

Camarillo

Senior Resource Guide 2016-2018



Active Living • Caregiving • End of Life Issues • Government Services • Housing
Insurance/Legal/Tax • Medical Services • Nutrition • Support Services
Transportation • Quick Community Resources





Mission Style Front Entrance



Cardiac-Interventional Lab



Redesigned Lobby



Private Patient Rooms



Advanced Surgical Suites



Comfortable Waiting Rooms

We're building for the future...

New Hospital Addition at St. John's Pleasant Valley Hospital Expansion and Modernization Project

St. John's Pleasant Valley Hospital's more than 71,000 square foot expansion will enhance our community hospital's ability to provide excellent state-of-the-art technologies to complement the excellent health care services our community has come to expect and deserve. Scheduled for completion in early 2018, our modernization project will include:

- State-of-the-art cardiac catheterization laboratory
- Three new technologically advanced surgical operating suites
- Preoperative and post anesthesia care units
- Charming gift shop
- 50 spacious private rooms
- Beautiful new lobby designed to promote healing and relaxation with convenient access to patient rooms
- Redesigned café

Our commitment to the quality, safety, and excellent care you have come to expect will not be affected during construction.

Our addition and modernization project is made possible by our generous donors.

To make a donation or to learn more call 805.988.2635 or visit supportstjohns.org/Campaigns/CIRCLE_HOME.



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Aging Smarter



The Camarillo Council on Aging is committed to improving the quality of life for senior residents in the greater Camarillo area by providing information, activities and advocacy.

Your Camarillo Council on Aging is working hard to serve you!

- Liaison to the City of Camarillo regarding issues concerning older adults
- Facilitate County Needs Assessments
- Host Senior Community Panel Series
- Participate in Community Outreach Activities
- Provide Camarillo Resource Guide

Come and participate with the Camarillo Council on Aging

Join us the third Tuesday of each month at 3 pm.

The agenda and location is posted the Friday before the meeting at www.cityofcamarillo.org under the Council on Aging tab. We value your input!



Office of the Mayor
(805) 388-5307
FAX (805) 388-5318

City of Camarillo

601 Carmen Drive • P.O. Box 248 • Camarillo, CA 93011-0248

Dear Readers of the Camarillo Senior Resource Guide:

The Camarillo Council on Aging was formed by the City of Camarillo in 1978 to act as an intermediary between senior citizens and the Camarillo City Council and other appropriate organizations and agencies including the Ventura County Area Agency on Aging. The Council on Aging encourages older seniors to participate in community life in order to make their lives more meaningful and pleasant and to promote the general welfare of the senior community.

This Resource Guide is designed to provide easy access to local resources that benefit the senior community. On behalf of the Camarillo City Council, we hope that you find the 2016 Camarillo Senior Resource Guide to be a helpful and valuable resource.

In closing, I would like to thank the members of the Camarillo Council on Aging for their work on creating this guide and for their commitment to the senior community.

Sincerely,

Mayor Morgan
Mayor

Active Living

ANIMAL ASSISTANCE PROGRAM & DOG PARKS

Pleasant Valley Recreation and Park District Dog Parks

www.pvrpd.org
805-482-1996

Camarillo Grove Park
6968 Camarillo Springs Road
Camarillo, CA 93012

Mission Oaks Park
5501 Mission Oaks Blvd
Camarillo, CA 93012

Springville Dog Park
801 Via Zamora
Camarillo, CA 93010

Ventura County Animal Services

600 Aviation Drive
Camarillo, CA 93010
805-388-4341
www.vcas.us

EDUCATION

AARP Driver Safety Program

Offered at:
Pleasant Valley Recreation and Park District
1605 E. Burnley Street
Camarillo, CA 93010
805-482-1996
www.pvrpd.org

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

Camarillo City Library
4101 Las Posas Road
Camarillo, CA 93010
805-388-5515

Conejo Valley Adult Ed.
1025 Old Farm Road
Thousand Oaks, CA 91360
805-497-2761
www.conejoadulted.org

Osher Lifelong Learning Institute (OLLI) at
California State University
at Channel Islands
One University Drive
Sage Hall, 2nd Floor
Camarillo, CA 93012
805-437-2748
Google: Olli-CSUCI

Oxnard Adult School
1101 W. Second Street
Oxnard, CA 93030
805-385-2578
www.oxnardadulted.us

Pleasant Valley Recreation and Park District
1605 E. Burnley Street
Camarillo, CA 93010
805-482-1996
www.pvrpd.org

Ventura Adult and Continuing Education
5200 Valentine Road
Ventura, CA 93003
805-289-7925
www.vace.com

Ventura County Community College District
255 W. Stanley Avenue, Suite 150
Ventura, CA 93001
805-652-5500
www.vcccd.edu

SENIOR CENTERS

— CAMARILLO —

Pleasant Valley Senior Center
1605 E. Burnley Street
Camarillo, CA 93010
805-482-4881
www.pvrpd.org

— FILLMORE —

Fillmore Senior Center
330 Central Ave Suite C
Fillmore, CA 93015
805-524-4533
www.fillmoreca.com/senior.htm

— MOORPARK —

Moorpark Active Adult Center
799 Moorpark Avenue
Moorpark, CA 93015
805-517-6261
moorparkca.gov/200/Active-Adult-Center

— OJAI —

**HELP of Ojai-RSVP /
Senior Nutrition**

370 Baldwin Road
Oak View, CA 93023
805-649-9218
www.helpofojai.org

**HELP of Ojai-
RSVP/Little House**

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

— OXNARD —

Wilson Senior Center

350 North C Street
Oxnard, CA 93030
805-385-8028
www.oxnardrec.org

**South Oxnard
Senior Center**

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

Palm Vista Senior Center

801 South C Street
Oxnard, CA 93030
805-385-8163
www.oxnardrec.org/

— PORT HUENEME —

**Port Hueneme
Community Center**

550 Park Avenue
Port Hueneme, CA 93041
805-986-6542
www.ci.port-hueneme.ca.us

— SANTA PAULA —

Santa Paula Senior Center

530 West Main Street
Santa Paula, CA 93060
805-933-4226 ext 356

— SIMI VALLEY —

Simi Valley Senior Center

3900 Avenida Simi
Simi Valley, CA 93065
805-583-6363

— THOUSAND OAKS —

Goebel Senior Center

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

— VENTURA —

Senior Recreation Center

550 North Ventura Avenue
Ventura, CA 93001
805-648-3035
www.cityofventura.net/adult

**VOLUNTEER
OPPORTUNITIES**

American Red Cross

836 Calle Plano
Camarillo, CA 93012
805-987-1514
www.redcross.org

**Camarillo City Library –
Friends of the Library**

4101 Las Posas Road
Camarillo, CA 93010
805-388-5275
www.friendscamarillolibrary.org

**Camarillo Council
on Aging**

councilonaging@gmail.com

**Camarillo Health
Care District**

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

Camarillo Hospice

400 Rosewood Avenue #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

**Food Share Inc.
Regional Food Bank**

4156 Southbank Rd,
Oxnard, CA 93036
805-983-7100
www.foodshare.com/volunteer/

**Friends of Camarillo
Dog Park**

www.camarillodogparks.com

**Interface Children
and Family Services
of Ventura County**

4001 Mission Oaks Blvd.,
Suite 1
Camarillo, CA 93012
805-485-6114
www.icfs.org

**Livingston Memorial
Visiting Nurse Association**

1996 Eastman Avenue, Suite 101
Ventura, CA 93003
805-642-1608
www.livingstonvna.org

**Long Term Care
Ombudsman**

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

**O.A.S.I.S.
(Older Adult Services
and Intervention System)**

2532 Ventura Blvd.
Camarillo, CA 93010
805-987-2083
catholiccharitiesla.org

**Pleasant Valley
Historical Society**

720 N. Las Posas Rd.
Camarillo, CA 93010
805-482-3660
www.pvhsonline.org

**Pleasant Valley
Recreation and
Park District
Pleasant Valley
Senior Center**

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

**St. John's
Pleasant Valley Hospital
Dignity Health**

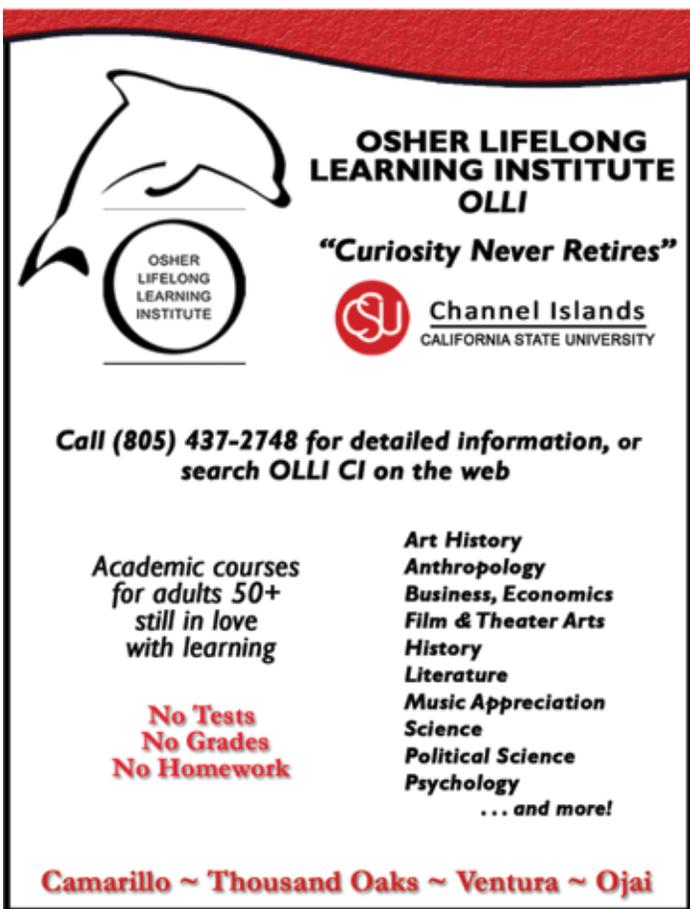
2309 Antonio Avenue
Camarillo, CA 93010
805-389-5800
www.dignityhealth.org/
pleasantvalley

**United Way of
Ventura County**

4001 Mission Oaks Blvd
Camarillo, CA 93012
805-485-6288
www.vcunitedway.org
www.volunteerventuracounty.org

**Ventura County
Animal Services**

600 Aviation Drive
Camarillo, CA 93010
805-388-4341
www.vcas.us



**OSHER LIFELONG
LEARNING INSTITUTE
OLLI**

"Curiosity Never Retires"

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CALIFORNIA STATE UNIVERSITY**

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search OLLI CI on the web**

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with learning**

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No Grades
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Business, Economics
Film & Theater Arts
History
Literature
Music Appreciation
Science
Political Science
Psychology
... and more!**

Camarillo ~ Thousand Oaks ~ Ventura ~ Ojai

Caregiving

ADULT DAY CARE

Adult Day Care is designed to provide personal care for dependent older adults in a supervised, productive setting during some portion of a day. Services offered typically include social and recreational activities and meals.

Among Friends Adult Day Health Care Center

851 South "A" Street
Oxnard, CA 93030
805-385-7244
www.amongfriends.org

Building Hope Adult Day Center Camarillo Health Care District

3639 East Las Posas Road,
Suite 117
Camarillo, CA 93010
805-388-1952
www.camhealth.com

Help of Ojai Oak Tree House

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

Oxnard Family Circle Adult Day Healthcare Center

2100 Outlet Center Drive
Oxnard, CA 93036
805-385-4180
www.oxnardfamilycircle.com

Senior Concerns Adult Day Program

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

Ventura County Adult Day Health Care Center

1700 North Lombard Street,
Suite 150
Oxnard, CA 93030
805-278-4321

ADULT AT RISK ID CARDS

Adult ID cards are for Camarillo residents with a health or behavioral issue that could put them in danger of being misunderstood. The ID card program is especially helpful for seniors with dementia who may become disoriented.

Camarillo Police Department

3701 Las Posas Road
Camarillo, CA 93010
805-388-5100

GERIATRIC CARE/CASE MANAGEMENT

Services offered include assessment, arrangement of services, adult day care, consultants, care planning, respite care, client monitoring, and support groups.

Advantage Plus Caregivers

400 Mobil Ave., Suite B12
Camarillo, CA 93010
805-389-0997
advantagepluscaregivers.com

Area Agency on Aging Multipurpose Senior Services Program (MSSP) County of Ventura

646 County Square Drive,
Suite 100
Ventura, CA 93003
805-477-7300
www.ventura.org/vcaa

Camarillo Hospice

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

Catholic Charities – O.A.S.I.S. Older Adults Services & Intervention System

2532 Ventura Blvd.
Camarillo, CA 93010
805-987-2083
www.catholiccharitiesla.org

Comfort Keepers

275 E. Hillcrest, Suite 145
Thousand Oaks, CA 91360
805-494-9900
www.comfortkeepers.com

Darancare Corporation

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

Hospice of the Conejo

80 E. Hillcrest Drive
Thousand Oaks, CA 91360
805-495-2145
www.hospiceoftheconejo.org

Livingston Memorial Visiting Nurse Association and Hospice

1996 Eastman Avenue #101
Ventura, CA 93003
805-642-0239
www.lmvna.org

Integrity Care Managing

7770 Telegraph Road,
Suite E-277
Ventura, CA 93004
805-276-2776
www.integritycaremanaging.com

LivHome

223 E. Thousand Oaks Blvd.,
#315
Thousand Oaks, CA 91360
805-687-8766
www.livhome.com

Medical Maze Solutions

7770 Telegraph Road
Ventura, CA 93004
805-650-0544
www.medmaze.com

Paraclete Eldercare Services

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

Public Health Senior Case Management County of Ventura

2220 E. Gonzales Road,
Suite 210 B
Oxnard, CA 93036
805-981-5115
www.vchca.org
Serving seniors who are
functionally-impaired or at-risk
for being institutionalized. They
try to help older adults remain
in their own homes by linking
them to community resources.
They provide home visits,
assessments, education and
referral for health and human
service needs.

Senior Concerns

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

Senior Partners

1203 Flynn Road, Suite 210
Camarillo, CA 93012
805-444-8450
www.daughterforhire.com

St. John's Regional Medical Center

1600 North Rose Avenue
Oxnard, CA 93030
805-988-2891
www.stjohnshealth.org

Wellness & Caregiver Center of Ventura County

3687 E. Las Posas Road,
Building H, Suite 188
Camarillo, CA 93010
800-900-8582
www.camhealth.com
Caregiver Training and Support,
Chronic Disease
Self-Management, Care
Coordination, Resource Library

HOME CARE SERVICES/ HOME HEALTH SERVICES

*These agencies provide a
wide range of health and
social services in the home,
from nursing care to light
housekeeping and errands.*

Accentcare

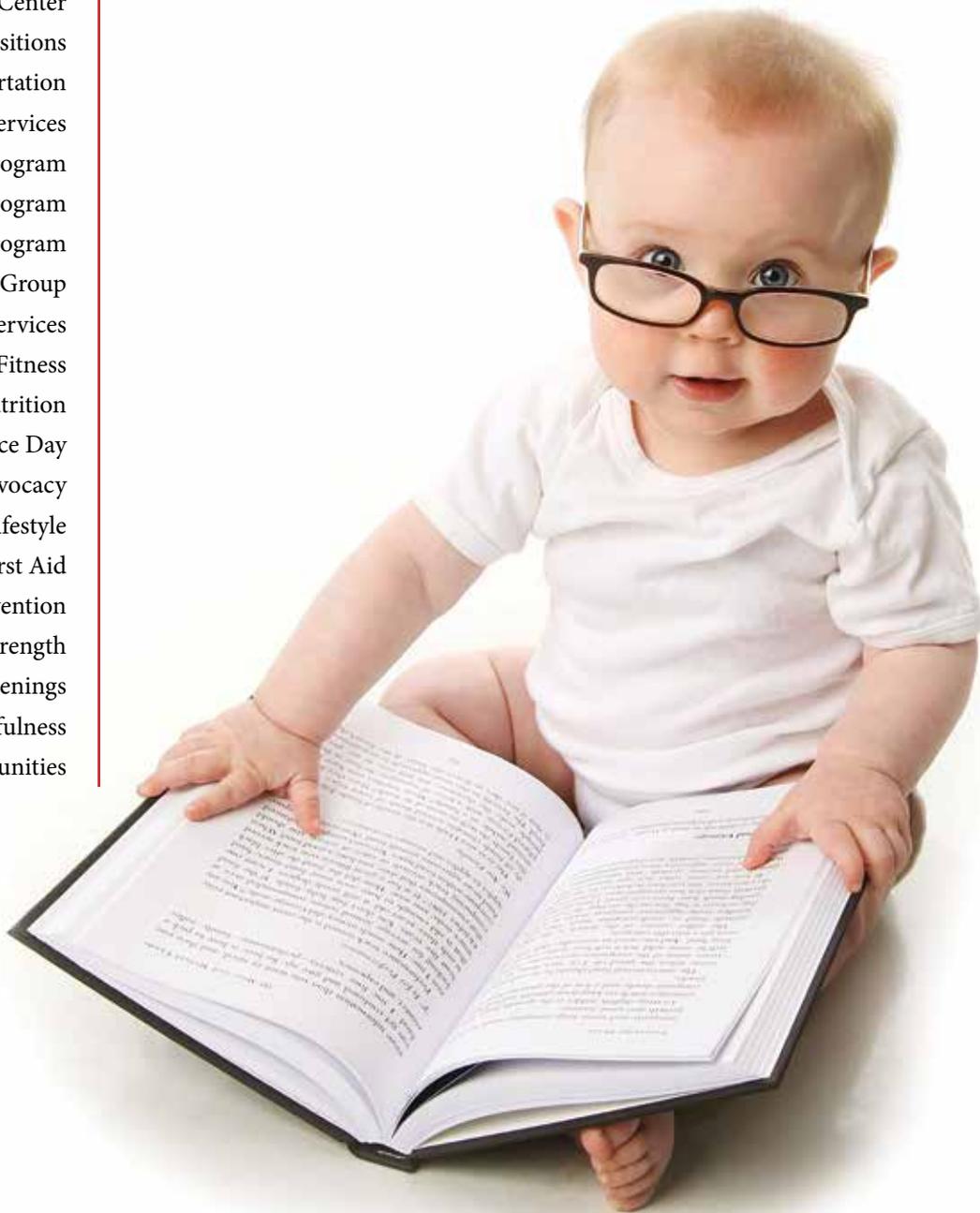
1746 S. Victoria Avenue,
Suite 210
Ventura, CA 93003
805-650-0110
800-834-3059
www.accentcare.com

Area Christians Taking Initiative on Needs (ACTION)

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

Changing Aging.

Building Hope Adult Day Center
Hospital to Home Care Transitions
Care-A-Van Transportation
Counseling Services
Chronic Disease Self-Management Program
Chronic Pain Self-Management Program
Diabetes Self-Management Program
Walk With Ease Walking Group
Caregiver Support Services
Fitness
Nutrition
Produce Day
Advocacy
Lifestyle
Safety & First Aid
Fall Prevention
Body, Mind & Strength
Health Screenings
Mindfulness
Volunteer Opportunities



CAMARILLO
HEALTH
CARE
DISTRICT 

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Serving Ventura County since 1969

3639 E. Las Posas Road, Suite 117
Camarillo, CA 93010

(805) 388-1952

www.camhealth.com

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Assisted Home Care & Hospice

468 Pennsfield Place
Thousand Oaks, CA 91360
805-371-9988
www.assisted1.com

Braewood Home Healthcare Inc.

816 Camarillo Springs Road
Camarillo, CA 93012
805-987-8889
www.braewoodhomehealth.com

Bright Star of Conejo Valley

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

Camarillo Skilled Home Health, LLC

450 Rosewood Avenue
Camarillo, CA 93010
805-987-2888
camarilloskilledhomehealth.org

Caregivers (Volunteers Assisting the Elderly)

1765 Goodyear Avenue #205
Ventura, CA 93003
805-658-8530
www.vccaregivers.org

Comfort Keepers

275 E. Hillcrest Drive, Suite 145
Thousand Oaks, CA 91360
805-494-9900
www.comfortkeepers.com

County of Ventura, Area Agency on Aging

646 County Square Drive, Suite 100
Ventura, CA 93003
805-477-7300
www.countyofventura.org

County of Ventura, Human Services Agency

1400 Vanguard Drive
Oxnard, CA 93003
805-385-9363
www.countyofventura.org

County of Ventura, Human Services Agency

4651 Telephone Road
Ventura, CA 93003
805-658-4100
www.countyofventura.org



Ventura County Homecare Association, Inc.

Local healthcare organizations dedicated to provide the highest quality of care and supporting the home health care industry through education and advocacy.



Visit our VCHA website to access our Membership Resource Directory

www.vchainc.org

Darancare Corp.

4820 Adohr Lane
Camarillo, CA 93012
805-482-0728
805-553-0870
www.darancarehealth.com

Healthwise Home Care Solutions, Inc.

1100 North Ventura Road,
Suite 102
Oxnard, CA 93030
805-983-0086
healthwisehomesolutions.com

Helping Hands Caregivers

31240 La Baya Drive
Westlake Village, CA 91362
805-529-9667

Home Helpers Caregivers

180 Sundown Road, Suite A
Thousand Oaks, CA 91361
805-777-8111
www.howmaywehelp.net

Home Instead Senior Care

2021 Sperry Avenue
Ventura, CA 93003
805-339-0495
www.homeinstead.com

Homewatch Caregivers of Thousand Oaks

3717 E. Thousand Oaks Blvd.,
Suite 110
Thousand Oaks, CA 91362
805-409-2362
www.homewatchcaregivers.com

In-Home Assistance

1932 Eastman Avenue
Ventura, CA 93003
805-658-2785
www.inhomeassistance.com

LiveRight, LLC

1000 S. Hill Road, Suite 320
Ventura, CA 93003
888-800-0616
www.liverightcare.com

LivHome

223 E. Thousand Oaks Blvd.,
#315
Thousand Oaks, CA 91360
805-687-8766
www.livhome.com

Livingston Memorial Visiting Nurse Association

1996 Eastman Avenue, Suite 101
Ventura, CA 93003
805-642-1608
www.livingstonvna.org

Los Posas Home Health Services

1601 Carmen Drive #202
Camarillo, CA 93010
805-484-7284
lasposashomehealthservices.com

Los Robles Homecare Services

68 Long Court
Thousand Oaks, CA 91360
805-777-7234
www.losrobleshomocare.com

Maxim Healthcare Services

500 E. Esplanade Drive, #300
Oxnard, CA 93036
805-278-4593
www.maximhomecare.com

Meditech Home Health, Inc.

1650 Palma Dr., Suite 101
Ventura, CA 93003
805-644-0800
www.meditechhealth.com

Mission Homecare

1767 Goodyear Ave., Suite 107
Ventura, CA 93003
805-289-9999
www.homewithmission.com

Personal Parent Care, Inc.

371 Mobil Avenue, Suite 1
Camarillo, CA 93010
805-389-0997
www.personalparentcare.com

ResCare Home Care

195 E. Hillcrest Dr., Suite 115
Thousand Oaks, CA 91360
805 379-3004
www.rescarehomecare.com

Tender Home Care

360 Mobil Avenue, Suite 108A
Camarillo, CA 93010
805-850-0225
www.tenderhome.net

Visiting Angels

484 Mobil Avenue
Camarillo, CA 93010
805-383-6483
www.visitingangels.com

West Coast Nursing, Ventura

2955 E. Hillcrest Drive
Thousand Oaks, CA 91362
805-496-0900

www.wcnventura.com

Provides wheelchair access,
grab bar installation, ramps,
and shower and bathroom
modifications.

PERSONAL EMERGENCY RESPONSE SYSTEM (PERS)

PERS are home devices that connect older adults to a 24-hour call center with the push of a button. The transmitter is typically worn on a neck pendant or wristband, and it sends a signal to a receiver which is connected to the home telephone line.

Lifeline of Ventura County Camarillo Health Care District

3639 E. Las Posas Road
Camarillo, CA 93010
805-388-1952 ext. 120
www.camhealth.com

RESPIRE SERVICES

Respite care is temporary relief care that can range from a few hours of care provided on a one-time basis to overnight or extended care sessions.

Alzheimer's Association

145 Hodencamp Rd. #205
Thousand Oaks, CA 91360
805-494-5200
www.alz.org

Gold Coast Caregivers

1996 Eastman Avenue, Suite 106
Ventura, CA 93003
805-642-9570
www.goldcoastcaregivers.org

Hilarity for Charity

888-734-8645

Senior Concerns

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

Ventura County Area Agency on Aging

646 County Square Dr #100
Ventura, CA 93003
805-477-7300

Wellness & Caregiver Center of Ventura County

3687 E. Las Posas Road,
Suite 188
Camarillo, CA 93010
800-900-8582
[www.camhealth.com/
wellnesscaregivercenter.php](http://www.camhealth.com/wellnesscaregivercenter.php)

VIRTUAL DEMENTIA TOUR

A Virtual Dementia Tour is a 20-minute education experience that allows the participant to have a glimpse into the world of Dementia.

Homewatch Caregivers

3717 East Thousand Oaks Blvd.,
Suite 110
Thousand Oaks, CA 91362
805-409-2362

End of Life Issues

BEREAVEMENT SERVICES

Bereavement care is an essential component of hospice care that includes anticipating grief reactions and providing ongoing support for the bereaved.

Camarillo Hospice, Inc.

400 Rosewood Avenue,
Suite 102
Camarillo, CA 93010
805-389-6870
www.camarillohospice.org
Adult Children Who Have Lost a
Parent
Adult Sibling Loss
Bereavement Support Group
Bereaved Parents Support Group
Bilingual Bereavement
Good Grief Club (support group
for children ages 6 to 12)
Individual/Family Grief
Counseling by Appointment
Parent Who Have Lost a Child
Pet Loss Support
Suicide Survivors Group
Teen Age Grief Group
Young Adult (15 to 25) Grief
Young Widows and Widowers
Group

Wellness & Caregiver Center of Ventura County

3687 E. Las Posas Road,
Building H, Suite 188
Camarillo, CA 93010
800-900-8582
www.camhealth.com
Caregiver Support Group
Life After Caregiving

ESTATE PLANNING

Estate planning can be used to eliminate uncertainties over the administration of a probate and to maximize the value of the estate by reducing taxes and other expenses.

The Alvarez Firm

1200 Paseo Camarillo, Suite 170
Camarillo CA 93010
805-246-7272
info@alvarezfirm.com

Annette Dawson-Davis

400 Mobil Avenue Suite D11
Camarillo, CA 93010
805-498-0909
dawsondavislaw.com

The Law Offices of Theresa L. McConville

340 Rosewood Ave
Camarillo, CA 93010
805-484-0514
www.mcconlaw.com

The Law Offices of Mary Quin

2310 E Ponderosa Drive #21
Camarillo, CA 93010
805-388-4667
www.maryquinlaw.com

FUNERAL & MEMORIAL SERVICES

Conejo Mountain Funeral Home, Memorial Park and Crematory

2052 Howard Road
Camarillo, CA 93012
Phone: (805) 482-1959
www.conejomountain.com

Griffin Family Funeral Chapels

1075 E. Daily Dr.
Camarillo, CA 93010
805-482-1166
www.griffinfamilyfuneral.com

Neptune Society Santa Barbara, CA

4173 State Street
Santa Barbara, CA 93110
805-967-2805
www.neptunesociety.com

Perez Family Funeral Home

1347 Del Norte Road
Camarillo, CA 93010
805-983-3457
www.camarillomortuary.com

Rites of Passage

805-216-0649
Performs memorial services at
any location large or small.

HOSPICE/PALLIATIVE CARE

*A program of care and support,
committed to improving the
quality of life for the terminally ill
at home.*

Buena Vista Hospice Care, Inc.

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

Camarillo Hospice, Inc.

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

Livingston Memorial

Visiting Nurse Association
1996 Eastman Avenue,
Suite 101
Ventura, CA 93003
800-223-4862
www.livingstonvna.org

ProCare Hospice

1700 Lombard Street
Oxnard, CA 93030
805-983-4708
www.procarenet.com

Tender Loving Care Home Hospice

5400 Atlantis Court
Moorpark, CA 93021
805-517-1620
800-852-9887
www.tlchomehospice.com

VITAS Healthcare

400 W Ventura Blvd., Suite 145
Camarillo, CA 93010
www.vitas.com
805-437-2100

Hospice of the Conejo

80 E. Hillcrest Drive
Thousand Oaks, CA 91360
805-495-2145
www.hospiceoftheconejo.org

Santa Clara Hospice/Home

Support Group, Inc.
133 North Mill Street
Santa Paula, CA 93060
805-525-1333

TAKING CARE OF TOMORROW INFORMATION

Local attorneys discuss how to manage your own affairs related to health issues and your rights, estate administration, wills, trusts and probate

Wellness & Caregiver Center of Ventura County

3687 E. Las Posas Road,
Building H, Suite 188
Camarillo, CA 93010
800-900-8582
www.camhealth.com

Government Services

VETERANS BENEFITS

Explore VA

explore.va.gov
Find out what VA benefits are available

Human Services Agency

2003 Royal Avenue
Simi Valley, CA 93065
805-584-4842

U.S. Department of Veterans Affairs

790 E. Santa Clara Street,
Suite 100
Ventura, CA 93003
805-585-1860
www2.va.gov
800-827-1000
www.va.gov
List of facilities, online applications, and descriptions of programs and benefits

Veterans Services Office Human Services Agency of Ventura County

855 Partridge Drive
Ventura, CA 93003
805-477-5155
www.vchsa.org
Provides financial, transportation and medical assistance

Wounded Warriors

www.woundedwarriorproject.org
760-483-3553

VA Oxnard Community- Based Outpatient Clinic

1690 Universe Circle
Oxnard, CA 93033
805-204-9135

Housing

AFFORDABLE HOUSING COMPLEX UNITS

Area Housing Authority, County of Ventura (HUD)

1400 West Hillcrest Drive
Newbury Park, CA 91320
805-480-9991
800-800-2123
www.ahacv.org
Eligibility information and application assistance for Section 8 and public housing

Casa del Norte Mobile Home Park

4388 Central Avenue
Camarillo, CA 93010
805-485-5556
134 spaces for seniors

Camarillo Mobile Home Park

1150 E. Ventura Blvd.
Camarillo, CA 93010
805-482-0022
110 spaces for seniors

Pleasant Valley Recreation and Park District • Adult & Senior Activities •

The Pleasant Valley Senior Center provides programs, services and events in Camarillo for ages 50+. Most of these exciting opportunities are offered at no or low cost to the adults in our community.

• The Senior Center Provides •

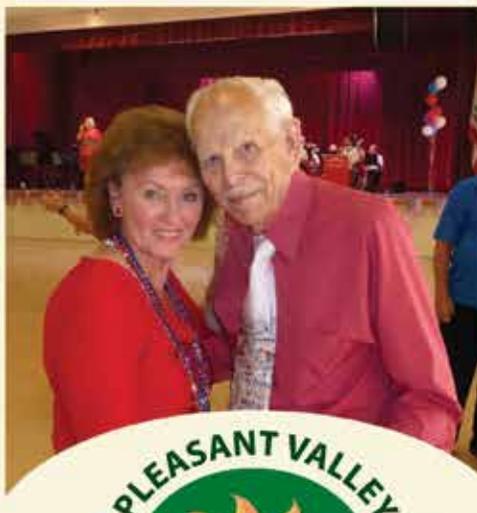
- Educational opportunities
- Cultural events
- Leisure activities
- Health and fitness programs
- Annual EXPO for 50+
- Rummage Sales
- Social services
- Musical venues
- Card groups
- Dances and dance lessons
- Exercise classes
- Computer learning
- Informative seminars
- Tech Fair
- Resource Center
- Contract instructor classes
- Walking Club
- Art Group
- Extended excursions
- And much more!



• Computer Lessons •



• Dances •



• Excursions •



For questions about the Senior Center
Please call (805) 482-4881
Or visit us at www.pvrpd.org



1605 E. Burnley Street, Camarillo
The Senior Center is located at the
Community Center Park

**Camarillo Springs
Mobile Home Park**

801 Camarillo Springs Road
Camarillo, CA 93012
805-484-1650
261 spaces for seniors

Mira Vista Village (55+)

2700 Ponderosa Drive
Camarillo, CA 93010
805-987-6486
305 apartments for 55+

**Park Glenn Senior
Apartments**

200 South Glenn Drive
Camarillo, CA 93012
805-482-6000
18 apartments for 55+

**Ponderosa Village Senior
Apartments**

2105 E. Ponderosa Drive
Camarillo, CA 93010
805-987-0260
90 apartments for 55+

Rancho Adolfo Estates

1055 Adolfo Road
Camarillo, CA 93012
805-484-2734
250 spaces for seniors

HOME MODIFICATION

*Home modification provides
ramps, grab bars, furniture etc.
in the recipients home.*

**Ventura County Area
Agency on Aging**

805-477-7329
800-510-2020

Home Remedies

738 American Oaks Ave.
Newbury Park, CA 91320
805-279-6093
ekrstingrae@hotmail.com

**Phillip Wenger
Construction**

315 Colusa Avenue
Ventura, CA 93004
805-647-7910
wengerconstruction@
roadrunner.com

INDEPENDENT LIVING

AlmaVia of Camarillo

2500 N Ponderosa Drive
Camarillo, CA 93010
805-388-5277

Atria Las Posas

24 Las Posas Road
Camarillo, CA 93010
805 351-3406

Brookdale Camarillo

6000 Santa Rosa Road
Camarillo, CA 93012
805-221-3317

**RESIDENTIAL CARE
FACILITIES RESOURCES**

Ocean Breeze Estates

1132 Blue Oak Street
Camarillo, CA 93010
805-312-3673
georgia@oceanbreezecamarillo.com

Mali's Place

68 Camino Castenada
Camarillo, CA 93010
805 445-9533
www.malisplace.com

**Sally's Residential
Care Home**

940 Carissa Court
Camarillo, CA 93012
805-701-1246
www.sallyscarehome.com/
camarillo-ca-assisted-living-
facility.php

Mom's Place

30 La Patera Ct
Camarillo, CA 93010
805-383-6855
momsplaces.com

**UTILITY ASSISTANCE
PROGRAM**

**Community Action of
Ventura County**

805-436-4000

Insurance/ Legal /Tax

ELDER LEGAL SERVICES

The legal issues that older adults face may include income security, health care, long-term care, nutrition, housing utilities, protective services, defense of the guardianship, abuse, neglect, and age discrimination.

The Alvarez Firm

1200 Paseo Camarillo, Suite 170
Camarillo, CA 93010
805-246-7272
Info@alvarezfirm

Kevin Staker

1200 Paseo Camarillo #280
Camarillo, CA 93010
805 482-2282
staker.com/

Grey Law

290 Maple Court, Suite 128
Ventura, CA 93003
805-658-2266
www.greylaw.us
Call for Appointment
www.camhealth.com
www.pvrpd.org

HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP)

Free counseling and community education on health insurance issues.

Ventura County Area Agency on Aging

646 County Square Drive
Ventura, CA 93003
805-477-7300
www.countyofventura.org
www.camhealth.com
www.pvrpd.org

LONG-TERM CARE COMMUNITY ADVOCACY

Long Term Care Ombudsman

2021 Sperry Avenue, Suite 35
Ventura, CA 93003
805-656-1986
www.ombudsmanventura.org
Represents the interests of the public by investigating and addressing complaints of maladministration or a violation of rights.

MEDIATION

Mediation is an effective way of resolving disputes without the need to go to court. It involves an independent third party, a mediator, who helps both sides come to an agreement.

Rosenbaum Mediation

1746 F South Victoria Avenue
Suite 190
Ventura, CA 93003
805-746-5870
brent@rosenbaummediation.com

TAX ASSISTANCE

AARP Taxes

Camarillo Health Care District
3639 East Las Posas Road,
Suite 117
Camarillo, CA 93010
805-388-1952

Senior Citizens Property Tax Assistance & Referral

800 S. Victoria Avenue
Ventura, CA 93009
805-654-3744
www.ventura.org/department-
directory?cc=900

Medical Services

AMBULATORY CARE CLINICS

Academic Family Medicine Center (AFMC)

3291 Loma Vista Road,
Building 340, #201
Ventura, CA 93003
805- 652-6100
Specialties include:
Cardiology Clinic
Hematology Clinic
Oncology Clinic
Immunology Clinic
Orthopedic Clinic
Urology Clinic

Conejo Valley Family Medical Group

125 W. Thousand Oaks Blvd.,
#300
Thousand Oaks, CA 91360
805-418-9100
Urgent Care:
125 W. Thousand Oaks Bl. #200
805-418-9105
Rheumatology/Neurology

Health Care for the Homeless

One Stop Clinic
3147 Loma Vista Road
Ventura, CA 93003
805-652-6694

Las Islas Family Medical Group

2400 South C Street
Oxnard, CA 93033
Las Islas Family Medical Group:
805-240-7000
Las Islas Women's Health Clinic:
805-240-7040

Las Islas Family Medical Group

325 W. Channel Islands Blvd.
Oxnard, CA 93033
Adult Diabetes Clinic:
805-204-9510
Ortho Clinic:
805-204-9530
Urgent Care:
805-204-9500

Las Posas Family Medical Group

3801 Las Posas Road #214
Camarillo, CA 93010
805-437-0900

Magnolia Family Medical Clinic

2220 E. Gonzales Road,
#120A-B
Oxnard, CA 93036
805-981-5151
Medical Specialty Clinic:
2240 E. Gonzales Road, #100
Oxnard, CA 93036
805-981-5161
Urgent Care:
805-981-5181
2240 E. Gonzales Road,
#110 & #120
Oxnard, CA 93036

Mandalay Bay Women & Children's Med Group

2000 Outlet Center Drive #110
Oxnard, CA 93036
805-604-4588

Neuroscience Center

(Anacapa Surgical Assoc.)
3170 Loma Vista Road
Ventura, CA 93003
805-648-9830

Plastic Reconstructive & Hand Surgery Clinic

(Anacapa Surgical Assoc.)
3180 Loma Vista Road
Ventura, CA 93003
805-641-0141

West Ventura Medical Clinic

133 W. Santa Clara Street
Ventura, CA 93001
805-641-5600
Urgent Care:
805-641-5620
Faculty Medical Group:
805-641-6300

Women's Health Center

3291 Loma Vista Road,
Building 340, #403
Ventura, CA 93003
805-652-6229

HOSPITALS

Community Memorial Hospital

147 N. Brent Street
Ventura, CA 93003
805-652-5011
www.cmhshealth.org

Los Robles Hospital and Medical Center

215 W. Janss Road
Thousand Oaks, CA 91360
805-497-2727
www.losrobleshospital.com

Ojai Valley Community Hospital

1306 Maricopa Hwy.
Ojai, CA 93023
805-646-1401
www.cmhshealth.org

St. John's Pleasant Valley Hospital

2309 Antonio Avenue
Camarillo, CA 93010
805-389-5800
www.stjohnshealth.org

St. John's Regional Medical Center

1600 North Rose Avenue
Oxnard, CA 93003
805-988-2500
www.stjohnshealth.org



Los Robles

Homecare Services, Inc.

Neighbors Caring For Neighbors

Open 24 hours
7 days a week



- California-licensed and Medicare Certified medical home health care agency.
- Skilled nursing, rehabilitation, and specialty programs.
- Ranked top 10% most successful agencies nationwide.
- Success in maintaining low patient re-hospitalization rates.
- Telemonitor System



Ph (805) 777-7234 • Fax (805) 777-0101
www.losrobleshomecare.com

FIND US ONLINE:



**Ventura County
Medical Center**

3291 Loma Vista Road
Ventura, CA 93003
805-652-6000
[www.vchca.org/hospitals/
ventura-county-medical-center](http://www.vchca.org/hospitals/ventura-county-medical-center)

Santa Paula Hospital

825 North 10th Street
Santa Paula, CA 93003
805-933-8681
[www.vchca.org/hospitals/santa-
paula-hospital](http://www.vchca.org/hospitals/santa-paula-hospital)

Simi Valley Hospital

2975 Sycamore Drive
Simi Valley, CA 93065
805-955-6000
www.simivalleyhospital.com

**SKILLED NURSING
COMMUNITIES**

**Camarillo
Healthcare Center**

205 Granada Street
Camarillo, CA 93010
805-482-9805
camarillohealthcare.com

Brookdale Camarillo

6000 Santa Rosa Road
Camarillo, CA 93012
805-221-3317
www.brookdale.com

Nutrition

FOOD PANTRIES

American Legion

7 Veterans Way
Camarillo, CA 93010
805-482-3916

**Camarillo Community
Church**

1322 Las Posas Road
Camarillo, CA 93010
805-482-2657
camarillocommunitychurch.com

**Camarillo Health Care
District Produce Day**

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

**Camarillo Seventh Day
Adventist Church Pantry**

3975 East Las Posas Road
Camarillo, CA 93010
805-482-4632

**First Baptist Church
Camarillo**

1601 Temple Ave.
Camarillo, CA 93010
805-484-2879

FOOD Share

4156 Southbank Road
Oxnard, CA 93036
805-983-7100
www.foodshare.com

**Goebel Senior Center
Conejo Creek Grill**

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

**HELP of Ojai-RSVP
Senior Nutrition**

370 Baldwin Road
Oak View, CA 93023
805-649-9218
www.helpofojai.org

Journey the Church

Camarillo, CA
805-603-1001
www.journeythechurch.com

Jubilee Church

1169 Calle Suerte
Camarillo, CA 93012
805-482-5424
www.jubileechurch.org

Lighthouse Bible Church

1605 Burnley
Camarillo, CA 93010
805-822-8133

**Manna Conejo Valley
Food Bank**

3020 Crescent Way
Thousand Oaks, CA 91362
805-497-4959
www.mannaconejo.org

Pleasant Valley Senior Center

1605 E. Burnley Street
Camarillo, CA 93010
805-482-4881
www.pvrpd.org

**Simi Valley Senior Center
Rendezvous Café**

3900 Avenida Simi
Simi Valley, CA 93065
805-583-6363
www.ci.simi-valley.ca.us
Meals-On-Wheels: Senior Share Program (formerly known as Brown Bag)

**Smile on Seniors
Chabad Jewish Center of
Camarillo**

5800 Santa Rosa Road, Suite 112
Camarillo, CA 93012
805-383-7882
www.chabadcamarillo.com

**Somis Pantry at
Faith Baptist Church**

3300 West Street
Somis, CA 93006
818-634-9243

St. Mary Magdalen

2532 Ventura Blvd.
Camarillo, CA 93010
805-484-0532
www.smmcam.org
Open every Tuesday, 4-6 pm

**St. Columbia's Project
Hope Food Pantry**

1251 Las Posas Road
Camarillo, CA 93010
805-482-8831
www.stcolumbaca.com

Trinity Presbyterian

2304 Antonio Avenue
Camarillo, CA 93010
805-484-0530
www.trinitycamarillo.org

True Life Church

2574 Barry Street
Camarillo, CA 93010
805-484-0532



Livingston Memorial Visiting Nurse Association & Hospice is the oldest and only non-profit home health and hospice care agency in Ventura County. We have been making house calls and serving residents of all ages since 1947, regardless of their ability to pay.

- Skilled Nursing Care
- Rehabilitative Care
- Palliative Care
- Hospice Care
- Personal Care
- Telemedicine



Accredited by
The Joint
Commission

*Home
is where
the Heart Is!*



Free Community Education and Support Services

- Bereavement Support Classes
- Joint Replacement Classes
- Speakers Bureau
- Diabetes Education Classes
- Advanced Directives and POLST Education

When you need help at home, one call is all it takes. (805) 642-0239

www.lmvna.org

Ventura Avenue Adult Center

432 North Ventura Avenue
Ventura, CA 93001
805-648-3035
www.wccventura.org

FOOD SHOPPING ASSISTANCE

Shop Ahoy

10773 Galvin Street
Ventura, CA 93004
805-236-1267
www.shopahoy.org
Volunteers shop and deliver
groceries to our clients
from local stores

SENIOR MEAL PROGRAMS

Camarillo Health Care District

3639 E. Las Posas Road,
Suite 117
Camarillo, CA 93010
805-388-1952
www.camhealth.com
Home Delivered Meal Program,
Apple-a-Day Café, Produce Day

Goebal Senior Center

1385 E. Janss Rd.
Thousand Oaks, CA 91362
805-381-2744

Pleasant Valley Senior Center

Lunch and Movie
1605 E. Burnley Street
Camarillo, CA 93010
805-482-4881

Catered lunch \$5 once a month
on Thursday

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

Human Services Agency, County of Ventura – Food Stamps

1400 Vanguard Drive
Oxnard, CA 93030
805-385-9363
www.vchsa.org

Support Services

SUPPORT GROUPS

Al-Anon/Alateen

PO Box 6754
Ventura, CA 93006
805-656-7110
805-495-0270
(24-hour answering service)

Alcoholics Anonymous

321 North Aviator Street,
Suite 115
Camarillo, CA 93010
805-389-1444
(24-hour answering service)

Alzheimer's Association

145 Hodencamp Rd #205
Thousand Oaks, CA 91360
805) 494-5200
800-272-3900 (Helpline)
www.alz.org

American Cancer Society – Ventura County

Unit 2186 Knoll Drive, Suite A
Ventura, CA 93003
805-644-4237
www.cancer.org

American Diabetes Association of Southern California

800-342-2383
www.diabetes.org

American Lung Association

3212 Loma Vista Road,
Suite 270
Ventura, CA 93003
800-548-8252
Better Breather's Club:
805-963-1426
www.lungusa.org

Arthritis Foundation

Ventura County Branch
PO Box 3733
Ventura, CA 93006
www.arthritis.org

Camarillo Health Care District

3639 East Las Posas Road,
Suite 117
Camarillo, CA 93010
805-388-1952
www.camhealth.com
Al-Anon Family Groups, Inc.,
Men's Stag Group
Al-Anon-How it works
Al-Anon 4th STEP Study Group
Al-Anon Study Group
Anxiety Support Group
Autism Support Group
Brain Injury Survivor & Family
Support Group
Caregiver Support Groups
Catch Your Breath
Chronic Pain and Illness Support
Group
Compulsive Eaters Anonymous
Life After Caregiving Support
Group
Pain Management Support Group
Parkinson's Disease Support
Group
Scleroderma Foundation Support
Group
Stroke Support Group

Community Memorial Hospital

147 N. Brent Street
Ventura, CA 93003
805-652-5011
www.cmhshealth.org
Advanced Stage Cancer Support
Group
Breast Cancer Support Group
Cancer Support Group

Goebel Senior Center

1385 E. Janss Road
Thousand Oaks, CA 91362
805-381-2744
www.goebelsenioradultcenter.org
Alzheimer's Support Group
Arthritis Support Group
Chronic Pain Support Group
Diabetes Support Group
Food Addicts in Recovery
Anonymous
Hearing Loss Association of
Ventura County
Low Vision Support Group -
Braille Institute Community
Outreach
Multiple Sclerosis Support Group
Parkinson Support Group
Post Polio Syndrome Support
Group
Prostate Cancer Discussion
Group
Widows/Widowers Support
Group
Widows/Widowers Graduate
Group

Leukemia & Lymphoma Society

1525 State Street, Suite 205
Santa Barbara, CA 93101
805-884-1883
www.lls.org

Long Term Care Ombudsman

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

Lou Gehrig's Disease Support Group

Westlake Village Library
Community Room
31200 Oak Crest Drive
Westlake Village, CA 91361
805-551-8622
866-750-2572
webgw.alsa.org

Narcotics Anonymous

641 North Ventura Avenue
Ventura, CA 93001
888-817-7425 (24 hour helpline)
www.na.org

National Alliance on Mental Illness NAMI Ventura County

1355 Del Norte Road
Camarillo, CA 93010
805-641-2426
www.namiventura.org

National Multiple Sclerosis Society

Channel Islands Chapter
1921-A State Street
Santa Barbara, CA 93101
805-682-8783
www.nationalmssociety.org

National Parkinson Foundation

Help Line:
800-473-4636
www.parkinson.org

Pleasant Valley Recreation and Park District & Senior Center



We Have Something for Everyone!

Look for our quarterly Activity Guide for classes and events!



**Come Participate
Pleasant Valley
Recreation and Park District**
Classes, Special Events, Dances,
Excursions, Walking Club, Nature Center,
Dog Parks, Health and Wellness Classes,
Sports Programs, Aquatics and Senior Center.

Call (805) 482-1996 or visit us at pvrpd.org.

Transform Your *Health,* Transform Your *Life!*

Enroll Today and Improve Your Health for Tomorrow!

CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

6 week series

This award-winning "Healthier Living" series, based on research conducted at Stanford University, is designed for anyone enduring ongoing health conditions. Methods taught will reduce fatigue, anxiety, sleep loss and ensure a happier, healthier life. **Also available in Spanish.**

CHRONIC PAIN SELF-MANAGEMENT PROGRAM

6 week series

Chronic Pain Self-Management Program is designed to teach practical skills to help people with chronic pain better manage their symptoms and provide motivation for the challenges of daily living. This program is for adults living with any ongoing pain due to illness or accident.

DIABETES SELF-MANAGEMENT PROGRAM

6 week series

This Stanford based program is designed to teach participants how to live with diabetes, and provide them with tools to overcome and manage this common condition. **Also available in Spanish.**

TAI CHI: MOVING FOR BETTER BALANCE

24 Week Series

Designed to improve strength, balance, and mobility, and prevent falls in older adults and individuals with balance disorders through a therapeutic regimen of martial arts movements.

DEEP (Diabetes Empowerment Education Program)

6 week series

This course, based on research conducted at University of Illinois at Chicago, is designed for anyone living with or caring for someone with diabetes or pre-diabetes. Designed to teach practical skills to improve diet, exercise, self-care, and reduce complications while ensuring a happier, healthier life. **Also available in Spanish.**

UCLA MEMORY TRAINING

4 week series

The techniques in this course, based on research at UCLA, include strategies such as organization, association and imagery to make information easier to recall. Many research studies, including those conducted by Gary Small, MD, and his colleagues at UCLA have shown these strategies are effective in improving memory in older adults with normal, age-related challenges.

MATTER OF BALANCE

8 Week Series

Designed by Boston University to assist older adults who have a fear of falling. Learn to view falls as controllable, reduce concerns about falling, and set goals for increasing activity.

ARTHRITIS FOUNDATION'S® WALK WITH EASE — WALKING GROUP

6 Week Series

Developed by the Arthritis Foundation to create a customized walking plan to keep muscles strong and joints stable, boost energy, and control weight. Go at your own pace.



www.cahealthierliving.org/ventura

Pleasant Valley Senior Center

1605 E. Burnley Street
Camarillo, CA 93010
805-482-4881
www.pvrpd.org
AARP Driving Course
Arthritis Exercise Class/Support Group
Diabetes Class/Support Group
Grey Law
Low Vision Group – Braille Institute
Parkinson’s Exercise Class/Support Group
TOPS – Taking Off Pounds Sensibly

Senior Concerns

401 Hodencamp Road
Thousand Oaks, CA 91360
805-497-0189
www.seniorconcerns.org
Caregiver Support Groups
Support groups are for Caregivers, friends and families of frail, special need or memory impaired seniors.

Senior Support Line

800-235-9980
www.camhealth.com/senior-support-line-1-800-235-9980/
Are you feeling alone, anxious, isolated, lonely or worried? It is a Toll Free number available for Ventura County residents, age 60 and over.

St. John’s Regional Medical Center

1600 North Rose Avenue
Oxnard, CA 93030
805-988-2500
www.stjohnshealth.org

St. John’s Cancer Center of Ventura County

1700 N. Rose Avenue, Suite 145
Oxnard, CA 93030
805-988-2641
www.stjohnshealth.org
Blood Cancers
Camarillo Cancer Support Group
Colorectal Cancer Support Group
Early Stage Breast Cancer Group
Kids with Relatives with Cancer
Latina Breast Cancer Group
Prostate Cancer Support Group
Women’s Latina Support Group
Women with Cancer Support Group

Transportation

DMV SERVICES

AARP Driver Safety Program

Offered at:
Pleasant Valley Park and Recreation
1605 E. Burnley Street
Camarillo, CA 93010
805-482-4881
www.pvrpd.org/recreation/senior/default.asp

TRANSPORTATION SERVICES

A to B Transport, LLC (A Darancare Corp Co.)

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

Camarillo Area Transit (CAT)

Transit Manager/ Administration

601 Carmen Drive
Camarillo, CA 93010
805-988-4228

Camarillo Dial-A-Ride Reservations & Fixed Route Information

601 Carmen Drive
Camarillo, CA 93010
805-388-5340
www.cityofcamarillo.org

Care-A-Van (Camarillo Health Care District)

3639 E. Las Posas Road, Suite 117
Camarillo, CA 93010
805-388-2529
www.camhealth.com
Non-Emergency Medical Door-through-Door Transportation

**Gold Coast ACCESS-
Paratransit Service
(Senior/ADA dial-a-ride
service)**

201 E. Fourth Street
Oxnard, CA 93030
805-485-2319
(Oxnard, Port Hueneme)
805-649-4421 (Ventura, Ojai)
800-448-6133
www.goldcoasttransit.org

Gold Coast Transit

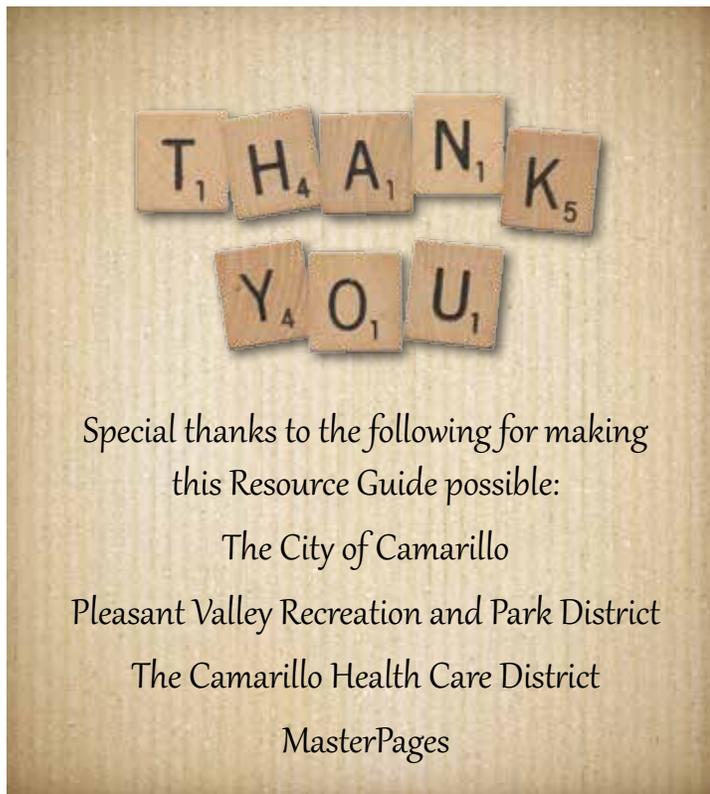
(Servicing Ventura, Oxnard,
Port Hueneme, Ojai and
unincorporated County areas)
Oxnard Transportation Center
201 E. Fourth Street
Oxnard, CA 93030
805-487-4222
www.goldcoasttransit.org

**Ventura County
Transportation
Commission**

950 County Square Drive,
Suite 207
Ventura, CA 93003
805-642-1591
888-667-7001
800-438-4860 (For transit
information)
www.goventura.org
For information on the American
with Disabilities Act

VISTA Bus

(Servicing Ventura County)
950 County Square Drive,
Suite 207
Ventura, CA 93003
800-438-1112
www.goventura.org



Assisted
Hands to Help, Hearts to Care®

805-677-2100

Home Health • Hospice Care
Caregiver Services

Quick Community Resources

CITY OF CAMARILLO DIRECTORY

City Manager	805-388-5307
Cable TV Customer Service	
Time Warner	888-892-2253
Verizon	888-553-1555
City Cable TV Representative	805-388-5349
Economic Development	805-388-5349
Trash Collection (E.J. Harrison)	805-647-1414
Recycling & Hazardous Waste	805-388-5392
Hazardous Waste Appt. Line	805-987-0717
City Clerk	805-388-5316
Finance	805-388-5320
Accounts Payable	805-388-5352
Business Licenses	805-388-5330
Utility Billing/Customer Service	805-388-5325
Community Development	805-388-5360
Code Compliance	805-383-5660
Public Works	805-388-5380
Streets	805-388-5338
Water	805-388-5373
Engineering	805-388-5340
Traffic	805-388-5340
Water Reclamation	805-388-5332
Abandoned Vehicles	805-388-5150
Airport Noise Complaints	805-388-4202
Animal Services	805-388-4341
Building & Safety	805-388-5395
Camarillo Area Transit (Dial-A-Ride)	805-988-4228
Camarillo Library	805-388-5222
Fire Department (non-emergency)	805-389-9710
Graffiti Reports	805-388-5338
Police Department (non-emergency)	805-388-5100
Camarillo Post Office	805-383-9804
City Website	www.cityofcamarillo.org
City E-mail Address	cityhall@cityofcamarillo.org
Camarillo Library Website	www.camarillolibrary.org

COUNTY RESOURCES

American Diabetes Association

3425 W. Manchester Blvd.
Inglewood, CA 90305
323-758-5598
www.diabetes.org

American Red Cross of Central California

836 Calle Plano
Camarillo, CA 93012
805-987-1514
www.redcross.org

Better Business Bureau of the Tri-Counties

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

Coalition to End Domestic and Sexual Violence

1030 North Ventura Road
Oxnard, CA 93030
805-983-6014
www.thecoalition.org

Community Action of Ventura County (Home Energy Assistance Program – HEAP)

621 Richmond Ave.
Oxnard, CA 93030
805-436-4021
www.ca-vc.org

County of Ventura

800 Victoria Avenue
Ventura, CA 93009
805-654-5000
www.ventura.org

FOOD Share, Inc.

4156 Southbank Road
Oxnard, CA 93036
805-983-7100
www.foodshare.com

**Human Services Agency,
County of Ventura**

855 Partridge Drive
Ventura, CA 93003
805-477-5100
www.countyofventura.org

**Human Services Agency,
County of Ventura –
CAL FRESH (Formally
known as Food Stamps)**

1400 Vanguard Drive
Oxnard, CA 93030
805-385-9363
www.vchsa.org

**Human Services Agency,
Adult Protective Services**

1001 Partridge Drive,
3rd Floor, Suite 365
Ventura, CA 93003

To Report Abuse

805-654-3200

General Information

805-658-4450

www.vchsa.org

**Human Services Agency
of Ventura County**

Veterans' Services Office
855 Partridge Drive
Ventura, CA 93003
805-477-5155
www.vchsa.org

**Interface Children and
Family Services of
Ventura County**

4001 Mission Oaks Blvd.,
Suite #1
Camarillo, CA 93012
805-485-6114
24 Hour Helpline
800-339-9597
www.icfs.org

Information and referral,
addressing the multifaceted
needs of families through core

Program areas:

mental health, youth and
family strengthening, family
violence intervention, 2-1-1
information and referral, training
and technical assistance

Internal Revenue Service

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

**Long Term Care
Ombudsman**

2021 Sperry Avenue, Suite 35
Ventura, CA 93003
805-656-1986
www.ombudsmanventura.org
Pre-placement and pre-admission
counseling for patients and
families
Approaching first time long term
care placement

**Ventura County Area
Agency on Aging**

646 County Square Drive
Ventura, CA 93003
805-477-7300
www.countyofventura.org
Health Insurance Counseling
and Advocacy Program,
case management programs,
Multipurpose Senior Services
Program, and other senior
services.

**Ventura County Board
of Supervisors**

800 S. Victoria, L #1880
Ventura, CA 93009
805-654-2276
Supervisor Kathy Long,
3rd District
www.ventura.org

Ventura County District Attorney's Office

800 S. Victoria Avenue
Ventura, CA 93009

Consumer Fraud Unit

805-654-3110

Consumer Mediation Unit

805-654-3110

Victims Assistance Division

805-654-3622

www.vcdistrictattorney.com

Ventura County Public Health

2220 E. Gonzales Road,
Suite 102

Oxnard, CA 93036

805-981-5115

www.vchca.org/public-health

Ventura County Sheriff's Office

Office of Emergency Services

805-654-2551

www.readyventuracounty.org

Ventura County Transportation Commission

950 County Square Drive,
Suite 207

Ventura, CA 93003

805-642-1591

888-667-7001

www.goventura.org

For information on the American with Disabilities Act



Residents are the heart of our community.

AlmaVia of Camarillo, a non-profit community opened in 2001, prides itself on its intimate setting and the close friendships that develop among its residents and staff. This community, located near St. John's Pleasant Valley Hospital, celebrates the dignity and individuality of its residents while focusing on best-in-class, personalized care. AlmaVia of Camarillo provides a holistic approach to wellness, and encourages a fun and active lifestyle.

**Won't you join us for lunch?
Call us today for a reservation!**

805-388-5277

Why Choose AlmaVia of Camarillo?

- High standard of clinical services with lower than average hospital readmission rates
- Above the industry average in resident and family satisfaction
- Spiritual Care Director available for all denominations
- Excellent care and service - happy staff translates to very satisfied residents!
- Pet-friendly
- Transportation available for local appointments, outings, or errands
- Housekeeping & laundry services included
- Exercise, educational and musical activities offered

Call today to schedule a visit! 805-388-5277

2500 Ponderosa Dr. N, Camarillo, CA 93010 | www.eldercarealliance.org

AlmaVia of Camarillo, an Elder Care Alliance community, is a nonprofit, faith-based assisted living and memory care community cosponsored by the Sisters of Mercy of the Americas Midwest Community & the Sierra Pacific Synod of the Evangelical Lutheran Church in America. RCFE Lic. #565800682. ©2014 Elder Care Alliance



SCAMS

According to the National Consumers League's National Fraud Information Center, nearly a third of all victims of telemarketing fraud are aged 60 and older. Many victims don't realize that the "salesperson" on the phone is trying to steal their money.

It is illegal for companies that operate contests or sweepstakes to ask you to pay to enter or claim your prize or to suggest that buying something will increase your odds of winning. It is illegal for telemarketers to ask for a fee upfront to help you get a loan if they guarantee or strongly imply that the loan will be made.

Reduce the number of unwanted calls and deal effectively with telemarketers:

- Avoid getting on the "sucker list." Don't fill out contest forms at fairs or malls.
- Screen your calls, use an answering machine or caller ID.
- Know who you're dealing with.
- If you have an account with a company, tell them that you don't want your information on a market list.

IDENTITY THEFT

You can't protect yourself completely from identity thieves, but you can take steps to keep your personal information more secure when you're at home, at work, and on the go.

Account Information

If someone contacts you claiming to be from a business that already has your account number but is requesting it again, be suspicious. If you are considering doing business with an unfamiliar company, check the complaint records with your state and local consumer protection agency and Better Business Bureau.

ATM, Credit, and Debit Cards

Carry only those that you plan to use. If there are accounts you don't use anymore, close them. Memorize your PIN numbers and don't write them down where someone may find them.

Bills, Bank Statements, and Other Records

Don't leave bills, statements and other personal records around in plain sight. Keep important documents in a locked file cabinet. Shred information you don't need to keep.

Credit Reports

Check your credit report once a year to make sure there are no accounts on it that you never opened.

Mail

Remove incoming mail from your mailbox promptly. Send bill payment from the post office or public mailbox, not from home. If you are going to be away, ask the post office to hold your mail.

Online Payments

Look for clues about security when providing account numbers online. Your browser may also show that your information is encrypted or scrambled. See what the website says about how your information is safeguarded.

Social Security Number

Don't give your social security number unless it is needed to apply for credit, open a bank account, go to work for someone, or for some other legitimate purpose. Never have it printed or write it yourself on checks.

Wallets and Purses

Don't tempt crooks by leaving your wallet or purse in plain sight in your house or car. Don't leave your wallet loose in your back pocket or your purse hanging from a chair at a restaurant or other public place. Use purses that close securely.



GETTING YOU HOME QUICKER THAN YOU THOUGHT!



CAMARILLO
HEALTHCARE CENTER

205 Granada St, Camarillo, CA 93010 (805) 482-9805 www.camarillohealthcare.com



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in the Imaginarium

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in the Wellness Room

GenerationUs pairs volunteers
of all ages for interactive fun

Wellness & Caregiver Center
offers support groups
and classes for families

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