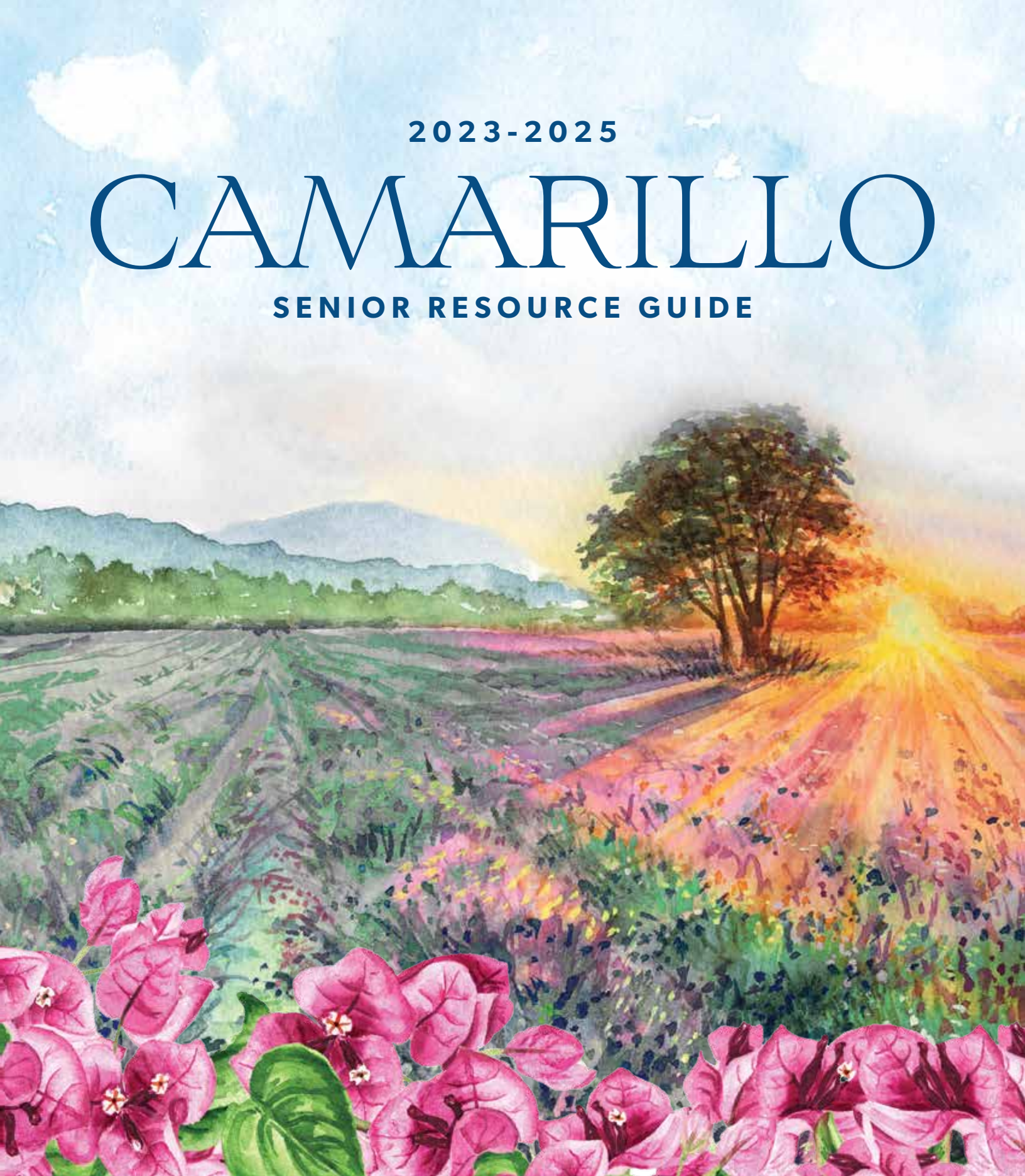


2023-2025

# CAMARILLO

SENIOR RESOURCE GUIDE



# Aging Smarter

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

*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.*

- Liaison to the City of Camarillo regarding issues concerning older adults
- Provide an online Senior News Periodical
- 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](http://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 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 2023 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,

Shawn Mulchay  
Mayor

# CHANGING aging

## HELPING PEOPLE

*manage ongoing*

## HEALTH CHALLENGES,

*live better with*

## CHRONIC ILLNESS

*& improve overall*

## QUALITY OF LIFE.



Camarillo

**HEALTH**  
CARE DISTRICT

“

*Camarillo Health Care District continues to serve the people  
in the community with high quality, ongoing programs.  
Thank you all for our service and dedication.*

”

Adult Day Center | Caregiver Center | Transportation Services | Dementia Specialty Services | Care Management  
Senior Nutrition Program | Care Consultations | Elder Legal | Nutrition | Medicare Counseling  
Health Management | Moving and Strengthening | Fall Prevention | Digital Literacy | Memory Training  
Senso Balance Machine | Virtual Reality | Senior Support Line . . . and more

# Table of Contents

## Active Living

- 7 Animal Assistance Program & Dog Parks
- 7 Balance and Exercise
- 7 Education
- 8 Senior Centers
- 8 Volunteer Opportunities

## Caregiving

- 11 Adult Day Care
- 11 Adult at Risk ID Cards
- 11 Care Placement
- 12 Geriatric Care/Case Management
- 13 Home Care Services/Home Health Services
- 14 Hospice/Palliative Care
- 15 Personal Emergency Response System (PERS)
- 16 Respite Services
- 16 Virtual Dementia Tour

## End of Life Issues

- 16 Bereavement Services
- 16 Estate Planning
- 17 Funeral & Memorial Services

## Government Services

- 17 Veterans Benefits

## Housing & Moving

- 17 Affordable Housing Complex Units
- 18 Emergency Housing Assistance
- 18 Home Modification
- 18 Independent Living
- 19 Residential Care Facilities Resources
- 19 Senior Moving Assistance
- 19 Utility Assistance Program

## Insurance/Legal/Tax

- 22 Elder Legal Services
- 21 Health Insurance Counseling and Advocacy Program (HICAP)
- 21 Long-Term Care Community Advocacy
- 21 Mediation
- 21 Tax Assistance

## Medical Services

- 21 Ambulatory Care Clinics
- 22 Hearing
- 22 Hospitals
- 23 Medical Supplies
- 23 Mental Health Resources
- 23 Radiation Oncology
- 23 Skilled Nursing Communities
- 24 Women's Health

## Nutrition

- 24 Food Pantries
- 24 Food Shopping Assistance
- 25 Senior Meal Programs
- 25 Supplemental Nutrition Assistance Program (SNAP)

## Support Services

- 26 Support Groups

## Transportation

- 27 DMV Services
- 27 Transportation Services

## Quick Community Resources

- 28 City of Camarillo Directory
- 29 County Resources
- 31 Scams
- 31 Identity Theft

# Fifty and Better

Fifty and  
Better

California  
Lutheran  
University

The Fifty and Better program (FAB) was designed for people age 50 and older who are seeking intellectual stimulation through university-level courses and lectures simply to learn (without the pressure of grades), and for social-engagement opportunities.

FAB hosts virtual & in-person learning and engagement opportunities, and parking is always free!



For more information on upcoming courses, lectures, and activities, visit [CalLutheran.edu/fab](https://CalLutheran.edu/fab) or call (805) 493-3290.

## 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 E. 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

### BALANCE AND EXERCISE

#### Balance and Beyond

Balance Training in your Home  
(805) 559-5009  
info@balancenbeyond.com

#### Camarillo Health Care District

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

#### Pleasant Valley Recreation and Park District

1605 Burnley Street  
Camarillo, CA 93010  
(805) 482-1996  
www.pvrpd.com

#### YMCA

3111 Village at the Park Drive  
Camarillo, CA 93012  
(805) 484-0423  
www.ciyymca.org

### EDUCATION

#### AARP Driver Safety Program

Offered at:  
Pleasant Valley Recreation and  
Park District  
1605 E. Burnley St.  
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  
camarillolibrary.org

#### Conejo Valley Adult Ed.

1025 Old Farm Road  
Thousand Oaks, CA 91360  
(805) 497-2761  
www.conejoadulted.org

#### Fifty and Better (FAB)

California Lutheran University  
60 West Olsen Road  
Thousand Oaks, CA 91360  
(805) 493-3290  
fab@callutheran.edu

#### Osher Lifelong Learning Institute (OLLI)

California State University  
Channel Islands  
One University Drive  
Sage Hall, 2nd Floor  
Camarillo, CA 93012  
(805) 437-2748  
go.cusci.edu/olli

#### Oxnard Adult School

1800 Solar Drive  
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) 289-1744  
www.vace.com

#### Ventura County Community College District

761 East Daily Drive  
Camarillo, CA 93010  
(805) 652-5500  
www.vcccd.edu

## SENIOR CENTERS

### -CAMARILLO-

#### **Pleasant Valley Senior Center**

1605 Burnley Street  
Camarillo, CA 93010  
(805) 482-4881  
[www.pvrpd.org](http://www.pvrpd.org)

### -FILLMORE-

#### **Fillmore Active Adult Center**

533 Santa Clara Street  
Fillmore, CA 93015  
(805) 524-3030  
[www.fillmoreca.com](http://www.fillmoreca.com)

### -MOORPARK-

#### **Moorpark Active Adult Center**

799 Moorpark Avenue  
Moorpark, CA 93021  
(805) 517-6261  
[moorparkca.gov/200/Active-Adult-Center](http://moorparkca.gov/200/Active-Adult-Center)

### -OJAI-

#### **HELP of Ojai**

RSVP / Senior Nutrition  
370 Baldwin Road  
Ojai, CA 93023  
(805) 649-8018  
[www.helpofojai.org](http://www.helpofojai.org)

### -OXNARD-

#### **Oxnard Family Circle**

Adult Day Health Care Center  
2100 Outlet Center Drive,  
Suite 380  
Oxnard, CA 93036  
(805) 385-4180  
[www.oxnardfamilycircle.com](http://www.oxnardfamilycircle.com)

#### **Palm Vista Senior Center**

801 South C Street  
Oxnard, CA 93030  
(805) 385-8163  
[www.oxnardrec.org](http://www.oxnardrec.org)

#### **South Oxnard Senior Center**

200 E. Bard Road  
Oxnard, CA 93033  
(805) 385-8042  
[www.oxnardrec.org](http://www.oxnardrec.org)

#### **Wilson Senior Center**

350 North C Street  
Oxnard, CA 93030  
(805) 385-8028  
[www.oxnardrec.org](http://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](http://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  
[www.spcity.org](http://www.spcity.org)

### -SIMI VALLEY-

#### **Simi Valley Senior Center**

3900 Avenida Simi  
Simi Valley, CA 93063  
(805) 583-6363  
[www.simivalley.org](http://www.simivalley.org)

### -THOUSAND OAKS-

#### **Goebel Senior Center**

1385 E. Janss Road  
Thousand Oaks, CA 91362  
(805) 381-2744  
[www.crpdpd.org/gacc](http://www.crpdpd.org/gacc)

### -VENTURA-

#### **Senior Recreation Center**

550 North Ventura Avenue  
Ventura, CA 93001  
(805) 648-3035  
[www.cityofventura.ca.gov/adult](http://www.cityofventura.ca.gov/adult)

## VOLUNTEER OPPORTUNITIES

#### **American Red Cross**

836 Calle Plano  
Camarillo, CA 93012  
(805) 987-1514  
[www.redcross.org](http://www.redcross.org)

#### **Camarillo City Library - Friends of the Library**

4101 Las Posas Road  
Camarillo, CA 93010  
(805) 388-5275  
[www.friendscamarillolibrary.org](http://www.friendscamarillolibrary.org)

#### **Camarillo Council on Aging**

[councilonaging@gmail.com](mailto:councilonaging@gmail.com)  
(805) 388-5315

#### **Camarillo Health Care District**

3639 E. Las Posas Road,  
Suite 117  
Camarillo, CA 93010  
(805) 388-1952  
[www.camhealth.com](http://www.camhealth.com)

#### **Camarillo Hospice**

400 Rosewood Avenue, #102  
Camarillo, CA 93010  
(805) 389-6870  
[www.lmvna.org](http://www.lmvna.org)

### **Camarillo Ranch House**

201 Camarillo Ranch Road  
Camarillo, CA 93010  
(805) 389-8182  
info@camarillohouse.org

### **Caregivers Volunteers Assisting the Elderly**

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

### **Commemorative Air Force**

455 Aviation Drive  
Camarillo, CA 93010  
(805) 482-0064  
www.CAFSOCAL.com

### **Discovery Shop (American Cancer Society)**

2245 B Ventura Blvd  
Camarillo, CA 93010  
(805) 383-1825

### **Food Share Inc. Regional Food Bank**

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

### **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) 642-0239  
www.lmvna.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)**

25 N. Las Posas Road  
Camarillo, CA 93010  
(805) 987-2083  
catholiccharitiesla.org

### **Pleasant Valley Historical Society**

720 Las Posas Road  
Camarillo, CA 93010  
(805) 482-3660  
www.pvhsonline.org



When you  
or a loved one  
needs a caring,  
team approach  
to services  
in the home,  
*we can help.*



CareGivers | Home Health | Palliative Care | Hospice

CONTACT US FOR MORE  
INFORMATION OR A  
COMPLIMENTARY ASSESSMENT



**(805) 642-0239**

lmvna.org

 **Livingston Memorial**  
Visiting Nurse Association & Hospice



# Osher Lifelong Learning Institute



**at CSU Channel Islands**

*OLLI is for Adults 50+ Who Want to Continue the Joy of Learning*



**No tests.  
No papers.  
No grades.**

***Just the joy of learning.***

✉ [OLLI@csuci.edu](mailto:OLLI@csuci.edu)

☎ 805-437-2748

🌐 [go.csuci.edu/olli](http://go.csuci.edu/olli)

**Pleasant Valley  
Recreation and Park  
District**

**Pleasant Valley  
Senior Center**

1605 Burnley Street  
Camarillo, CA 93010  
(805) 482-4881  
[www.pvrpd.org/recreation/senior](http://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](http://www.dignityhealth.org/pleasantvalley)

**United Way of  
Ventura County**

705 County Square Drive,  
Suite 100  
Ventura, CA 93003  
(805) 485-6288  
[www.vcunitedway.org](http://www.vcunitedway.org)  
[www.volunteerventuracounty.org](http://www.volunteerventuracounty.org)

**Ventura County  
Animal Services**

600 Aviation Drive  
Camarillo, CA 93010  
(805) 388-4341  
[www.vcas.us](http://www.vcas.us)

**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](http://www.amongfriends.org)

**Adult Day Center  
Camarillo Health  
Care District**

3639 East Las Posas Road,  
Building E, Suite 117  
Camarillo, CA 93010  
(805) 388-1952  
[www.camhealth.com](http://www.camhealth.com)

**Help of Ojai  
Oak Tree House**

111 W. Santa Ana Street  
Ojai, CA 93023  
(805) 646-5122  
[www.helpofojai.org](http://www.helpofojai.org)

**Oxnard Family Circle  
Adult Day Healthcare Center**

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

**Senior Concerns  
Adult Day Program**

401 Hodencamp Road  
Thousand Oaks, CA 91360  
(805) 497-0189  
[www.seniorconcerns.org](http://www.seniorconcerns.org)

**Ventura County Adult Day  
Health Care Center**

1700 North Lombard Street,  
Suite 150  
Oxnard, CA 93030  
(805) 278-4321  
[www.vcadhc.org](http://www.vcadhc.org)

**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

**CARE PLACEMENT**

*Care placement companies offer free referral services to assisted living communities, memory care and care at home.*

**Assisted Living  
Connections**

[www.assistedlivingconnections.com](http://www.assistedlivingconnections.com)  
(888) 880-1811

**California Senior Living**

P.O. Box 1254  
Thousand Oaks, CA 91358  
(805) 405-2411  
[www.californiaseniorliving.com](http://www.californiaseniorliving.com)

**Long Term Care Services  
of Ventura County  
Ombudsman Program**

2021 Sperry Avenue, Suite 35  
Ventura, CA 93003  
(805) 656-1986  
[www.ombudsmanventura.org](http://www.ombudsmanventura.org)

**GERIATRIC CARE/CASE  
MANAGEMENT**

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

**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/vcaaa](http://www.ventura.org/vcaaa)

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

2532 Ventura Blvd.  
Camarillo, CA 93010  
(805) 987-2083  
[www.catholiccharitiesla.org](http://www.catholiccharitiesla.org)

**Comfort Keepers**

3249 Old Conejo Road  
Thousand Oaks, CA 91320  
(805) 494-9900  
[www.comfortkeepers.com](http://www.comfortkeepers.com)

**Darancare Corporation**

4820 Adohr Lane  
Camarillo, CA 93012  
(805) 482-0728  
[www.darancarehealth.com](http://www.darancarehealth.com)

**Human Services Agency**

In-Home Supportive Services  
Public Authority  
County of Ventura  
4245 Market Street Suite 213  
Ventura, CA 93003  
(805) 654-3416 - Ventura Provider  
(805) 654-3260 - IHSS Info Line  
(805) 654-3236 - IHSS Applications  
[www.vchas.org](http://www.vchas.org)

**Livingston Memorial  
Visiting Nurse Association  
and Hospice**

1996 Eastman Avenue #101  
Ventura, CA 93003  
(805) 642-0239  
[www.lmvna.org](http://www.lmvna.org)

**Integrity Care Managing**

2674 E. Main Street  
Ventura, CA 93003  
(805) 276-2776  
[www.integritycaremanaging.com](http://www.integritycaremanaging.com)

**Personal Parent Care, Inc.**

400 Mobil Ave #B12  
Camarillo, CA 93010  
(805) 389-0997  
[mifarber@personalparentcare.com](mailto:mifarber@personalparentcare.com)

**Public Health Nursing/  
Senior Case Management  
County of Ventura**

2220 E. Gonzales Road, Suite 102  
Oxnard, CA 93036  
(805) 981-5115  
[www.vchca.org](http://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](http://www.seniorconcerns.org)

**Senior Partners**

1203 Flynn Road, Suite 210  
Camarillo, CA 93012  
(805) 444-8450  
[www.daughterforhire.com](http://www.daughterforhire.com)

**St. John's Regional  
Medical Center**

1600 North Rose Avenue  
Oxnard, CA 93030  
(805) 988-2500  
[www.locations.dignityhealth.org](http://www.locations.dignityhealth.org)

**Caregiver Center of  
Ventura County**

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



*Camarillo is home to the world's largest collection of bird eggs and  
nests at the Western Foundation of Vertebrate Zoology.*

*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  
(805) 834-3059  
www.accentcare.com

### **ACTION**

#### **(Area Christians Taking Initiative On Needs)**

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

### **Advantage Plus Caregivers**

400 Mobil Avenue, B-12  
Camarillo, CA 93010  
(805) 322-8822  
advantagepluscaregivers.com

### **Assisted Home Health & Hospice**

4450 Westinghouse Street,  
Suite 101  
Ventura, CA 93003  
(805) 677-2100  
www.assistedcares.com

### **Buena Vista Home Health, Palliative Care and Hospice**

2545 W. Hillcrest Drive,  
Suite 130A  
Thousand Oaks, CA 91320  
(805) 676-1453  
www.buonavistahhh.com

### **Camarillo Skilled Home Health, LLC**

450 Rosewood Avenue #213  
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**

3249 Old Conejo Road  
Thousand Oaks, CA 91320  
(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.vcaaa.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

### **Darancare Corp.**

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

### **Healthwise Home Care Solutions, Inc.**

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

### **Home Helpers HomeCare**

355 East Thousand Oaks Blvd.  
Thousand Oaks, CA 91360  
(805) 777-8111  
www.homehelpershomecare.com/  
thousand-oaks

### **Home Instead Senior Care**

6593 Collins Drive  
Moorpark, CA 93021  
(805) 577-0926  
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

### **Livingston Memorial Visiting Nurse Association**

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

### **Las Posas Home Health Services**

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

### **Los Robles Homecare Services**

68 Long Court #2C  
Thousand Oaks, CA 91360  
(805) 777-7234  
www.losrobleshomecare.com

### **Maxim Healthcare Services**

500 E. Esplanade Drive, #660  
Oxnard, CA 93036  
(805) 278-4593  
www.maximhealthcare.com

### **Meditech Health Services**

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

### **Mission Healthcare**

1957 Eastman Ave. #A-1  
Ventura, CA 93003  
(805) 289-9999  
www.homewithmission.com

### **ResCare Home Care**

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

### **Right At Home**

4476 Market Street, Suite 604  
Ventura, CA 93003  
(805) 389-5320  
www.rightathome.com

### **Right At Home**

260 Mobil Avenue, Suite 102-A  
Camarillo, CA 93010  
(805) 389-5320  
www.rightathome.net

### **Tender Home Care**

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

### **Visiting Angels**

484 Mobil Avenue #7  
Camarillo, CA 93010  
(805) 383-6483  
www.visitingangels.com

### **West Coast Nursing, Ventura**

2955 E. Hillcrest Drive, #121  
Thousand Oaks, CA 91362  
(805) 496-0900  
www.wcnventura.com

### **HOSPICE/PALLIATIVE CARE**

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

### **Buena Vista Home Health, Palliative Care and Hospice**

2545 W. Hillcrest Drive, Suite 130  
Thousand Oaks, CA 91320  
(805) 676-1453 (home health)  
(805) 777-1133 (hospice)  
www.buenavistahh.com

### **Camarillo Hospice, Inc.**

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

### **Hospice of the Conejo**

80 E. Hillcrest Drive #204  
Thousand Oaks, CA 91360  
(805) 495-2145  
www.hospiceoftheconejo.org

### **Livingston Memorial Visiting Nurse Association**

1996 Eastman Avenue,  
Suite 101  
Ventura, CA 93003  
(800) 223-4862  
www.lmvna.org

*Camarillo*  
**TROLLEY SERVICE**  
*Metrolink to Premier Shopping and Restaurants*  
**camarillotrolley.org**



The Trolley is  
generously sponsored by



## **Tender Loving Care Home Hospice**

5400 Atlantis Court  
Moorpark, CA 93021  
(805) 517-1620  
(800) 852-9887  
[www.tlchomehospice.com](http://www.tlchomehospice.com)

## **VITAS Healthcare**

400 W Ventura Blvd., Suite 145  
Camarillo, CA 93010  
[www.vitas.com](http://www.vitas.com)  
(805) 437-2100

## **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](http://www.camhealth.com)

## **Adult Protective Services Program**

Human Services Agency  
(866) 904-9362  
8:00am-5:00pm  
Confidential Report of Adult  
& Child Abuse  
(805) 654-3200  
24-hour Hot-Line



## **Care in the comfort of your home**

Whether aiding with recovery or managing a chronic illness, Mission Home Health can help individuals achieve their optimal levels of health wherever they call home.

CALL US TO LEARN MORE  
ABOUT THE BENEFITS OF  
HOME HEALTH

**805-289-9999**

Visit our website to learn more  
[www.homewithmission.com](http://www.homewithmission.com)



## **Hospice care that embraces life.**

Mission Hospice provides a compassionate, holistic approach that addresses the physical, emotional, and spiritual needs of patients & their families when comfort care becomes the option. We take care of people.

Visit our website to learn more  
[www.homewithmission.com](http://www.homewithmission.com)



CALL US TODAY TO  
LEARN MORE ABOUT  
HOSPICE CARE

**805-507-8414**



*Ventura County produces enough strawberries in one year to satisfy the annual consumption of 78 million Americans.*

## RESPITE 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**

2580 E. Main Street, Suite 201  
Ventura, CA 93003  
(805) 494-5200  
[www.alz.org](http://www.alz.org)

### **Caregiver Center of Ventura County**

3687 E. Las Posas Road, Bldg. H  
Suite 188  
Camarillo, CA 93010  
(805) 900-8582  
[www.camhealth.com](http://www.camhealth.com)

### **Gold Coast Caregivers**

1996 Eastman Avenue, Suite 106  
Ventura, CA 93003  
(805) 642-9570  
[www.goldcoastcaregivers.org](http://www.goldcoastcaregivers.org)

### **Hilarity for Charity**

(805) 734-8645  
[Wearehfc.org](http://Wearehfc.org)

### **Senior Concerns**

401 Hodencamp Road  
Thousand Oaks, CA 91360  
(805) 497-0189  
[www.seniorconcerns.org](http://www.seniorconcerns.org)

### **Ventura County Area Agency on Aging**

646 County Square Drive #100  
Ventura, CA 93003  
(805) 477-7300

## VIRTUAL DEMENTIA TOUR

*Virtual Dementia Tour is a 30-minute education experience that allows the participant to have a glimpse into the world of Dementia.*

### **Caregiver Center of Ventura County "Dementia Live"**

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

### **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**

A Program from Livingston Memorial Visiting Nurses Assoc.  
400 Rosewood Avenue, Suite 102  
Camarillo, CA 93010  
(805) 389-6870  
[www.lmvna.org](http://www.lmvna.org)

### **Caregiver Center of Ventura County**

3687 E. Las Posas Road,  
Building H, Suite 188  
Camarillo, CA 93010  
(800) 900-8582  
[www.camhealth.com](http://www.camhealth.com)  
Caregiver Support Group  
Life After Caregiving

### **POLST**

(Physicians Order for Life-Sustaining Treatment)  
[Capolst.org](http://Capolst.org)

## 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**

Christopher Young, Esq.  
760 Paseo Camarillo, Suite 315  
Camarillo CA 93010  
(805) 246-7272  
[cyoung@alvarezfirm.com](mailto:cyoung@alvarezfirm.com)

### **Annette Dawson-Davis**

400 Mobil Avenue Suite D11  
Camarillo, CA 93010  
(805) 498-0909  
[www.dawsondavislaw.com](http://www.dawsondavislaw.com)

### **Grey Law**

#### **(Advance Care Directives)**

Public Benefits/Social Security,  
Long-Term Care Planning,  
Medi-Cal Eligibility,  
Powers of Attorney,  
Debts/Creditor Intervention  
Landlord Tenant Issues  
[www.greylaw.us](http://www.greylaw.us)

### **The Law Offices of Theresa L. McConville**

340 Rosewood Ave Suite R  
Camarillo, CA 93010  
(805) 484-0514  
[www.mcconlaw.com](http://www.mcconlaw.com)  
State Bar of California  
Estate Planning  
[Callbar.ca.gov/Public/Free-Legal-Information/Legal-Guides/Estate-Planning](http://Callbar.ca.gov/Public/Free-Legal-Information/Legal-Guides/Estate-Planning)

### **5 Wishes**

(easy-to-use legal advance directive document written in everyday language)  
[fivewishes.org](http://fivewishes.org)

## **FUNERAL & MEMORIAL SERVICES**

### **Conejo Mountain Funeral Home, Memorial Park and Crematory**

2052 Howard Road  
Camarillo, CA 93012  
(805) 482-1959  
[www.conejomountain.com](http://www.conejomountain.com)

### **Neptune Society Santa Barbara, CA**

4173 State Street  
Santa Barbara, CA 93110  
(805) 967-2805  
[www.neptunesociety.com](http://www.neptunesociety.com)

### **Perez Family Funeral Home**

1347 Del Norte Road  
Camarillo, CA 93010  
(805) 983-3457  
[www.perezfamilyfuneralhome.com](http://www.perezfamilyfuneralhome.com)

### **Rites of Passage**

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

## **Government Services**

### **VETERANS SERVICES**

*Resources and local attorneys who can discuss how to manage your own affairs related to health issues and your rights, estate administration, wills, trusts and probate*

### **Caregiver Center of Ventura County**

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

### **Oxnard Family Circle**

2100 Outlet Center Drive  
Oxnard, CA 93036  
(805) 385-4180  
[oxnardfamilycircle.com/veterans](http://oxnardfamilycircle.com/veterans)  
Adult Day Health Care program designed to help veterans who require assistance in the maintenance of their health

### **U.S. Department of Veterans Affairs**

790 E. Santa Clara Street,  
Suite 100  
Ventura, CA 93001  
(844) 698-2311  
[www.va.gov](http://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](http://www.vchsa.org)  
Provides financial, transportation and medical assistance

### **Veterans of California**

[www.calvet.ca.gov/VetHomes](http://www.calvet.ca.gov/VetHomes)  
Apply online

### **Wounded Warriors**

[www.woundedwarriorproject.org](http://www.woundedwarriorproject.org)  
(888) 997-2596

### **VA Oxnard Community- Based Outpatient Clinic**

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

## **Housing & Moving**

### **AFFORDABLE HOUSING COMPLEX UNITS**

### **Area Housing Authority, County of Ventura (HUD)**

1400 West Hillcrest Drive  
Newbury Park, CA 91320  
(805) 480-9991  
[www.ahacv.org](http://www.ahacv.org)  
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

**Camarillo Mobile Home Park**

1150 E. Ventura Blvd.  
Camarillo, CA 93010  
(805) 482-0022

**Camarillo Springs Country Club Mobile Home Park**

801 Camarillo Springs Road  
Camarillo, CA 93012  
(805) 484-1650

**Mira Vista Village (55+)**

2700 Ponderosa Drive  
Camarillo, CA 93010  
(805) 987-6486

**Park Glenn Senior Apartments**

200 South Glenn Drive  
Camarillo, CA 93012  
(805) 482-6000

**Ponderosa Village Senior Apartments**

2105 E. Ponderosa Drive  
Camarillo, CA 93010  
(805) 987-0260

**Rancho Adolfo Estates**

1055 Adolfo Road  
Camarillo, CA 93012  
(805) 484-2734

**Springville Senior Apartments**

551 Camino Santa Tierra  
Camarillo, CA 93010  
(833) 708-5712

**EMERGENCY HOUSING ASSISTANCE**

**The ARCH by Mercy House**

2323 Knoll Drive  
Ventura, CA 93003  
(714) 836-7188  
Open 24 hours

**Interface**

1305 Del Norte Road #130  
Camarillo, CA 93010  
(805) 485-6114

**Emergency Shelter Program**

Ventura County Behavioral Health  
(800) 671-0887 (24 hr. hotline)

**Ventura County Rescue Mission (for men)**

234 E. 6th Street  
Oxnard, Ca 93030  
(805) 487-1234

**Lighthouse Women and Children's Mission**

104 N. Hayes Avenue  
Oxnard, Ca 93030  
(805) 385-7200  
[www.rescuemission.org](http://www.rescuemission.org)

**RAIN**

1732 Lewis Road  
Camarillo, CA 93010  
(805) 388-1296

**Ventura County Behavioral Health and Homeless Services**

1911 Williams Drive  
Oxnard, CA 93039  
(805) 981-4200

**HOME MODIFICATION**

*Home modification provides ramps, grab bars, furniture etc. in the recipient's home.*

**California Dept of Social Services (Listings of Residential Care Facilities for the Elderly (RDCE), Assisted Living and Board and Care Facilities)**

[secure.dss.ca.gov/carefacilitysearch](http://secure.dss.ca.gov/carefacilitysearch)

**Home Remedies**

262 Park View Drive  
Oak Park, CA 91377  
(805) 279-6093  
Partners with Camarillo Health Care District  
[elwood@hmrem.com](mailto:elwood@hmrem.com)

**Ventura County Area Agency on Aging**

(805) 477-7329  
(800) 510-2020

**INDEPENDENT LIVING**

**Aasta Assisted Living**

903 Carmen Drive  
Camarillo, CA 93010  
[www.aastaassistedliving.com](http://www.aastaassistedliving.com)

**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) 388-8086

### Independent Living Resource Center

702 County Square Drive,  
Suite 105  
Ventura, CA 93003  
(805) 650-5993  
llrc-trico.org

### Oakmont of Camarillo

305 Davenport St.  
Camarillo, CA 93010  
www.oakmontofcamarillo.com

### Sage Mountain Senior Living

3499 Grande Vista Drive  
Thousand Oaks, CA 91320  
(805) 375-0695  
sagemountainseniorliving.com

### Mali's Place

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

### Mom's Place

30 La Patera Court  
Camarillo, CA 93010  
(805) 383-6855  
momsplaces.com

### Ocean Breeze Estates

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

### Sally's Residential Care Home

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



**24hour home care®**

★ ★ ★  
**Award-Winning Professional In-Home Caregiving Services**

**Schedule Services Today!**  
24hrcares.com | 866-934-8947

**Our Skilled Caregivers Provide:**

- Personal Care
- Light Housekeeping
- Meal Preparation
- Medication Reminders
- Companionship
- Respite Care
- Transportation



*Camarillo receives more than 300 sunny days a year with a monthly average temperature of 71.6 degrees.*

## SENIOR MOVING ASSISTANCE

### Caring Transitions of Ventura County

13770 Gunsmoke Road  
Moorpark, CA 93021  
(805) 272-0618 office  
[www.caringtransitionsvc.com](http://www.caringtransitionsvc.com)

### Gentle Transitions

(800) 894-0338  
[gentletransitions.com](http://gentletransitions.com)

### Meathead Movers

1401 Maulhardt Ave  
Oxnard, CA 93030  
(805) 987-7201

## UTILITY ASSISTANCE PROGRAM

### Community Action of Ventura County

Utility Assistance and  
Food Pantries  
621 Richmond Avenue  
Oxnard, CA 93030  
(805) 436-4000  
[www.ca-vc.org](http://www.ca-vc.org)

### Catholic Charities

303 North Ventura Avenue,  
Suite A  
Ventura, CA 93001  
(805) 643-4694

### United Way 2-1-1

Simply dial: 2-1-1

## 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 Christopher Young, Esq.

760 Paseo Camarillo, Suite 315  
Camarillo, CA 93010  
(805) 246-7272  
[cyoung@alvarezfirm](mailto:cyoung@alvarezfirm)  
[www.alvarezfirm.com](http://www.alvarezfirm.com)

## Are you prepared for life's next challenge?

One of the greatest gifts you can give those you love is planning ahead.



Christopher P. Young, Esq.



Certified by the State Bar of California  
Board of Legal Specialization as a  
Specialist in Estate Planning, Trust,  
and Probate Law

*Does your existing estate plan still  
accomplish your goals?*

*Are agents named to manage your health  
and finances when needed?*

*Will your beneficiaries avoid the time  
and cost of a formal probate?*

---

THE ALVAREZ FIRM  
A Law Corporation

---

Estate Planning · Elder Law · Trust Administration · Probate

---

(805) 246-7272

[www.AlvarezFirm.com](http://www.AlvarezFirm.com)

**Grey Law**

266 Mobil Avenue  
Camarillo, CA 93010  
(805) 658-2266  
www.greylaw.us  
Public Benefits/Social Security,  
Long-Term Care Planning,  
Medi-Cal Eligibility,  
Powers of Attorney,  
Debts/Creditor Intervention  
Landlord Tenant Issues  
Call for Appointment

**The Law Offices of  
S. Sharon Yoon**

Camarillo, CA 93012  
(805) 298-0405  
www.lawyercamarillo.com

### HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP)

*Free counseling and community  
education on health insurance  
issues.*

**Ventura County Area  
Agency on Aging (VCAAA)**

646 County Square Drive  
Ventura, CA 93003  
(805) 477-7300  
www.countyofventura.org  
www.camhealth.com  
www.vcaaa.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  
www.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/human-  
services-agency/tax-preparation

### Medical Services

### AMBULATORY CARE CLINICS

**Academic Family  
Medicine Center (AFMC)**

300 Hillmont Ave.  
Building 340 #201  
Ventura, CA 93003  
(805) 652-6100  
Specialties include: Emergency  
Medicine, Family Medicine,  
Obstetrics and Gynecology,  
Psychology, Rheumatology

**Centers for Family Health**

422 Arneil Road, Suite A & B  
Camarillo, CA 93010  
(805) 652-6353  
cmhshealth.org  
Specialities: Cardiology,  
Dermatology, Family medicine,  
General surgery, Internal  
medicine, Neurology, Nutrition  
services, Gynecology,  
orthopedics, Pain management,  
Pediatrics, Podiatry,  
Rheumatology, Urgent care



*Camarillo has a Commemorative Air Force Museum with WWII-era aircraft.*

**Clinicas del Camino Real  
Incorporated**

Paseo Camarillo  
730 Paseo Camarillo  
Camarillo, CA 93010  
Dental (805) 920-7022  
Optometry (805) 920-7024

**Conejo Valley Family  
Medical Group**

125 W. Thousand Oaks Blvd., #300  
Thousand Oaks, CA 91360  
(805) 418-9100

**Urgent Care:**

125 W. Thousand Oaks Blvd., #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 Center**

(805) 240-7040

**Las Islas Family  
Medical Group**

325 W. Channel Islands Blvd.  
Oxnard, CA 93033

**Adult Diabetes Clinic**

(805) 204-9510

**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**

**Urgent Care:**

2220 E. Gonzales Road,  
#120 A and B  
Oxnard, CA 93036  
(805) 981-5181

**Mandalay Bay Women &  
Children's Med Group**

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

**Santa Rosa Health Center**

5800 Santa Rosa Road Suite 145  
Camarillo, CA 93012  
(805) 652-6353

**Ventura Neuroscience  
Center**

Specialty: Neurology and  
Neurosurgery  
2841 North Ventura Road  
1700 North Rose Ave, Suite 470,  
Oxnard, CA 93030  
(805) 988-2775

**HEARING**

**California Telephone  
Access Program**

Deaf & Disabled  
Telecommunications Program  
425 West Broadway,  
Glendale, CA 91204  
(805) 710-7200  
[www.californiaphones.org](http://www.californiaphones.org)

**California Connect**

Deaf and Disabled  
Telecommunication Program  
(800) 806-1191  
[caconnect@cpuc.ca.gov](mailto:caconnect@cpuc.ca.gov)  
[caconnect.org](http://caconnect.org)

**Caption Call**

[Captioncall.com](http://Captioncall.com)  
(888) 301-1112

**Hear USA**

5800 Santa Rosa Road,  
Suite 123  
Camarillo, CA 93012  
(805) 482-9821  
[www.hearusa.com](http://www.hearusa.com)

**OEI - Outreach • Education  
• Installations**

CapTel Captioned Telephones  
Outreach Educator  
(818) 237-8149  
[betsy.randle@oeius.org](mailto:betsy.randle@oeius.org)

**Second Chance Hearing**

999 2. 7th Street  
Oxnard, CA 93030  
(805) 870-4625  
[www.secondchancehearing.com](http://www.secondchancehearing.com)

**HOSPITALS**

**Adventist Health Simi  
Valley Hospital**

2975 North Sycamore Drive  
Simi Valley, CA 93065  
(805) 955-6000  
[www.adventisthealth.org](http://www.adventisthealth.org)

### **Community Memorial Hospital**

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

### **Los Robles Regional 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 Hospital Camarillo Dignity Health**

2309 Antonio Avenue  
Camarillo, CA 93010  
(805) 389-5800  
www.dignityhealth.org

### **St. John's Regional Medical Center – Dignity Health**

1600 North Rose Avenue  
Oxnard, CA 93003  
(805) 988-2500  
www.dignityhealth.org

### **Santa Paula Hospital**

825 North 10th Street  
Santa Paula, CA 93061  
(805) 933-8632  
hospitals.vchca.org/santa-paula-hospital

### **Ventura County Medical Center**

300 Hillmont Ave  
Ventura, CA 93003  
(805) 652-6000  
hospitals.vchca.org

## **MEDICAL SUPPLIES**

### **Craig LeBreton Medical Supply Room of Camarillo**

(GIVE, BORROW, TAKE)  
300 Mission  
Camarillo, CA 93010  
(805) 491-1028  
www.camarilloumc.org/  
medical-supply-project

### **Merlin Medical Supply**

699 Mobile Avenue  
Camarillo, CA 93010  
(805) 388-7669

### **Valley Home Medical Supply**

960 Enchanted Way,  
Suite 101  
Simi Valley, CA 93065  
(805) 864-9301

## **MENTAL HEALTH RESOURCES**

### **National Alliance on Mental Illness**

NAMI Ventura County  
Local Office  
(805) 500-NAMI (6264)  
chris@nami/ventura.org  
kimberly@namiventura.org

### **Suicide Hotline**

988  
211 Directory Crisis Line  
for Resources

### **Ventura County Behavioral Health**

Crisis and Referral Line  
(866) 998-2243  
Substance Abuse Treatment  
(844) 385-9200

## **RADIATION ONCOLOGY**

### **Radiation Oncology Center of Ventura County**

5301 Mission Oaks Blvd, Suite A  
Camarillo, CA 93012  
(805) 484-1919  
www.rocvc.com

## **SKILLED NURSING COMMUNITIES**

### **Atta Camarillo Healthcare Center**

6000 Santa Rosa Road  
Camarillo, CA 93012  
(805) 388-8086  
www.seniorlivingcamarillo.com

### **Camarillo Healthcare Center**

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



*The Conejo Grade at one time was a difficult drive with 49 twists and turns.*

## WOMEN'S HEALTH

### Camarillo's Center for Women's Health

422A Arneill Road  
Camarillo, CA 93010  
(805) 383-4522  
(805) 652-6353 Apt. Line

### Dignity Health Medical Group Obstetrics and Gynecology Health Center

1700 N Rose Ave #280  
Oxnard, CA 93030  
(805) 383-5270

### Women's Health Center

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

## Nutrition

### FOOD PANTRIES

### Camarillo Community Church

1322 Las Posas Road  
Camarillo, CA 93010  
(805) 482-2657  
camcc.net  
Fridays 1-5pm

### Camarillo Health Care District Produce Day

3639 E. Las Posas Road,  
Suite 117  
Camarillo, CA 93010  
(806) 388-1952  
www.camhealth.com

### Camarillo Seventh Day Adventist Church Pantry

3975 East Las Posas Road  
Camarillo, CA 93010  
(805) 482-4632  
www.camarillosda.org  
Saturdays 3-5pm

### FOOD Share

4156 Southbank Road  
Oxnard, CA 93036  
(805) 983-7100  
www.foodshare.com  
Last Thursday 2-3pm  
Senior Kit Boxes

### HELP of Ojai-RSVP Senior Nutrition

370 Baldwin Road  
Ojai, CA 93023  
(805) 646-5122  
www.helpofojai.org

RADIATION  
ONCOLOGY



LEADERS IN ADVANCED

*"I appreciate all of you, I was anxious about having radiation, but from day one you made me feel so comfortable."*  
— Cancer Survivor

CANCER CARE SINCE 1979.

## Let Our Family Care for Your Family

Our cancer care team knows that each person's needs matter. We will custom design a treatment plan for you that includes the most innovative and least invasive technologies available. From Image-Guided Radiation Therapy (IGRT) to Stereotactic Body Radiotherapy (SBRT), together we will select the optimal therapy for your cancer diagnosis.

We offer 6D Robotic System for Stereotactic Body Radiotherapy, here in Ventura County.

Call today to schedule a consultation to discuss options for you or your loved one.



Timothy A.  
O'Connor, M.D.



Henry Z.  
Montes, M.D.

**Pleasant Valley  
Senior Center**

1605 E. Burnley Street  
Camarillo, CA 93010  
(805) 482-4881  
www.pvrpd.org  
Food Distribution  
Fridays 11am-2pm

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

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

**Somis Pantry at  
Faith Baptist Church**

3300 West Street  
Somis, CA 93066  
(818) 634-9243  
To register call  
(805) 386-3175  
2nd Tuesday 11am-4pm

**St. Mary Magdalen**

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

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

1251 Las Posas Road  
Camarillo, CA 93010  
(805) 482-8831  
www.stcolumbaca.com  
2nd and 4th Thursday

**FOOD SHOPPING  
ASSISTANCE**

*Some markets have a small  
delivery fee. Other companies  
will deliver food from stores or  
restaurants for a fee.*

**Doordash**

www.doordash.com

**Grubhub**

www.grubhub.com

**Ralphs**

674 Las Posas Road  
Camarillo, CA 93010  
(805) 388-1781  
www.ralphs.com

**Shop Ahoy**

P.O. Box 3472  
Camarillo, CA 93011  
(805) 236-1267  
www.shopahoy.org  
Volunteers shop and deliver  
groceries to our clients from  
local stores

**Target**

209 W. Ventura Blvd.  
Camarillo, CA 93010  
(805) 384-0040  
www.target.com

**Vons**

820 Arneill Road  
Camarillo, CA 93010  
(805) 482-8802  
www.vons.com

**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

**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

**Trinty Presbyterian**

2304 Antonio Avenue  
Camarillo, CA 93010  
(805) 484-0530  
www.trinitycamarillo.org  
Thursday sit down meal 5-6pm

**SUPPLEMENTAL  
NUTRITION ASSISTANCE  
PROGRAM (SNAP)****Human Services Agency,  
County of Ventura –  
Food Stamps (Cal Fresh)**

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



*The Camarillo Airport is the site of the former Oxnard Airforce Base  
used for flight training & housing troops during WWII.*

## Support Services

### SUPPORT GROUPS

#### **Al-Anon/Alateen** (For families of alcoholics & addicts)

PO Box 728  
Camarillo, CA 93011-0728  
(805) 253-7188  
(805) 656-7110  
(805) 495-0270  
(24-hour answering service)  
[www.alanonventura.org](http://www.alanonventura.org)

#### **Alcoholics Anonymous**

321 North Aviator Street,  
Suite 115  
Camarillo, CA 93010  
(805) 389-1444  
(24-hour hotline)  
[aaaventuracounty.org](http://aaaventuracounty.org)

#### **ALS Support Group**

Westlake Village Library  
Community Room  
31200 Oak Crest Drive  
Westlake Village, CA 91361  
(805) 222-3012  
[webgw.alsa.org](http://webgw.alsa.org)

#### **Alzheimer's Association**

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

#### **American Cancer Society Ventura County**

2186 Knoll Drive, Suite A  
Ventura, CA 93003  
(805) 644-4237  
[www.cancer.org](http://www.cancer.org)

#### **American Diabetes Association of Southern California**

(800) 342-2383  
[www.diabetes.org](http://www.diabetes.org)

#### **American Lung Association**

Better Breather's Club  
3291 Loma Vista Road,  
Suite 270  
Ventura, CA 93003  
(805) 201-7867  
[www.lungusa.org](http://www.lungusa.org)

#### **Arthritis Foundation**

(805) 634-4075  
[www.arthritis.org](http://www.arthritis.org)

#### **Camarillo Health Care District**

3639 East Las Posas Road,  
Camarillo, CA 93010  
(805) 388-1952  
[www.camhealth.com](http://www.camhealth.com)  
Caregiver Support Groups

#### **Community Memorial Hospital**

147 N. Brent Street  
Ventura, CA 93003  
(805) 652-5011  
[www.cmhshealth.org](http://www.cmhshealth.org)  
Cancer Support Group

#### **Goebel Senior Center**

1385 E. Janss Road  
Thousand Oaks, CA 91362  
(805) 381-2744  
[www.crpdc.org/gacc](http://www.crpdc.org/gacc)  
Alzheimer's Support Group  
Diabetes Support Group  
Low Vision Support Group  
Multiple Sclerosis Support Group  
Post Polio Syndrome Support  
Group  
Widows/Widowers Support  
Group

#### **Leukemia & Lymphoma Society**

4329 Wilshire Blvd. Suite 800  
Los Angeles, CA 90010  
(800) 955-4572  
[www.lls.org](http://www.lls.org)

#### **Long Term Care Ombudsman**

2021 Sperry Avenue, Suite 35  
Ventura, CA 93003  
(805) 656-1986  
[www.ombudsmanventura.org](http://www.ombudsmanventura.org)

#### **Mended Hearts of Channel Islands**

P.O. Box 7676  
Ventura, CA 93003-7676  
(888) 432-7899

#### **Narcotics Anonymous (Goldcoast Area)**

P.O. Box 23596  
Ventura, CA 93002  
(888) 817-7425 (24 hour helpline)  
[www.gcana.org](http://www.gcana.org)



*The Camarillo Ranch House was built for \$10,000 dollars.*

### **National Alliance on Mental Illness NAMI Ventura County**

555 Airport Way Suite F  
Camarillo, CA 93010  
(805) 641-2426  
(805) 500-NAMI (Helpline)  
[www.namiventura.org](http://www.namiventura.org)

### **National Multiple Sclerosis Society**

Channel Islands Chapter  
1921-A State Street  
Santa Barbara, CA 93101  
(805) 682-8783  
[www.nationalmssociety.org](http://www.nationalmssociety.org)

### **National Parkinson Foundation**

**Help Line:**  
(800) 473-4636  
[www.parkinson.org](http://www.parkinson.org)

### **Pleasant Valley Senior Center**

1605 E. Burnley Street  
Camarillo, CA 93010  
(805) 482-4881  
[www.pvrpd.org](http://www.pvrpd.org)  
AARP Driving Class  
Diabetes Class  
Low Vision Group  
Parkinson's Exercise Class

### **Senior Concerns**

401 Hodencamp Road  
Thousand Oaks, CA 91360  
(805) 497-0189  
[www.seniorconcerns.org](http://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](http://www.camhealth.com/senior-support-line)  
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 Cancer Center**

1700 N. Rose Avenue, Suite 380  
Oxnard, CA 93030  
(805) 988-2641  
[www.stjohnshealth.org](http://www.stjohnshealth.org)  
Blood Cancers  
Cancer Support Group  
Colorectal Cancer Support Group  
Early Stage Breast Cancer Group  
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](http://www.pvrpd.org/recreation/senior/default.asp)

## **TRANSPORTATION SERVICES**

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

4820 Adohr Lane, Suite D  
Camarillo, CA 93012  
(805) 389-1600  
[www.atobtransport.com](http://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) 388-5300  
[www.cityofcamarillo.org](http://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](http://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  
[www.goldcoasttransit.org](http://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](http://www.goldcoasttransit.org)

**Ventura County  
Transportation  
Commission**

950 County Square Drive,  
Suite 207  
Ventura, CA 93003  
(805) 642-1591  
(888) 667-7001  
(805) 438-4860 (For transit  
information)  
[www.goventura.org](http://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](http://www.goventura.org)

**Quick Community Resources****CITY OF CAMARILLO DIRECTORY**

City Website.....	<a href="http://www.cityofcamarillo.org">www.cityofcamarillo.org</a>
City Hall Email.....	<a href="mailto:cityhall@cityofcamarillo.org">cityhall@cityofcamarillo.org</a>
City Manager .....	805-388-5307
Cable TV Customer Service	
Spectrum - Channel 10 .....	888-892-2253
Frontier - Channel 29 .....	800-591-8101
City Cable TV Representative .....	805-388-5349
Economic Development .....	805-388-5369
Trash Collection (E.J. Harrison) .....	805-647-1414
Recycling & Hazardous Waste .....	805-388-5392
Hazardous Waste Appt. Line .....	805-987-0717
City Clerk .....	805-388-5397
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 .....	805-388-5340
Streets .....	805-388-5338
Water .....	805-388-5373
Engineering .....	805-388-5340
Traffic .....	805-388-5340
Water Reclamation .....	805-388-5380
Abandoned Vehicles .....	805-388-5150
Airport Noise Complaints .....	805-388-4497
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
Camarillo Ranch House .....	805-389-8182
Camarillo Library Website .....	<a href="http://www.camarillolibrary.org">www.camarillolibrary.org</a>
Social Services Hotline.....	2-1-1 or 211.org

**COUNTY RESOURCES****211**

A free and confidential service that helps people find the local resources they need 24 hours a day, seven days a week.  
Simply Dial 2-1-1  
[www.211.org](http://www.211.org)

**American Diabetes Association**

(800) 342-2383  
[www.diabetes.org](http://www.diabetes.org)

**American Red Cross**

836 Calle Plano  
Camarillo, CA 93012  
(805) 987-1514  
[www.redcross.org](http://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](http://www.santabarbara.bbb.org)

**Coalition For Family Harmony**

1030 North Ventura Road  
Oxnard, CA 93030  
(805) 983-6014  
[www.thecoalition.org](http://www.thecoalition.org)  
Emergency hotline  
(800) 300-2181

**Community Action of Ventura County**

**Home Energy Assistance Program (LIHEAP)**  
**Home Water Assistance Program (LIWAP)**  
621 Richmond Avenue  
Oxnard, CA 93030  
(805) 436-4000  
[www.ca-vc.org](http://www.ca-vc.org)

**County of Ventura**

800 Victoria Avenue  
Ventura, CA 93009  
(805) 654-5000  
[www.ventura.org](http://www.ventura.org)

**FOOD Share, Inc.**

4156 Southbank Road  
Oxnard, CA 93036  
(805) 983-7100  
[www.foodshare.com](http://www.foodshare.com)

**Human Services Agency, County of Ventura**

855 Partridge Drive  
Ventura, CA 93003  
(805) 477-5100  
[www.vchsa.org](http://www.vchsa.org)

**Human Services Agency – CAL FRESH**

Formerly known as Food Stamps  
1400 Vanguard Drive  
Oxnard, CA 93030  
(805) 385-9363

**Ventura County**  
**211**  
Get Connected. Get Help.™  
[211ventura.org](http://211ventura.org)

**Easy, convenient and  
always at your fingertips**

**Information and referral service for Ventura County**  
**Text your zip code to 898211 or dial 211**

Standard msg and data rates may apply. Text STOP to opt-out. For end user privacy and terms and conditions of texting with 898211, go to: [www.preventionpaystext.com/policies/](http://www.preventionpaystext.com/policies/). Powered by PreventionPays Text.

**Human Services Agency,  
Adult Protective Services**

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

**To Report Abuse**

(805) 654-3200

**Emergency call 911**

**Child/Adult Abuse and**

**Neglect Hotline**

(805) 658-3200

[www.vchsa.org](http://www.vchsa.org)

**Human Services Agency  
of Ventura County**

Veterans Services Office

855 Partridge Drive

Ventura, CA 93003

(805) 477-5155

[www.vchsa.org](http://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

(805) 636-6738

[www.icfs.org](http://www.icfs.org)

**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

Call for appointment

[www.irs.gov](http://www.irs.gov)

**Long Term Care  
Ombudsman**

2021 Sperry Avenue, Suite 35

Ventura, CA 93003

(805) 656-1986

[www.ombudsmanventura.org](http://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](http://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

2nd District:

Supervisor Jeff Gorell

3rd District:

Supervisor Kelly Long

[www.ventura.org](http://www.ventura.org)

**Ventura County District  
Attorney's Office**

800 S. Victoria Avenue

Ventura, CA 93009

Special Prosecutions

**Consumer Fraud Unit**

(805) 654-3110

5720 Ralston Street, Suite 300

Ventura, CA 93003

**Consumer Mediation Unit**

(805) 654-3110

**Victims Assistance Unit**

(805) 654-3622

[www.vcdistrictattorney.com](http://www.vcdistrictattorney.com)

**Ventura County  
Public Health**

2220 E. Gonzales Road, Suite 102

Oxnard, CA 93036

(805) 981-5115

Check website for phone numbers

[www.vchca.org/public-health](http://www.vchca.org/public-health)

Public Health Clinics

(888) 285-5012 (toll free)

**Ventura County  
Sheriff's Office**

3701 Las Posas Road

Camarillo, CA 93010

(805) 654-9511

Office of Emergency Services

(805) 654-2551

[www.readyventuracounty.org](http://www.readyventuracounty.org)

**Ventura County  
Transportation  
Commission**

950 County Square Drive,

Suite 207

Ventura, CA 93003

(805) 642-1591 x101

(888) 667-7001

[www.goventura.org](http://www.goventura.org)

For information on the American  
with Disabilities Act

## 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.



*California State University, Channel Islands was once the site of a State Mental Health Facility.*

# & By Your Side Miles Ahead



## Partnering with you to advance care, today and tomorrow.

For decades, Community Memorial Healthcare has been providing comprehensive, high-quality care to the people of Ventura County. It's a job we are proud to do. But for us, it's not enough. We believe in partnering with our patients — listening, evolving, and delivering more of what you want & need, now and in the future. More help & information. More compassion & commitment. More than you can get from any other local healthcare system. We're continually assessing patient needs and responding with expanded programs, new services, and more ways to connect and navigate your care. So with Community Memorial Healthcare, you can expect more.

