventura, CA 93001
(805) 648-2716
www.vencolibrary.org/
locations/ep-foster-library

Fillmore Library
502 2nd Street
Fillmore, CA 93015
(805) 524-3355
www.vencolibrary.org/
locations/fillmore-library

Grant R. Brimhall
Thousand Oaks Library
1401 East Janss Road
Thousand Oaks, CA 91362
(805) 449-2660
www.tolibrary.org

Historical Museum Library
100 East Main Street
Ventura, CA 93001
(805) 653-0323 ext. 320
www.venturamuseum.org/
research-library

Meiners Oaks Library
114 North Padre Juan Avenue
Ojai, CA 93023
(805) 646-4804
www.vencolibrary.org/
locations/meiners-oaks-library

Moorpark Library
699 Moorpark Avenue
Moorpark, CA 93021
(805) 517-6370
www.moorparkca.gov/355/Library

Newbury Park
Branch Library
2331 Borchard Road
Newbury Park, CA 91320
(805) 498-2139
www.tolibrary.org

Oak Park Library
899 North Kanan Road
Oak Park, CA 91377
(818) 889-2239
www.oakparknow.com/
oak_park_library

Ojai Library
111 E Ojai Ave
Ojai, CA 93023
(805) 646-1639
www.vencolibrary.org/
locations/ojai-library

Oxnard Colonia
Branch Library
1500 Camino del Sol #26
Oxnard, CA 93030
(805) 385-8108
www.oxnard.org/library/
colonia-branch-library

Piru Library
3811 Center Street
Piru, CA 93040
(805) 521-1753
www.vencolibrary.org/
locations/piru-library

Ray D. Prueter Library
510 Park Avenue
Port Hueneme, CA 93041
(805) 486-5460
www.ci.port-hueneme.ca.us/index.
.aspx?NID=985

Saticoy Library
1292 Los Angeles Avenue
Ventura, CA 93004
(805) 671-5148
www.vencolibrary.org/
locations/saticoy-library

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

South Oxnard
Center Library
4300 Saviors Road
Oxnard, CA 93033
(805) 385-8129
www.oxnard.org/library/
south-oxnard-branch-library
VOLUNTEER OPPORTUNITIES

We rely on volunteers to deliver many services to those in our community who need extra help, an advocate or companionship. Contact the resources below or visit vcaaa.org to get involved.

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

Livingston Memorial Visiting Nurse Association
(Formerly Camarillo Hospice and Grief Counseling Center)
400 Rosewood Avenue, Suite 102
Camarillo, CA 93010
(805) 389-6870
www.camarillohospice.org

Caregivers Volunteers Assisting the Elderly
1765 Goodyear Avenue, Suite 205
Ventura, CA 93003
(805) 658-8530
www.vccaregivers.org

Conejo Valley Village
(805) 372-1826
http://conejovalleyvillage.org/

FOOD Share, Inc.
4156 Southbank Rd
Oxnard, CA 93036
(805) 983-7100
http://www.foodshare.com/

Habitat for Humanity of Ventura County
1850 Eastman Ave.
Oxnard, CA 93030
(805) 485-6065
www.habitatventura.org

Long Term Care Services of Ventura County Ombudsman Program
2021 Sperry Avenue, Suite 35
Ventura, CA 93003
(805) 656-1986
www.ombudsmanventura.org

Pleasant Valley Recreation & Park District
1605 East Burnley Street
Camarillo, CA 93010
(805) 482-1996
www.pvrpd.org

Retired Senior Volunteer Program (RSVP)
350 North C Street
Oxnard, CA 93030
(805) 385-8023
www.facebook.com/oxnardrsvp

The Samaritan Center of Simi Valley
280 Royal Avenue
Simi Valley, CA 93065
(805) 579-9166
www.thesamaritancenterofsimivalley.org

Santa Clara Valley Hospice
133 North Mill St.
Santa Paula, CA 93060
(805) 525-1333

Shop Ahoy
(805) 236-1267

United Way Volunteer Ventura County
4001 Mission Oaks Boulevard, Suite E
Camarillo, CA 93012
(805) 485-6288
www.vcunitedway.org

Ventura County Area Agency on Aging
646 County Square Drive, Suite 100
Ventura, CA 93003
(805) 477-7310
(800) 434-0222
vcaaa.org

TRAVEL PROGRAMS AND TRIPS

Automobile Club of Southern California
(800) 222-4357
www.calif.aaa.com

City of Simi Valley Community Services
Simi Valley Transit
490 West Los Angeles Avenue
Simi Valley, CA 93065
(805) 583-6456
www.simivalley.org/departments/community-services/simi-valley-transit

City of Ventura Travel Programs
Ventura City Hall
501 Poli Street, Room 226
Ventura, CA 93001
(805) 658-4726
www.cityofventura.ca.gov/969/Bus-Walking-Tours

Conejo Recreation and Park District
Goebel Adult Community Center
1385 Janss Road
Thousand Oaks, CA 91362
(805) 381-2744
www.crpd.org/programs/goebeladult/default.asp

Pleasant Valley Recreation and Park District
Senior Center
1605 East Burnley Street
Camarillo, CA 93010
(805) 482-4881
www.pvrpd.org/recreation/senior/default.asp

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www.camhealth.com

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

Caregivers Volunteers Assisting the Elderly
1765 Goodyear Avenue, Suite 205
Ventura, CA 93003
(805) 658-8530
www.vccaregivers.org

Conejo Valley Village
(805) 372-1826
http://conejovalleyvillage.org/

FOOD Share, Inc.
4156 Southbank Rd
Oxnard, CA 93036
(805) 983-7100
http://www.foodshare.com/

Habitat for Humanity of Ventura County
1850 Eastman Ave.
Oxnard, CA 93030
(805) 485-6065
www.habitatventura.org

Long Term Care Services of Ventura County Ombudsman Program
2021 Sperry Avenue, Suite 35
Ventura, CA 93003
(805) 656-1986
www.ombudsmanventura.org

Pleasant Valley Recreation & Park District
1605 East Burnley Street
Camarillo, CA 93010
(805) 482-1996
www.pvrpd.org

Retired Senior Volunteer Program (RSVP)
350 North C Street
Oxnard, CA 93030
(805) 385-8023
www.facebook.com/oxnardrsvp

The Samaritan Center of Simi Valley
280 Royal Avenue
Simi Valley, CA 93065
(805) 579-9166
www.thesamaritancenterofsimivalley.org

Santa Clara Valley Hospice
133 North Mill St.
Santa Paula, CA 93060
(805) 525-1333

Shop Ahoy
(805) 236-1267

United Way Volunteer Ventura County
4001 Mission Oaks Boulevard, Suite E
Camarillo, CA 93012
(805) 485-6288
www.vcunitedway.org

Ventura County Area Agency on Aging
646 County Square Drive, Suite 100
Ventura, CA 93003
(805) 477-7310
(800) 434-0222
vcaaa.org
Statistics have proven that the world’s population is getting older. While the standard definition of an older adult/elderly individual is considered to be anyone 65 years or above, some older individuals satisfy the criteria that “65 is the new 55” by keeping themselves active and preventing unnecessary falls. The world’s elderly population will increase from 11 percent to 20 percent by 2020. Similarly, the elderly population in Ventura County will rise from 13.5 percent to above 20 percent. Ventura County’s population is about 850,000, of which 114,000 are elderly. Based on projected statistics, the elderly population will rise proportionately to above 169,000 by 2020.

The Elderly Fall Prevention Coalition (EFPC) has been in existence since 2013. This coalition was formed due to a review of countywide statistics depicting a large number of elderly falls resulting in significant life-changing injuries, particularly in home settings. As an injury prevention effort, Ventura County Medical Center (VCMC) – Ventura’s west county adult level II trauma center – took the lead in promoting formation of the coalition, with a goal of decreasing the county’s elderly morbidity and mortality, based on tracking local data in comparison to national data. Even though the east county has a higher number of older individuals who
Seniors are encouraged to participate in evidence-based classes that have been vetted and proven to help maintain balance, equilibrium, and overall strength.

fall, we felt that forming a countywide multidisciplinary coalition to create awareness was prudent. Ventura’s east county trauma center, Los Robles Hospital and Medical Center (LRHMC) is also on board. Our initial goal was to decrease repeated falls, but soon resorted to aim for prevention of primary falls.

This coalition is a union of more than 30 organizations; including, but not limited to: Both trauma centers, EMS (all ambulance providers and fire departments), Ventura County Area Agency on Aging (VCAAA), Ventura County Board of Supervisors (VC-BOS), Public Health, all other trauma and non trauma hospitals in Ventura County, and numerous home health/other agencies highly vested in improving the care of the elderly.

In 2014 and 2015, over 12,000 older adults in Ventura County suffered injuries from falls serious enough to result in a 911 call and Emergency Medical Services (EMS) involvement, while a fraction were hospitalized. Noteworthy, is the fact that 65 – 70% of falls occurred in the elders’ homes. Falls are the leading cause of injury deaths among people over 65. They are also a leading cause of doctor visits, hospital admissions, and emergency department visits. Every 29 minutes, an older adult dies from a fall, while an older adult is treated in an emergency department every 15 seconds from a fall-related injury. Falls are the number 1 cause of injury deaths, unintentional injuries, and hospital admissions. While 1 in 3 adults above 65 will fall each year, the number increases to 1 in 2 adults over the age of 80.

In the aim to raise awareness, the EFPC conducts multiple presentations at churches, senior organizations, and local/state/national conferences. In 2013, the coalition began putting on yearly conferences on fall prevention measures, both in English and Spanish. To date, the total number of English forums held is 4, while bilingual forums is 3. Our annual English fall prevention forum was held in September 2017, coinciding with the National Falls Awareness Week.

The coalition created the Elderly Fall Prevention Program (EFPP), which involves beginning the process of falls awareness in the field. A pilot program was initiated in the west section of Ventura County, in July 2014 – involving three hospitals [VCMC, Community Memorial Hospital (CMH), and Ojai Valley Community Hospital (OVCH)]. Upon responding to a 911 call, the EMS providers determine whether the individual’s call is truly fall related. If it is (and the individual is not critical), a rapid home assessment is conducted to determine if the individual will benefit from certain mitigation measures involving hallway clutter, poor lighting, or improperly placed rugs, etc. If the patient is not transported to the Emergency Department (ED), fall prevention literature is left in the home. If the patient is transported to the ED, similar information is imparted before the patient is discharged home. Once the patient arrives in the ED, he/she is evaluated by experts
Limited funding was obtained from a public health grant, to enable us to provide the evidence-based classes.

Based on the above improvement in elderly morbidity and mortality, raising awareness, and exponential increase in popularity of EBCs, we conclude that institution of the EFPP through the EFPC is a way of performance improvement in an area where we identified a deficit in our system. In this respect, other counties may choose to duplicate our model. Further funding will be required to expand the program to the entirety of Ventura County. It is commendable that VCAAA has been an integral part of making this venture a success. The coalition/program will also not be successful without efforts from all hospitals in Ventura County, numerous community-based organizations, and the Ventura County Board of Supervisors.

For further information on the fall prevention program, please log on to www.fallpreventionprogram@ventura.org, or call: (805) 477-7343.
WE ARE HERE TO HELP YOU STAY SAFE IN YOUR HOME!

FALL FACTS:
• One out of three older adults (those aged 65 or older) falls each year, but less than half talk to their healthcare providers about it.
• Every half hour an older adult dies as the result of a fall.
• Most falls occur at home.

RISK FACTORS:
• Over 65 years of age
• Poor balance and strength
• Taking 5 or more prescription medications
• Vision impairments
• Environmental hazards

What can you do?

TO MAKE YOUR HOME SAFER:
☐ Remove tripping hazards (i.e. shoes, papers, pet toys)
☐ Home modifications (i.e. grab bars)
☐ Use non-slip rubber mats in tub or shower.
☐ Remove throw rugs or tape them in place.
☐ Move furniture and clutter to create clear pathways.
☐ Increase lighting.

TO HELP YOURSELF PREVENT FALLING:
☐ Stay as physically active as you can – build your balance, strength and flexibility
☐ Review your medications with your healthcare provider
☐ Keep your healthcare providers informed of any falls or hospital visits
☐ Get your vision checked regularly and update your eyeglasses when needed
☐ Keep your family and friends informed – ask for help when you need it

If you check off these items, you will make yourself and your home safer right away!

HOW CAN THE FALL PREVENTION PROGRAM HELP?
• Home Safety Assessments
• Information, Resources and Referrals
• Education
• Workshops and Presentations
• Advocacy

Please call (805) 477-7343 or email fall.prevention.program@ventura.org for more information on how we can help you.
Are you retired? Out of work? Want to make new friends? Learn new skills or help others? Volunteering can help you achieve your goals.

"Strive not to be a success but rather to be of value." - ALBERT EINSTEIN

We can all do more, whether it’s one hour a week or one hour a month.

Helping others can give a greater sense of purpose not only to you, but to your recipients. Whether you read to a senior or a child, visit or phone a senior on a regular basis, hold a sick person’s hand or become an advocate for an individual, you get great satisfaction and personal rewards by helping others. You may even develop a new sense of purpose and become more mentally stimulated by making “a happier you.”

The work that is done on a daily basis at the Ventura County Area Agency on Aging is highly successful, in part, because of the volunteers who serve the clients who walk into the office each and every day. Whether it’s through the Agency’s HICAP (Health Insurance and Advocacy Program), the Senior Nutrition Program, HomeShare, Information & Assistance, or as a member of the Advisory Council, the volunteers who have chosen to work at the VCAAA have become a crucial element in serving seniors, their caregivers, and adults with disabilities. The need for volunteers will only grow as the Baby Boomers come into their senior years.

Volunteering is a wonderful way to learn new skills while making new friends. You can learn more about computers by doing office work, improve your cooking skills at a homeless shelter, or learn more about animals at an animal shelter. The possibilities are endless. When you’ve found the right volunteer opportunity, you’ll discover that you develop a sense of belonging and worthiness. Helping others gives us a sense of pride and accomplishment.

According to the Corporation for National and Community Services, “those who volunteer have lower mortality rates, greater functional abilities and lower rate for depression later in life than those who do not volunteer.” Wherever there is a need, you’ll find that the most rewarding way to live a happy life is to simply ask, “how can I help?” It will be a win-win for all involved.

Much of the volunteer work that is completed at the VCAAA, especially with regard to the Advisory Council and HICAP, is heavily focused on advocacy for the clients that the Agency serves. The volunteers are a voice for those silenced by a number of conditions, and that voice can dramatically increase the quality of life for seniors and adults with disabilities in Ventura County.

For more information, or to learn about volunteer opportunities at the VCAAA, visit vcaaa.org.

“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.” - MAYA ANGELOU
Becoming an Agent of Change

BY LENNIS HAMPTON-DARING, ED.D.

Ventura is a county of 2,208 square miles with a total population of nearly 850,000—a lot of people with a lot of needs. Each community within the county has numerous organizations and activities that depend on volunteers for a variety of crucial services. This is particularly true in our current financial situation with numerous budget cutbacks.

Volunteering is a way to help save many of these local programs and resources.

The work of a volunteer is a large part of the American way of life, which started with the early settlers of the new, unexplored country. That way of life continues today. Early in our society it was a part of assisting your neighbor to build a barn, plant a crop, a garden, or even harvest that crop or garden. In today’s world it is still helping your neighbor, but the demands of life, and therefore the needs, have changed dramatically.

Many seniors in our current society find themselves retired with time on their hands, looking for a way to pay it forward to their community. They have also spent years in the business world and have gained certain skills they do not want to lose. Those skills can continue to be nurtured and challenged by work as a volunteer.

Volunteering can be an invigorating experience that involves leaving a positive impact on those with which you come in contact. Volunteering can also serve as a powerful form of therapy. Many studies indicate that volunteers feel healthier and happier. The involvement is fulfilling and they feel in touch and in step with others.

Work as a volunteer gives individuals an opportunity to chase their dreams by doing something they’ve always wanted to do but did not have time or the opportunity to do. It provides the chance to learn a new skill or set of skills. And most importantly it often changes a life.

As a volunteer, I encourage you to be an agent of change by becoming a volunteer.
Caregiving

Adult Day Care • Caregiver Support • Geriatric Case Management • Home Healthcare and In-Home Care Services • Personal Emergency and Lifeline Systems

ADULT DAY CARE

Millennium Care Adult Day Health Care Center
2150 Winifred St.
Simi Valley, CA 93063
(805) 583-0859
www.advancedadhc.com

Oxnard Family Circle
2100 Outlet Center Drive
Oxnard, CA 93036
(805) 385-4180
http://oxnardfamilycircle.com/

Senior Concerns
Adult Day Program
401 Hodencamp Road
Thousand Oaks, CA 91360-5467
(805) 497-0189
www.seniorconcerns.org

Ventura County Adult Day Health Care
1700 North Lombard Street, #150
Oxnard, CA 93030
(805) 278-4321
www.vcadhc.com

CAREGIVER SUPPORT

Caregiver Support Center East Ventura County
Senior Concerns
401 Hodencamp Road
Thousand Oaks, CA 91360-5467
(855) 318-5921
www.seniorconcerns.org/
caregiver-support-center-and-care-management-services

Coast Caregiver Resource Center
(805) 492-0601
www.cottagehealth.org/services/rehabilitation/caregiver-services

Spanish-Speaking Family Caregiver Resource Center
Catholic Charities
201 North 10th St. Suite D,
Santa Paula, CA 93060
486-2900 x302

Wellness & Caregiver Center of West Ventura County
3687 East Las Posas Road, Building H
Suite 188, Camarillo, CA 93010
(800) 900-8582
www.camhealth.com/wellness-caregiver-centerof-ventura-county

GERIATRIC CASE MANAGEMENT

Aging Life Care Association
National Association
3275 W. Ina Road, Suite 130
Tucson, AZ 85741-2198
Phone: (520) 881-8008
Fax: (520) 325-7925
www.aginglifecare.org

Catholic Charities — O.A.S.I.S.
Older Adults Services & Intervention System
25 North Las Posas Road,
Camarillo, CA 93010
(805) 987-2083
www.angelfire.com/ca/CatholicCharities
TIPS FOR HEALTHY LIVING

Medication MANAGEMENT

The importance of medication management cannot be overstated. While we’ve quickly become used to the idea of taking more and more vitamins and pills each day, this has a number of potential health hazards. What can be done to help you take medications safely?

1. Make sure the pharmacy label says why you are taking the prescription.
2. Create and maintain an up-to-date medication list (including over-the-counter drugs and herbal supplements) and bring the list to the doctor with you.
3. Ask your provider if the dosage is age-appropriate.
4. Talk to the pharmacist and ask questions. Learn about the potential side effects, dosage, proper storage, and anything else that will help you take medications correctly.
5. Get a second opinion if you are uncertain.
6. Be aware of medications deemed unsafe for the elderly.
7. Know the side effect profile of your medications. If you notice health changes, contact your physician.
8. Tell your provider about any previous adverse drug effects.
9. Closely monitor medication compliance in the cognitively impaired.
10. Minimize the number of providers and pharmacists you use.

County of Ventura
Human Services Agency

MISSION
We strengthen families, support self-sufficiency and promote safety, health and well being.

www.vchsa.org  (866) 904-9362

Visit us online or call to learn about:
• Adult Protective Services
• In-Home Supportive Services
• Public Guardian & Public Administrator
• Long-Term Care Medi-Cal
• CalFresh (food assistance) and more
If you are considering private pay services through a care agency, here are some questions to ask:

1. What is the hourly fee and minimum amount of hours for hire?
2. Does this fee include taxes, workers compensation, Social Security?
3. Are your employees bonded?
4. Are there additional charges for weekends, nights, and/or holidays?
5. Who pays the employee: patient or agency?
   How often are services billed?
6. What type of duties will the employee be able to perform?
Abuse can be physical, sexual, emotional or financial in nature. It can also surface as neglect, isolation, abduction or abandonment by a caretaker. Abuse doesn’t always take place at the hands of a stranger. Friends, neighbors and even family members can commit abuse and neglect.

APS also investigates self-neglect, which can occur when vulnerable adults are no longer able to meet their own needs. Some may become unable to manage their medical care or medications. Others may allow their homes to become hoarded or fall into disrepair. Still others may forget to pay their bills, or even forget to eat and drink sufficiently.

The goal of the APS program is to eliminate or reduce health, safety and well-being issues so that elders and dependent adults may live safely in their homes. APS social workers assess the person at risk and his or her entire situation. For example, if a report is received about suspected financial abuse, APS social workers will not only investigate money matters, but will ensure that the elder or dependent adult has plenty of food, working utilities, a doctor, medications and linkages to other services to improve safety, health and well-being. Since APS is a voluntary program, individuals may choose to accept help only if they are comfortable with it.

Financial abuse continues to be the most frequent type of elder abuse in Ventura County – an unfortunate five-year trend in our community. Increasing awareness about scams is critical for reducing financial abuse. Financial scams often involve phony romances; calls from individuals pretending to be grandchildren in distress; demands for fees in order to claim bogus prizes; false promises of foreign lottery winnings; manufactured email requests for banking information; and threats from individuals impersonating tax or debt collectors. Many scammers are now demanding payment in the form of brand name gift cards or prepaid cards for online retailers.

With family members comprising 60-70% of suspected abusers, vulnerable adults may also need to protect their assets from those from within their own families. APS can assist with restraining orders, changing bank accounts, and linkages to law enforcement or legal services.

In addition to assisting individual victims of abuse, APS also serves the broader community by providing outreach and educational information. APS is available to provide in-person workshops to mandated reporters including health practitioners and care providers, as well as to senior groups and the general public regarding signs of abuse, how to protect oneself, and how to report suspected abuse.

We all deserve to lead happy and healthy lives free from abuse as we age, yet older people are mistreated more often than we think.

IF YOU SUSPECT elder or dependent adult abuse or neglect, call APS’ 24-Hour Abuse Reporting Hotline at 805-654-3200. To request outreach and education information, call APS at 805-658-4453.
Have you experienced the frustration associated with getting the help you need to remain independent?

The Independent Living Resource Center and the Area Agency on Aging understand and are working to make independence and aging in place the new normal.

BY DANIELLE ANDERSON
Executive Director, Independent Living Resource Center (ILRC)
The Independent Living Resource Center is a nonprofit organization that serves individuals of all ages and income levels with any disability. Following the Independent Living Philosophy, we work on your goals with you as a team. Assistance available includes applying for/locating accessible and affordable housing, Assistive Technology, Social Security benefits, a personal assistant registry, the Older Individuals who are Blind program, individual and community advocacy, and more services with an over-arching goal to increase or remain as independent as possible.

As core partners with the Ventura County Area Agency on Aging, we have established the Ventura County Aging and Disability Resource Center. In addition to these two organizations, we have approximately 20 extended partners involved in our network. Through these partnerships, the Ventura County Aging and Disability Resource Center can help seniors, individuals with disabilities, and caregivers to assistance related to housing, transportation, veteran’s services, food, and more.

The main focus of the Ventura County Aging and Disability Resource Center is to bridge the existing gap in services between the aging and disability communities.

**What does that really mean?**

We never want to hear another person say, “I called everywhere and no one would help me.” If you call the Independent Living Resource Center or the Ventura County Area Agency on Aging, you are going to speak to a real person. The person you speak to will be trained and knowledgeable about the local services available to you. Most importantly, you will not simply be given a list of phone numbers, but will either make an appointment to meet with someone from the Independent Living Resource Center or Ventura County Area Agency on Aging or will receive a phone call from a representative of an extended partner organization who has been briefed on your needs and is ready to help.

Too often do individuals feel as if they tell their story over and over again without a positive outcome. Our model allows us to connect you to services available in the least stressful and time-consuming way.

**To contact the Ventura County Aging and Disability Resource Center, please call (805) 477-7300 or (805) 650-5993.**
WHEN SAL FIRST BROUGHT BETTY
to Senior Concerns’ Adult Day Program, he was
depressed and overwhelmed in his role as caregiver
to his beloved wife. He needed respite and wanted
to give Betty the opportunity for socialization.

At first, Betty did not want to leave Sal’s side and became
very agitated. But, gradually she started to relax and grav-
itated toward the arts and crafts groups. Staff learned
how to redirect her anxiety and engage her in activities,
bringing back a purpose and quality to her day.

As Betty’s communication deteriorated, it became
harder for her to come up with the right words to
communicate her needs. She often would resist the
staff helping her. However, the staff was determined to
learn Betty’s body language so they could interpret her
needs and continue to respect her dignity.

One day, when she was particularly anxious, the
program lead, Faviola, slowly guided her toward the
bathroom without saying a word. Faviola went inside
with Betty. Betty turned to Faviola and said “God bless
you. How did you know I needed this?” with a huge
smile on her face. Betty was made to feel safe and
cared for without ever having to say what she needed.

This is just one example of the care and compassion
provided at Senior Concerns’ Adult Day Program.
Senior Concerns is focused on improving the lives of
seniors and family caregivers. In addition to the Adult
Day Program, Senior Concerns also offers Meals On
Wheels in Thousand Oaks and Newbury Park, a Care-
giver Support Center, and Senior Advocacy Services.

For more information, visit www.seniorconcerns.org
or call (805) 497-0189.

Catholic Charities
— OASIS

Who is Catholic Charities OASIS? Catholic
Charities’ OASIS (Older Adults Services and
Intervention System) program was founded in
1986 to assist senior residents continue to remain
safely in their own homes. Throughout Ventura
County, OASIS serves persons age 60 and above.

The WELLNESS &
Caregiver center
OF VENTURA COUNTY

For family caregivers, life can seem consumed by
physician appointments, clinic visits, pharmacy
stops, and a whole host of other responsibilities.
The Wellness and Caregiver Center of Ventura
County (Caregiver Center) at the Camarillo Health
Care District, is intentionally designed to address
the unique needs of family caregivers.
CATHOLIC CHARITIES – OASIS BILINGUAL FAMILY CAREGIVER RESOURCE CENTER has been open and helping family caregivers get the support they need to care for their loved one. The center is located in Santa Paula, and serves all of the Santa Clara Valley.

The OASIS Family Caregiver Resource Center provides family caregivers with respite care, assistive devices, home modifications, resources, referrals, trainings/support groups, and case management. Partners currently offering services at the center are Clinicas for blood pressure and glucose testing, HICAP for Medi-Cal/Medicare assistance and questions, and Gold Coast Health Plan for health and nutrition classes. Family Caregivers are always welcome to come in and seek brochures, check out books, use the computer, and print helpful information on their loved one’s illnesses. Many times, family caregivers visit our center to pick up donated items such as diapers, Ensure nutritional beverage, or come in for support and guidance and a cup of coffee. All services are free of charge, but donations are always welcome.

The Center provides services for those caring for a family member (unpaid) aged 60 and older who are dependent upon two or more activities of daily living, or grandparents living with and caring for a grandchild informally due to parents being unable to care for their child. Caregivers for families between the ages of 19 – 59 may qualify for services depending on the disability.

OASIS offers individualized case management to seniors based on in-home assessments. Following the in-home assessment, OASIS staff develops an appropriate care plan based on each client’s individual needs.

OASIS is actively recruiting for volunteers to serve throughout Ventura County and donations, such as gift cards, are also welcome to help families with the extra expense of caring for their loved one.

For more information, call (805) 420-9608
Open: Monday through Thursday 8:30 a.m. to 4 p.m.
Location: 201 S. 10th St Unit D, Santa Paula

FAMILY CAREGIVERS OF LOVED ONES WITH chronic illnesses such as Alzheimer’s and other forms of dementia, Parkinson’s, stroke, or experience a myriad of physical, medical, social and emotional concerns. The Caregiver Center seeks to recognize and honor the significant contribution and sacrifice made by family caregivers by offering a wide range of educational programs, services, resources and trainings that help optimize caregiver health and well-being.

The Caregiver Center is the only agency in California offering the Rosalynn Carter Institute REACH Program (Resources to Enhance Alzheimer’s Caregivers Health), developed by the Rosalynn Carter Institute for Caregiving. It offers customized, one-on-one education, stress management and coping techniques to caregivers of loved ones with any form of dementia.

The Caregiver Center also offers the “Powerful Tools for Caregivers” series, designed for caregivers of someone with a chronic, acute, or developmental condition. Both programs are evidence-based interventions, empirically shown to improve caregiver health and confidence. An additional series, similarly named “Tools for Caregiving,” offers a six-week “crash-course” for caregivers featuring speakers from local agencies who discuss resources, education, and services such as elder care, legal planning, self-care/caregiver burnout prevention, and end-of-life care planning. Caregiver support groups and private care consultations are offered at no charge, and respite services and home modification programs can be arranged for eligible individuals.

For more information, call (805) 388-1952 ext. 111.
Community Resources

Advocacy Groups • Disaster Services • Information & Assistance • Services for People with Disabilities • Support Groups • Transportation

ADVOCACY GROUPS

Alzheimer’s Association
145 Hodencamp Rd. Suite 205
Thousand Oaks, CA 91360
(805) 494-5200
24/7 Helpline: 1 (800) 272-3900
www.alz.org/CaCentral

Alzheimer’s Foundation
(866) 232-8484
www.alzfdn.org

Better Business Bureau of the Tri-Counties
(805) 963-8657
www.bbb.org/santa-barbara

El Concilio del Condado de Ventura
301 South C Street
Oxnard, CA 93030-5808
(805) 486-9777
www.elconciliofs.org

Family Caregiver Alliance
National Center on Caregiving
235 Montgomery Street, Suite 950
San Francisco, CA 94104
(800) 445-8106
www.caregiver.org

Grey Law
3585 Maple Street, Suite 126
Ventura, CA 93003
(805) 658-2266
www.greylaw.us/home.html

Housing Rights Center
(800) 477-5977
www.hrc-la.org

Long Term Care Services of Ventura County Ombudsman Program
2021 Sperry Avenue, 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
www.vcaa.org

USDVA
400 E. Main St.
Vista, CA 92083
(800) 674-6973
www.usdva.gov

Independent Living Resource Center, Inc.
702 County Square Drive, Suite 103
Ventura, CA 93003-5759
(805) 650-5993
www.ilrc-trico.org

Ventura County Area Agency on Aging
646 County Square Drive, Suite 100
Ventura, CA 93003
(805) 477-7300
www.vcaa.org

INFORMATION & ASSISTANCE

2-1-1 Ventura County
24 Hour Helpline
Dial 2-1-1 or 1-800-339-9597
www.211ventura.org

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

Naval Base Ventura County, Port Hueneme Service Center
2600 Dodson Street
Building 1169 NBVC
Port Hueneme, CA 93043
(805) 982-3074

Federal Emergency Management Agency (FEMA)
500 C Street, S.W.
Washington, DC 20472
(202) 646-2500
www.fema.gov

Ready America
Disaster Preparedness
1399 Specialty Drive
Vista, CA 92081 (Not a Storefront)
(800) 959-4053
www.readyamerica.com

Ventura County Sheriff’s Dept.
Office Of Emergency Services
800 South Victoria Avenue #L3450
Ventura, CA 93009
(805) 654-2551
www.vcsd.org/oes.php
NUTRITION PROGRAMS AND FOOD PROVIDERS

The Ventura County Area Agency on Aging (VCAAA) provides nutritious meals for older adults countywide through the Senior Nutrition Program (SNP), which includes:

CONGREGATE MEALS

Join us for lunch! Contact the local meal site and transit company in your city for more information (see list below). The suggested donation per congregate meal for seniors and their spouses is $3.00.

HOME-DELIVERED MEALS

Home-delivered meals (HDM) are available for frail, home-bound seniors age 60+ and their spouses. Meal recipients must be unable to travel to a congregate meal site. Suggested donation is $3.00 per meal. Waitlists are common and other requirements apply.

CAMARILLO
Camarillo Healthcare Center
3639 Las Posas Rd, Suite 117
Contact: Blair Craddock, MPH
blair@camhealth.com
(805) 388-1952 X 133

FILLMORE
Fillmore Active Adult Center
533 Santa Clara Ave
Contact: Marie Gardo
mgardo@cityoffillmore.ca.us
(805) 524-3030

CONCEJO RECREATION
AND PARK DISTRICT
Goebel Active Adult Center
1385 E. Janss Rd., Thousand Oaks
Contact: Rick Tanaka, Director
rtanaka@crpd.org
(805) 381-2742

MOORPARK
Moorpark Active Adult Center
799 Moorpark Ave.
Contact: Angel Sierra
asierra@moorparkca.gov
(805) 517-6260

OJAI
HELP of Ojai
370 W. Baldwin Rd.
Contact: Terri Wolfe
terriw@helpfoojai.org
(805) 646-5122

OXNARD
Palm Vista
801 South C Street

Wilson Senior Center
350 North C Street
Contact: Fernando Garcia
fernando.garcia@ci.oxnard.ca.us
(805) 385-8028

PIRU
Brenda’s Casamia
Restaurant and Catering
3944 Center Street
Contact: Brenda Barragan
brendascasamiacatering@outlook.com
(805) 521-0694

PORT HUENEME
550 Park Ave.
Contact: Debbie Young
dyoung@cityofporthueneme.org
(805) 986-6676

SANTA PAULA
Santa Paula Senior Center
530 W. Main St.
Contact: Beverly Ruiz
bruiz@spcity.org
(805) 933-4226, Ext. 351

SIMI VALLEY
Simi Valley Senior Center
3900 Avenida Simi
Contact: Robert Martin
rmartin@simivalley.org
(805) 583-6364

VENTURA
Westside Café:
Avenue Center
Contact: Cheryl Bucklin
cbucklin@ci.ventura.ca.us
(805) 654-7557

FOOD BOXES AND
ADDITIONAL RESOURCES:

FOOD Share
4156 Southbank Road
Oxnard, CA 93036
(805) 983-7100
www.foodshare.com/
senior-programs

For more information call the VCAAA at (805) 477-7300 or visit www.vcaaa.org.
Community Resources

SERVICES FOR PEOPLE WITH DISABILITIES

EyeCare America
(877) 887-6327
www.aao.org/eyecare-america

Independent Living Resource Center, Inc.
702 County Square Drive, Suite 103
Ventura, CA 93003-5759
(805) 650-5993
www.ilrc-trico.org

Lions Clubs International
http://www.lionsclubs.org/EN/index.php

New Eyes For The Needy
(973) 376-4903
info@new-eyes.org
www.new-eyes.org

Pacific ADA Center
Technical Assistance Hotline
555 12th Street, Suite 1030
Oakland, CA 94607-4046
(800) 949-4232
www.adapacific.org

HUMAN SERVICES AGENCY

Community Service Centers (CSCs)
Access Adult Services, CalFresh (formerly Food Stamps), Medi-Cal, In-Home Support Services (IHSS), Employment Services, General Relief, Veteran Services, and more at Human Service Agency CSCs.

www.ventura.org/human-services-agency

East County CSC
Adult & Family Services (IHSS), Children & Family Services Center, & America’s Job Center - East County
2900 N. Madera Road
Simi Valley, CA 93065
(805) 584-4842

Fillmore CSC
828 Ventura Street, 2nd Floor
Fillmore, CA 93015
(805) 524-8666

Moorpark CSC (Ruben Castro Human Services Center)
612B (Building B) Spring Road, Suite 301
Moorpark, CA 93021
(805) 523-5444

Oxnard CSC
1400 Vanguard Drive, Oxnard, CA 93033
(805) 385-9363

Santa Clara Valley CSC
725 E. Main Street
Santa Paula, CA 93060
(805) 933-8300

Ventura CSC and Children & Family Services
4651 Telephone Road
Ventura, CA 93003
(805) 658-4100

Thousand Oaks CSC
80 E. Hillcrest Drive, Suite 200
Thousand Oaks, CA 91360
(805) 449-7320

The Arc of Ventura County
5103 Walker Street, Ventura, CA 93003
(805) 650-8611
www.arcvc.org

The Hearing Foundation – Ear of the Lion
(800) 327-8077
www.earofthelion.org

Tri-Counties Regional Center
2401 East Gonzales Road, Suite 100
Oxnard, CA 93036
(805) 485-3177
(800) 664-3177
www.tri-counties.org

Tri-County GLAD
Serving the Deaf and Hard of Hearing Community
702 County Square Drive, Suite 1030
Oakland, CA 94607-4046
Voice: (805) 644-6322
TTY: (805) 644-6323
www.tcglad.org

Ventura County Adults with Disabilities Resource Center
646 County Square Dr., Ste. 100
Ventura, CA 93003
(805) 477-7300

SUPPORT GROUPS

Alzheimer’s Association
145 Hodencamp Rd. Suite 205
Thousand Oaks, CA 91360
(805) 494-5200
24/7 Helpline: 1 (800) 272-3900
www.alz.org/CaCentral

Al-Anon Ventura County
Hope and help for families and friends of alcoholics
24/7 Helpline: (805) 495-0270 or (805) 656-7110
www.alanonventura.org

Alcoholics Anonymous Ventura County
24/7 Hotline (805) 389-1444
www.aaventuracounty.org/index.html
The ADRC is a partnership between the Ventura County Area Agency on Aging (VCAAA) and the Independent Living Resource Center (ILRC) to create coordinated, communitywide service access systems to support older adults, people with disabilities, and caregivers in maintaining their independence, increasing their quality of life, and assisting in the management of the services and supports available to them.

Using person-centered approaches and web-based tools, the ADRC connects older adults, people with disabilities, and caregivers to numerous benefits and services, such as:

- Advocacy
- Assistive Technology
- CalFresh
- Caregiver Support
- Case Management
- Cellphone Assistance
- Communication Supports (ASL Interpreting, etc.)
- Disability Benefits Assistance (SSI/SSDI)
- Earned Income Tax Credit
- Employment Programs
- Homemaker Services
- Home Modifications
- Housing Resources
- Low Income Energy Assistance
- Meals
- MediCal
- Medicare Part D
- Medicare Savings Programs
- Peer Support
- Rides
- State Property Tax Rebates
- Supplemental Security Income
- Veteran’s Services

Finding the right services can be a daunting task for individuals and their family members. Individuals frequently find themselves confronted with a maze of agencies, organizations, and bureaucratic requirements at a time when they may be vulnerable or in crisis.

These issues frequently lead to use of the most expensive forms of care, such as nursing homes or extended hospitalization, causing individuals, and often families, to exhaust their resources.
When you need help with your pets

Ventura County Animal Services provides a wide-range of services to individuals of all ages and their pets. These resources can be life-changing and life-saving in times of need. Services include:

- A “Pet Pantry” that offers canned food, dry food, toys, leashes, collars, treats, and other pet necessities.
- Monthly vaccination clinics that are offered at a variety of locations throughout Ventura County.
- Help with the care of pets.
- Fundraising opportunities to help relieve the burden of the expense that sometimes accompanies having a pet.

For more information visit www.vcas.us or call (805) 388-4341

Community Resources

American Cancer Society
Greater Ventura County
2186 Knoll Drive, Suite A
Ventura, CA 93003
(805) 527-5360
www.cancer.org

American Diabetes Association
Los Angeles Office
611 Wilshire Boulevard, Suite 900
Los Angeles, CA 90017
(323) 966-2890
www.diabetes.org

American Heart Association
212 West Figueroa St.
Santa Barbara, CA 93101
(805) 445-7050
www.heart.org/HEARTORG/Affiliate/Ventura-County-Page_UCM_WS032_AffiliatePage.jsp

American Lung Association
(800) LUNGUSA or (800) 548-8252
www.lung.org

American Parkinson’s Disease Association
Greater Los Angeles Chapter and Information & Referral
710 Westwood Plaza, B-114
Los Angeles, CA 90095-1769
(800) 223-2732
www.apdaparkinson.org/community/california

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

Arthritis Foundation
800 West 6th Street
Los Angeles, California 90017
(323) 954-5750
www.arthritis.org/california

Braille Institute
Santa Barbara Center
Serving the Tri-County areas of Santa Barbara, San Luis Obispo and Ventura
2031 De La Vina Street
Santa Barbara, CA 93105
(805) 682-6222
www.brailleinstitute.org/santabarbara

Kids and Families Together
Kinship Support Services Program
856 East Thompson Boulevard
Ventura, CA 93001
(805) 643-1446
www.kidsandfamilies.org

Leukemia & Lymphoma Society
California Southland Chapter
4929 Wilshire Blvd. Suite 800
Los Angeles, CA 90010
(310) 342-5800
www.leukemia.org

Livingston Memorial Visiting Nurse Association
(Formerly Camarillo Hospice and Grief Counseling Center)
400 Rosewood Avenue, Suite 102
Camarillo, CA 93010
Phone: (805) 389-6870
www.camarillohospice.org

Muscular Dystrophy Association
Greater Los Angeles Division
6167 Bristol Parkway Suite 325
Culver City, CA 90230
(310) 390-6802
www.mda.org

National Alliance on Mental Illness (NAMI)
Support for adults living with mental illness and for their families and friends
Helpline (805) 500-NAMI
(805) 641-2426
www.namiventura.org

Tri-County GLAD
Serving the Deaf and Hard of Hearing Community
702 County Square Drive, Suite 101
Ventura, CA 93003
Voice: (805) 644-6322
TTY: (805) 644-6323
www.tcglad.org

Ventura County Jewish Family Service
Senior Peer Counseling
740 East Main Street
Ventura, CA 93001
(805) 641-6565
www.jfsvc.org
VENTURA COUNTY AREA AGENCY ON AGING receives State and Federal funding to provide the Senior Nutrition Program for those 60 and older through two separate meal programs. Both meal programs have a Registered Dietitian who generates the meals to ensure they meet a complete one third of the Daily Recommended Intake (DRI) for most nutrients and that they meet the low sodium requirement. There is a suggested donation for both programs, but no one is refused service for inability to donate.

The congregate meal program is for those who have the ability to leave their home and attend a local meal site. An added benefit is they can enjoy much needed socialization with a hot nourishing lunch. Meals are served Monday through Friday in most cities.

The other program serves nutritious meals to homebound seniors who are very frail and cannot leave their home due to illness, injury or disability. These participants enjoy a home-delivered meal and are assessed quarterly for continued eligibility and other programs they might benefit from. For some participants, this meal may be the only meal they have in a given day.

Monthly educational and beautifully graphic placemats are distributed to each program’s participants that include a healthy recipe and details on how one can eat healthy on a very limited budget.

In addition to the two meal programs, individual nutrition counseling by a dietitian is available throughout the community and is provided at no cost to those 60 and older. Seniors can greatly benefit from working privately with the professional to create a personalized meal plan that fit their specific dietary needs.

Public Speaking and lectures are available upon request for groups seeking to better understand a specific nutritional topic of their choice. This service is also available at no charge to those 60+ individuals.

For more information about the Senior Nutrition Program and the various services we provide call (805) 477-7339 or visit www.vcaaa.org.
America’s Job Centers of California™ (AJCC) in Ventura County are here to help with:

- Career Exploration
- Skills & Training Opportunities
- Job Search Guidance
- Resumes and Cover Letters

And it’s all free.

Call **800-500-7705** for an AJCC near you or visit [workforceventuracounty.org](http://workforceventuracounty.org).

Equal Opportunity Employer/Program/Service. Auxiliary aids and services are available upon request to individuals with disabilities. TTD/TTY inquiries, call the California Relay Service 711 or 800-735-2922.
SNAP

The VCAAA is your stop to enroll in the SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM

Adults 60 and older who meet the specified requirements are eligible for FOOD ASSISTANCE.

SNAP-Ed

The VCAAA provides evidence-based nutrition education and obesity prevention services to older adults. For group or individual counseling, please call (805) 477-7339.

FOR MORE INFORMATION, CALL (805) 477-7300
Giuseppe Scarpine walked diligently through the Senior Nutrition Garden property ensuring everything was in place for the nearly 80 kids that had just arrived in a bus from the Thousand Oaks-based Camp Helping Hands. Produce baskets were lined inside strategically placed wheelbarrows along the tomato vines that were ready to be harvested. The recent heat, Scarpine said, made the day’s project even more crucial.

As the kids, who ranged in age from 6 to 13, approached the garden, Giuseppe Scarpine gathered them in a circle to explain what they’d be doing and why they were there. He showed them the small baskets they’d be filling with freshly picked tomatoes. He told them that people who might otherwise go hungry will have fresh food because of their work as volunteers.

An element of the Senior Nutrition Program at the Ventura County Area Agency on Aging (VCAAA), which serves individuals 60 and older throughout Ventura County, the Senior Nutrition Garden is tucked away in an industrial neighborhood, adjacent to the Oxnard-based FOOD Share, Inc. Few people know it’s there. Most, undoubtedly, do not understand its impact on the residents of Ventura County.

In 2016, the Senior Nutrition Garden harvested more than 2,700 pounds of fresh produce, all of which was distributed to the 11 congregate meal sites, including senior centers, throughout the County, as well as by FOOD Share. The produce, in turn, is utilized in meals prepared at the various congregate sites and as part of the VCAAA’s Home-Delivered Meals...
program. More than 4,000 people received meals as part of the Senior Nutrition Program in 2016 alone. Of those, more than 1,000 were recipients of home-delivered meals – meals that meant those individuals had the chance at a properly balanced diet they would have likely otherwise gone without.

Back at the garden, Scarpine, who serves as garden manager, explained that in just a little over two months more than 1,000 pounds of produce had been harvested. Just a week’s worth of zucchini weighed in at 320 pounds. Kabocha squash, butternut squash, string beans, tomatoes, a variety of beets, radishes, citrus, nectarines, carrots, parsnips, scallions, and asparagus. All grown on less than an acre, and all because of the garden’s management and the more than 300 volunteers that have dedicated their time to the garden and the people it serves.

“Without the volunteers, it just doesn’t work,” Scarpine said.

As for the kids from Camp Helping Hands, when it was all said and done they had harvested more than 200 pounds of tomatoes that day. They likely salvaged a crop that could have been damaged by the heatwave that hit the County in July. Scarpine says that volunteers like those nearly 80 kids are the backbone of the garden. The 6- and 7-year-olds surely didn’t understand the importance of the work they were doing that day, but in the week ahead dozens of people throughout Ventura County will have a little more food on their tables, courtesy of a few slightly smaller helping hands.
Dementia Friendly Ventura County (DFVC) is managed under the auspices of the Ventura County Area Agency on Aging and is one of 80 partner members of the Dementia Friendly America® (DFA) network. DFA is a national initiative that resulted from the 2015 White House Conference on Aging in response to the global epidemic of Alzheimer’s disease and other forms of dementia. Overseen by the National Association of Area Agencies, DFA provides its certified partners with technical assistance and templates for creating dementia-friendly communities.

DFVC is working to create a place where all local service providers, including health care, businesses, government entities, first responders, law enforcement and faith-based communities, are trained to recognize someone with a cognitive impairment and to respond accordingly with respect, patience, and compassion. The person with the impairment is treated with dignity.

In addition to providing education, the vision is for multiple service sectors to identify the needs of its clients with cognitive impairments, and develop programs for accommodating them. For example, the County of Ventura, representing the Government Sector, provided a hands-on virtual dementia tour for agency and department heads. The tour simulated what someone with dementia experiences while trying to perform routine tasks.

The Camarillo Health Care District, in collaboration with Studio Channel Islands Art Center and Camarillo’s Old Town Business Owners’ Association, recently provided the same virtual dementia tour experience for business owners. Old Town is the pilot program for creating the first dementia-friendly business zone in Ventura County. Businesses whose staff have completed training and have met other criteria will be certified as dementia-friendly. Their storefront will display a window cling to signify to caregivers and persons with a cognitive impairment that they will be treated with respect and understanding.

The Health Care sector is a priority. The Ventura County Area Agency on Aging recently applied for a grant from the federal Administration on Aging. If awarded, the grant will enhance access for persons with all forms of dementia to long-term services and supports, improve the quality of care by creating a bridge between the medical and social service communities, and boost public awareness and engagement.
End of Life

Bereavement Services • Financial Assistance • Funeral, Burial, and Cremation Services • Hospice Care

BEREAVEMENT SERVICES
Camarillo Hospice
A program of Livingston Memorial Visiting Nurse Association
400 Rosewood Avenue, Suite 102
Camarillo, CA 93010
(805) 389-6870 • (805) 642-0239
www.camarillohospice.org

FINANCIAL ASSISTANCE
County of Ventura
Public Administrator
800 S. Victoria Avenue
Ventura, CA 93009
(800) 339-9597
www.vc.gov/human-services-agency/services

FUNERAL, BURIAL, AND CREMATION SERVICES
Cremation Society of Ventura County
A mortuary for those who know they only desire cremation. The Cremation Society offers the lowest cost on simple cremation services to Greater Ventura County.
757 East Main Street, Suite B
Ventura, CA 93001
(805) 641-0071
www.simpleventura.com

Ivy Lawn Memorial Park & Funeral Home
5400 Valentine Road
Ventura, CA 93003
(805) 642-1055
www.ivylawn.org

Joseph P. Reardon Funeral Home & Cremation Service
Independently owned, will customize and PRE-PLAN Funeral Services,

Memorial Service, Basic Affordable Cremation Packages.
757 East Main St.
Ventura, CA 93001
(805) 643-8623
www.reardonfuneral.com

Robert Rey Garcia Jr.
Funeral Service
830 East Santa Paula Street
Santa Paula, CA 93060
(805) 229-7054
(805) 208-6843
www.santapaulafuneralhome.com

Rose Family Funeral Home
Family owned & operated, complete funeral, cremation and burial services.
4444 Cochran Street
Simi Valley, CA 93063
(805) 581-3800
www.rosefamilyfuneralhome.com

Smart Cremation
(844) 305-4531
www.smartcremation.com

HOSPICE CARE
Assisted Home Health, Caregiving and Hospice
(800) 949-6555
http://www.assisted1.com

4450 Westinghouse Street
Suites 101-103
Ventura, CA 93003
72 Moody Ct.
Suit 200-203
Thousand Oaks, CA 91360

Buena Vista Home Health, Palliative Care & Hospice
2545 West Hillcrest Drive, #130
Thousand Oaks, CA 91320
(805) 777-1133
www.buenavistahhh.com

Livingston Memorial Visiting Nurse Association and Hospice
1996 Eastman Avenue, Suite 101
Ventura, CA 93003
(805) 642-0239
(800) 223-4862
www.lmvna.org

Roze Room Hospice of Ventura
5675 Ralston St, Ventura, CA 93003
(805) 654-0191
www.rozeroomhospiceofthevalley.org

Santa Clara Valley Hospice
133 N Mill St, Santa Paula, CA 93060
(805) 525-1333

Tender Loving Care Home Hospice
5400 Atlantis Court, Moorpark, CA 93021
(805) 517-1620
http://tlchomehospice.com/

VITAS Healthcare
400 W. Ventura Blvd, Ste. 145
Camarillo, CA 93010
(844) 374-6291
https://www.vitas.com/ca/southern-california-hospice
ELDER ABUSE PREVENTION AND REPORTING

If you are experiencing – or are aware of – an emergency involving a senior or dependent adult, please call 911.

Adult Protective Services
To report suspected abuse or neglect including self-neglect of seniors and dependent adults
24/7 reporting line: (805) 654-3200
Information: (805) 658-4450
www.ventura.org/human-services-agency/adult-protective-services

Longterm Care Services of Ventura County Ombudsman Program
To report suspected abuse or neglect in care facilities
2021 Sperry Avenue, 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
www.vcaaaa.org

Ventura County District Attorney
Crime Victims’ Assistance Program
(805) 654-3622
www.vcdistrictattorney.com

FINANCIAL SERVICES

Community Action of Ventura County
621 Richmond Avenue
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

Oxnard
2000 Outlet Center Drive, Suite 250
Oxnard, CA 93036

THOUSAND OAKS
322 E. Thousand Oaks Boulevard, Suite 110
Thousand Oaks, CA 91360

VENTURA
6477 Telephone Road, Suite 1
Ventura, CA 93003

Surepath Financial Solutions
80 Wood Road Suite 100
Camarillo, CA 93010
(800) 479-7117
www.moneymanagement.org/cobranded-websites/surepath-financial-solutions

Tax Assistance
Franchise Tax Board
(800) 852-5711
www.ftb.ca.gov

The Bill Payers
(805) 985-3903

LOW-COST AND FREE LEGAL ASSISTANCE

California Rural Legal Assistance
338 South A Street
Oxnard, CA 93030
(805) 483-8083
(805) 486-1068
www.crla.org

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

Conejo Free Clinic
80 E. Hillcrest Drive, Suite 102
Thousand Oaks, CA 91360
(805) 497-3575
www.conejofreeclinic.org
Because many seniors find themselves planning for retirement and managing their savings once they finish working, a number of investment schemes have been targeted at seniors looking to safeguard their cash for their later years. From pyramid schemes like Bernie Madoff’s (which counted a number of senior citizens among its victims) to fables of a Nigerian prince looking for a partner to claim inheritance money to complex financial products that many economists don’t even understand, investment schemes have long been a successful way to take advantage of older people.

If you or someone you know is a victim of a scam, please report it to your local law enforcement or Adult Protective Services at (805) 654-3200.
The purpose of HICAP is to provide free, unbiased counseling and community education on Medicare A (Hospital) B (Medical (Outpatient)) C (Medicare Advantage) D (Medicare Part D Plans). HICAP counselors provide information on all facets of Medicare A,B,C and D plans, including comparisons of all plan benefits. HICAP provides a thorough analysis for those new to Medicare on original Medicare, Medicare HMO’s, Medigap, employer/retiree, and Medi-Cal. Clients are then able to make the most educated decision for their health insurance needs.

HICAP also provides help with resolving billing issues, crossover issues with other plans, and resolving Medicare Part D conflicts. During Medicare Open Enrollment period, which runs from October 15th through December 7th, HICAP provides more than 40 One-Stop-Shop Enrollment events at which a Medicare Beneficiary will have a Part D comparison completed and one-on-one counseling on all facets of Medicare for the new plan year.

An additional element to HICAP is the Senior Medicare Patrol (SMP). This program is through the Center of Medicare and Medicaid Services.

The Benefit Enrollment Center opened in 2013. HICAP counselors and other counselors screen and provide assistance with all Public Benefits applications. Examples are Low Income Subsidy for Medicare Part D, Medi-Cal, Medicare Savings programs, and many other programs. There

**BEWARE OF**

**SENIOR SCAMS**

Every U.S. citizen or permanent resident over age 65 qualifies for Medicare, so there is rarely any need for a scam artist to research what private health insurance company older people have in order to scam them out of some money. In these types of scams, perpetrators may pose as a Medicare representative to get older people to give them their personal information, or
that fights Medicare Fraud. HICAP’s counselors are registered with the California Department of Aging and will investigate and determine if further action should be taken, which could include sending a case to the Office of Inspector General or to the appropriate Medicare department or law enforcement agency.

are more than 14 additional centers that help residents throughout Ventura County. Individuals interested in more information can call 805-477-7310 or e-mail lois.vcaa@ventura.org. It is easy and fast to see if you may qualify for over six programs, potentially saving more than $5,000 annually.

they will provide bogus services for elderly people at makeshift mobile clinics, then use the personal information they provide to bill Medicare and pocket the money.

If you or someone you know is a victim of a scam, please report it to your local law enforcement or Adult Protective Services at (805) 654-3200.
Housing

Home Rehabilitation and Modification • Housing Resources • Independent Living Resources • Placement/Referral Services • Resources For People Who Are Homeless

Thousand Oaks Community Development Dept.
2100 Thousand Oaks Boulevard
Thousand Oaks, CA 91362
(805) 449-2323
www.toaks.org/departments/community-development

City of Santa Paula Housing Authority
15500 West Telegraph Road Suite B-11
Santa Paula, CA 93060
(805) 525-3339
www.ci.santa-paula.ca.us/Economic-Development/Housing.htm

HomeShare
646 County Square Dr.
Ventura, CA 93003
(805) 477-7324
www.vcaaa.org

Many Mansions
1259 E. Thousand Oaks Boulevard
Thousand Oaks, CA 91362
(805) 496-4948
www.manymansions.org

HOUSING RESOURCES

Area Housing Authority of Ventura County
1400 West Hillcrest Drive
Newbury Park, CA 91320
(805) 480-9991, ext. 235
www.ahacv.org

Cabrillo Economic Development Corporation (CEDC)
702 County Square Dr.
Ventura, CA 93003
(805) 659-3791
www.cabrilloedc.org/

City Of Oxnard Housing Administration
435 South D Street
Oxnard, CA 93030
(805) 385-8041
www.oxnard.org/city-department/housing

City Of Port Hueneme Housing Authority
250 North Ventura Road
Port Hueneme, CA 93041
(805) 986-6527
www.ci.port-hueneme.ca.us/index.aspx?NID=871

City of San Buenaventura Housing Authority
www.hacityventura.org

HOME REHABILITATION AND MODIFICATION

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

Camarillo Community Development Dept.
601 Carmen Drive
Camarillo, CA 93010
(805) 388-5360
www.ci.camarillo.ca.us/departments/community_development/index.php

Habitat for Humanity of Ventura County
1850 Eastman Ave
Oxnard, CA 93030
(805) 485-6065
www.habitatventura.org

Oxnard Housing Rehabilitation
435 South D Street
Oxnard, CA 93030
(805) 385-7400
www.housing.cityofoxnard.org

PLACEMENT REFERRAL SERVICES

Assisted Living Connections
Free Referral And Placement Services
365 East Avenida De Los Arboles Suite B 235
Thousand Oaks, CA 91360
(888) 880-1811
www.assistedlivingconnections.com

California Senior Living
P.O. Box 1254
Thousand Oaks, CA 91358
(805) 405-2411
www.californiaseniorliving.com

Ombudsman Program
Long Term Care Services of Ventura County
2021 Sperry Avenue, Suite 35
Ventura, CA 93003
(805) 656-1986
www.ombudsmanship.ca.gov

Habitat for Humanity of Ventura County
1850 Eastman Ave
Oxnard, CA 93030
(805) 485-6065
www.habitatventura.org

Oxnard Housing Rehabilitation
435 South D Street
Oxnard, CA 93030
(805) 385-7400
www.housing.cityofoxnard.org
HOMESHARE
Linking Home Providers to Home Seekers

HomeShare is a program that provides assistance matching home providers, primarily seniors, with home seekers who are willing to help with household tasks, transportation, companionship, financial support or a combination of these in exchange for affordable housing.

Why Choose to Share Your Home?

SECURITY:
Peace of mind for all involved knowing there is more than one person in the home.

INDEPENDENCE:
Seniors can remain in their homes and in the community they know and love.

AFFORDABILITY:
Affordable rent for home seekers and an alternative to long waiting lists for subsidized housing. May provide extra income for the home provider.

HomeShare entails a detailed screening process of all parties involved in future housing arrangements and is conducted by the HomeShare team that takes a client-centered approach, putting client needs above all else.

This program provides housing opportunities for seniors where they do not exist otherwise, although is not limited to seniors. Housing arrangements are beneficial to both parties involved based on the premise that the rental arrangements are constructed based on needs specific to both the provider and seeker.

Of the current participants:

- 67.5% of seekers are female
- 29.0% of seekers are male
- Average length of match 10.9 months

Home Providers:

- Conducts a home visit to assess the condition of your home.
- Refers pre-screened home seekers to you for consideration for a match.
- Provides continued match support to ensure a successful match.

Home Seekers:

- Determines if you are eligible for shared housing.
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What Areas Are Served?

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TIPS FOR HEALTHY LIVING

Wise Breakfast Choices & the Value of Eating Breakfast

You may have heard people say that breakfast is the most important meal of the day, and it turns out that is a true statement. Eating that first meal is crucial at every age, but proper nutrition throughout the day is of particular importance to seniors.

Skipping breakfast can zap energy levels, and it can make weight management more challenging because your metabolism is running slower than if you had eaten after waking up. Age causes metabolism to slow down naturally, so you need to eat breakfast to keep your metabolism regulated. Controlled blood sugar, which is imperative for diabetics, and a stronger immune system are also benefits of eating breakfast every morning.

Not eating breakfast can also affect thinking and memory skills as well as concentration, which is troublesome for seniors who may already have issues with cognitive function. Some older adults may experience changes in or a lack of appetite, but eating breakfast can boost your appetite so you feel hungrier when it comes time to eat lunch and dinner.

Great options for a healthy, easy and delicious breakfast:

**OATMEAL:** This go-to breakfast option is great because it’s quick and has lots of health benefits. Oatmeal is a good source of fiber, which limits constipation and can keep you feeling fuller longer to limit mindless snacking in between meals. You can even add berries or fruit to make the oatmeal more flavorful.

**EGGS:** Another breakfast staple is eggs, which can be prepared in a variety of ways and offer tons of nutritional benefits for seniors. Whether you prefer them scrambled, over easy or in an omelet, eggs provide you with protein, and you can add things like peppers and tomatoes to make them even better.

**YOGURT PARFAIT:** Mixing nuts, fruit and yogurt makes for a tasty breakfast option. Try Greek yogurt for extra health benefits, but even regular yogurt provides a source of protein that will help you stay energized throughout the day.

Housing

RESOURCES FOR PEOPLE WHO ARE HOMELESS

**Community Action of Ventura County**
621 Richmond Avenue
Oxnard, CA 93030
(805) 436-4000
[www.ca-vc.org](http://www.ca-vc.org)

**Habitat for Humanity of Ventura County**
1850 Eastman Ave
Oxnard, CA 93030
(805) 485-6065
[www.habitatventura.org](http://www.habitatventura.org)

**Homeless Services Program Ventura County**
Human Services Agency
(805) 385-1800
[www.ventura.org/human-services-agency/services-for-homeless-people](http://www.ventura.org/human-services-agency/services-for-homeless-people)

**Lutheran Social Services of Southern California Community Care Centers**
80 East Hillcrest Drive Suite 101
Thousand Oaks, CA 91360
(805) 497-6207
[www.lsssc.org/location/ventura-county](http://www.lsssc.org/location/ventura-county)

**Project Understanding**
2734 Johnson Drive, Suite E
Ventura, CA 93003
(805) 652-1326
[www.projectunderstanding.org](http://www.projectunderstanding.org)

**Samaritan Center of Simi Valley**
280 Royal Avenue
Simi Valley, CA 93065
(805) 579-9166
[www.thesamaritancenterofsimivalley.org](http://www.thesamaritancenterofsimivalley.org)

**St. Vincent De Paul Society**
221 S. Dunning St.
Ventura, 93003
(805) 642-4104

**Turning Point Foundation**
P.O. Box 24397
Ventura, CA, 93101
(805) 652-0000
Beware of Senior Scams

Homeowner Scams

Scammers like to take advantage of the fact that many people above a certain age own their homes, a valuable asset that increases the potential dollar value of a certain scam. A particularly elaborate property tax scam in San Diego saw fraudsters sending personalized letters to different properties on behalf of the County Assessor’s Office. The letter, made to look official but displaying only public information, would identify the property’s assessed value and offer the homeowner, for a fee of course, to arrange for a reassessment of the property’s value and therefore the tax burden associated with it.

If you or someone you know is a victim of a scam, please report it to your local law enforcement or Adult Protective Services at (805) 654-3200.

2017-2018 LIVEWell 43
Filling the void with HomeShare

BY JANNETTE JAUREGUI

For more information call (805) 477-7324.
On the opposite end of Ventura County, Loan was a single woman in her fifties who was also looking for a roommate. Her home, she said, was simply becoming too lonely. Both women were unsure about how to safely find a roommate. “I wanted a roommate,” Loan said. “But I wasn’t doing anything about it because I didn’t know how to go about looking for a roommate.” Then they were introduced to HomeShare.

A public program housed in the Ventura County Area Agency on Aging, HomeShare was designed to link home providers with home seekers, filling both financial and social voids in the lives of local residents.

The program is free and provides assistance in matching home providers, primarily those 60 and older, with home seekers who are willing to help with household tasks, transportation, companionship, financial support, or a combination of these in exchange for affordable housing. All applicants are thoroughly vetted through background checks and in-person interviews.

For Kathy, who was successfully matched with Loan, HomeShare served as a vital resource. “I was looking for senior apartments,” Kathy said. “I applied for a senior apartment, but there is a long waiting list.” The opportunity to utilize HomeShare’s resources, Kathy said, was a game changer.

In addition to providing additional income for home owners, and affordable housing options for home seekers, HomeShare also allows older adults to remain in their home, aging independently and in place in the comfort of familiar surroundings.

“It’s really a value add for the community,” said Monique Nowlin, Deputy Director of the VCAAA. “We all want to be able to age in the home that we know and love. In some cases people need help not just financially, but maybe with some chore services. With the HomeShare program you are able to find a seeker who will come live in your home maybe for a reduced amount of rent in exchange for some services like meal preparation, transportation, or light chores.”

The companionship, for many, is life changing. “We often eat together, cook together,” Kathy said. “It’s so much fun, but we also have our own separate lives, which is good, too.”

The HomeShare program’s main office is located in the VCAAA at 646 County Square Drive in Ventura. Representatives of the program are also available at satellite locations at the Simi Valley Senior Center (every Wednesday), and once a month at Supervisor Linda Parks’ offices in Thousand Oaks.
Medical Services

Audiologists/Hearing Aids • Dental Care • Hospitals • Medical Clinics • Mental Health Resources • Physical Therapists • Physicians

**AUDIOLISTS/HEARING AIDS**

**AccuQuest Hearing Center**
5700 Ralston Street, Suite 312
Ventura, California 93003
(805) 256-7471
www.accuquest.com/location-details/ventura-california/

**Acoustic Hearing Aids**
www.acoustichearingaid.com

**American Speech-Language-Hearing Association (ASHA)**
Find A Certified Audiologist
www.asha.org/profind

**DENTAL CARE**

**Clinicas Del Camino Real**
Locations throughout Ventura County
(866) 885-7900
http://clinicas.org/content/dental

**Denti-Cal**
Medi-Cal’s dental benefit program
(800) 423-0507
www.denti-cal.ca.gov

**American Dental Association (ADA)**
Find A Dentist
www.findadentist.ada.org

**Priority Hearing Aid Group**
(805) 496-3553
www.priorityhearingaidgroup.com

VENTURA
1746 South Victoria Avenue Suite 250
Ventura, CA 93003

WESTLAKE VILLAGE
790 Hampshire Road Suite B
Westlake Village, CA 91361

**Free Clinic of Simi Valley Dental Services**
Including Free In-Home Dental Services For Seniors
2060 Tapo Street,
Simi Valley, CA 93063
(805) 522-3733
www.freeclinicsv.com/dental-services.html

**Salvation Army Free Dental Clinic**
622 West Wooley Rd.
Oxnard, CA 93030
(805) 483-9235
www.oxnard.salvationarmy.org

**HOSPITALS**

**Community Memorial Hospital**
147 North Brent Street
Ventura, CA 93003
(805) 652-5011
www.cmhshealth.org

**Los Robles Hospital & Medical Center**
215 W. Janss Road
Thousand Oaks, CA 91360
(805) 497-2727
www.losrobeshospital.com

**Ojai Valley Community Hospital**
1306 Maricopa Highway
Ojai, CA 93023
(805) 646-1401
www.cmhshealth.org

**Santa Paula Hospital**
A part of the Ventura County Medical Center
Santa Paula, CA 93060
(805) 525-0215
http://hospitals.vchca.org/santa-paula-hospital
Health Insurance Counseling
ADVOCACY PROGRAM
Free Unbiased Medicare Counseling for:

- New to Medicare Counseling: for Medicare ABCD, Medigaps, Medicare Part D
- Prescription Part D: comparisons, enrollments and problem solving
- Billing Issues
- Long Term Care Counseling
- Medicare One Stop Shops During AEP
- Benefit Enrollments Center Public Benefits Screening/Applications for: SSI, SSDI, Medi-Cal, Cal Fresh, Extra Help, Medicare Savings Program, Utilities, Prescription Patient Plans

Counseling Services
- Medicare, Medicare Disabled, Pre-Medicare
- Beneficiaries
- People with Disabilities
- Veterans

HICAP services are provided by trained registered counselors through California Department of Aging (CDA). Counselors provide Medicare Counseling, solving billing problems and other Medicare issues. HICAP counselors do not sell any type of health care coverage. They do not endorse or recommend any specific plan or policy. Information presented by HICAP volunteer counselors are not liable for acts and omissions in providing counseling to recipients. (Welfare and Institutions Code, Section 9541 (f) (4)).

Community Needs
- Community Education
- Presentations & Outreach
- Medicare Open Enrollment, One Stop Shops (throughout Ventura County)
- Medicare Fraud, Identity Theft, SCAMS

Benefit Enrollment Center (BEC)
- SCREENING/APPLICATIONS FOR PUBLIC BENEFITS, INCLUDING: SSI, Utilities, Extra Help, SSDI, Medi-Cal, Cal Fresh, Medicare Savings Program, Prescriptions Assistance Programs

Counseling Sites

VENTURA
VENTURA COUNTY
Area Agency on Aging 805.477.7310
CAMARILLO
Health Care District 805.388.1942
Pleasant Valley Senior Center 805.482.4881
FILLMORE
Fillmore Adult Comm. Center 805.524.3030
THOUSAND OAKS
Goebel Adult Comm. Center 805.381.2742
OJAI
Help of Ojai 805.646.5122
MOORPARK
Active Adult Center 805.517.6261
OXNARD
Wilson Senior Center 805.477.7310
Palm Vista Senior 805.477.7310
Saint John’s Regional Medical Center 805.477.7310
SANTA PAULA
Senior Center 805.933.4226
SIMI VALLEY
Senior Center 805.477.7310

(800) 434-0222
(805) 477-7310
SPANISH LINE:
(805) 477-7351
646 County Square Drive, Suite 100 • Ventura, CA 93003
VCAAA.org
TIPS FOR
HEALTHY LIVING

Immunizations

According to the Centers for Disease Control and Prevention (CDC), approximately 50,000 adults die each year from vaccine-preventable diseases in the U.S. Pneumonia and influenza represent the seventh leading cause of death in older adults in the U.S., and an estimated 700,000 to 1.4 million people are infected with the hepatitis B virus, which attacks the liver and can cause chronic disease and death.

General Facts:

**INFLUENZA** is a contagious respiratory illness caused by influenza viruses. There are over 200,000 hospitalizations from influenza on average every year. An average of 36,000 Americans die annually due to influenza and its complications – most are people 65 years of age and over. Because flu viruses change from year to year, the best way to prevent the flu is to get vaccinated each year during the fall season. Medicare pays for the influenza immunization or “flu vaccine.”

**PNEUMOCOCCAL PNEUMONIA** is the most common type of bacterial pneumonia. There are over 200,000 hospitalizations from influenza on average every year. An average of 36,000 Americans die annually due to influenza and its complications – most are people 65 years of age and over. Medicare covers one pneumococcal vaccination for all Medicare beneficiaries. One vaccine at age 65 generally provides coverage for a lifetime, but for some high-risk persons, a booster vaccine is needed. Medicare will also cover a booster vaccine for high-risk persons if five years have passed since their last vaccination.

**HEPATITIS B** virus can cause serious liver disease, including cirrhosis, liver cancer, liver failure, and death. The virus is found in the blood and body fluids of infected people and can be spread through sexual contact, the sharing of needles, or even sharing a toothbrush. The hepatitis B vaccination can protect high-risk persons, such as people with renal disease or hemophilia, from contracting the disease. The vaccine is delivered in a series of three shots. Medicare pays for hepatitis B vaccination for people considered to be at high risk for the disease.

*Contact your doctor for more information.*
“Life is like riding a bicycle. To keep your balance you must keep moving.”

— Albert Einstein

The Ventura County Health Care Agency and its departments, programs and services, is here to help you keep your balance.

Whether you’re in need of a primary care provider, public health services, or behavioral health services, your Health Care Agency is here to provide excellent, compassionate care to our senior population and the community at large.

- Ventura County Medical Center
- Santa Paula Hospital
- 22 Primary Care Clinics
- Public Health
- Behavioral Health

For more information on programs and services available, please visit our web site at www.vchca.org
Medical Services

Ventura County Healthcare Agency Clinics
(805) 981-5221 www.vchca.org

Free Clinic of Simi Valley
2060 Tapo Street, Simi Valley, CA 93063
(805) 522-3733 www.freeclinicsv.com

Westminster Free Clinic
1000 East Janss Road
Thousand Oaks, CA 91360
(805) 497-3141 www.westminsterclinic.org

MENTAL HEALTH RESOURCES

Clinicas del Camino Real
Locations throughout Ventura County
(866) 885-7900 www.clinicas.org/content/mental-health

Senior Support Line
(800) 235-9980 www.camhealth.com/senior-support-line

National Suicide Hotline
(800) 784-2433 www.hopeline.com
On-line Chat: www.imalive.org

National Alliance on Mental Illness (NAMI)
Support for adults living with mental illness and for their families and friends
Helpline (805) 500-NAMI
(805) 641-2426 www.namiventura.org

Suicide Prevention Lifeline
(800) 273-8255 www.suicidepreventionlifeline.org

Turning Point Foundation
(805) 652-0000 www.turningpointfoundation.org

Ventura County Behavioral Health
24/7 access to crisis and all adult mental health services
(866) 998-2243 www.vchca.org/mental-health-adult-services-home

Ventura County Medical Center (VCMC)
Hillmont Psychiatric Hospital
200 Hillmont Avenue
Ventura, CA 93003
(805) 652-6729

Ventura County Jewish Family Services
Sliding-scale counseling services
740 East Main Street
Ventura, CA 93001
(805) 641-6565 www.jfsvc.org/clinic-counseling/

Veterans Crisis Line
1-800-273-8255 extension 1 www.veteranscrisisline.net

Vista del Mar Behavioral Healthcare Hospital
801 Seneca Street
Ventura, CA 93001
(877) 518-1110 www.vistadelmarhospital.com

OUTPATIENT PHYSICAL THERAPY

American Physical Therapy Association (APTA)
Find a Physical Therapist
www.aptaapps.apta.org/findapt

Equilibrium Physical Therapy
1673 Donlon St. #201
Ventura, CA 93003
(805) 339-9718 www.equilibrium-bpc.com/

Two Trees Physical Therapy
& Wellness
(805) 765-4773 http://www.twotreespt.com/

PHYSICIANS

Physician Locator
Ventura County Medical Association
(805) 484-6822 www.venturamedical.org
The objective of providing transit options is to help elderly populations remain independent in their communities and sustain their mobility through changing circumstances.

VCAAA purchases transportation tickets for our clients from the following transit service providers:

- DIAL-A-RIDE(DAR)/PARATRANSIT
- FIXED ROUTE BUSES
- MOBILITY MANAGEMENT PARTNERS
- MEDI-RIDE

To request tickets, call (805) 477-7329
WE ARE YOUR SOURCE FOR
Assistance, Information & Referrals

(800) 510-2020
(805) 477-7300
vcaaa.org