When we grow together, we heal together.

The new St. John’s Pleasant Valley Hospital includes 71,000 square feet, enhancing our ability to provide state-of-the-art technologies to complement the excellent health care services our community deserves.

The new addition will feature:
- An additional 50 spacious private rooms
- Expanded and redesigned Emergency Department
- A new surgery center with three (3) new technologically advanced surgical operating suites
- A new state-of-the-art cardiac catheterization laboratory
- A new lobby designed to promote healing and relaxation
- A redesigned café, new gift shop, new chapel

Our modernization and expansion is made possible by our generous donors.

To learn more visit DignityHealth.org/PleasantValley.
To find an excellent physician near you call 877.753.6248.
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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
- 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!
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 2018 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,

Charlotte Craven  
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

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

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

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

OLLI
Curiosity Never Retires
CSU CHANNEL ISLANDS

Academic courses for adults (50 or better) who are still in love with learning!

No tests!
No grades!
No homework!

Intellectually stimulating courses, educational trips, special interest groups, social events.

Call (805) 437-2748 or visit
go.csuci.edu/olli for detailed information

- Art History
- Anthropology
- Economics
- Film & Theater Arts
- History & Political Science
- Literature
- Music Appreciation
- Physics, Chemistry, & Biology
- Psychology
- ... and more!

Camarillo • Thousand Oaks • Ventura • Ojai • Agoura Hills
**Pleasant Valley Recreation and Park District**  
1605 E. Burnley Street  
Camarillo, CA 93010  
805-482-1996  
www.pvprpd.org

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

**Ventura County Community College District**  
761 East Daily Drive  
Camarillo, CA 9301  
805-652-5500  
www.vcccd.edu

**Pleasant Valley Recreation and Park District**  
1605 Burnley Street  
Camarillo, CA 93010  
805-482-1996  
www.pvprpd.com

**YMCA**  
3111 Village at the Park Dr  
Camarillo, CA 93012  
805-484-0423

**Camarillo Senior Resource Guide**

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**SENIOR CENTERS**

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

**Fillmore**  
**Fillmore Active Adult Center**  
533 Santa Clara St.  
Fillmore, CA 93015  
805-524-3030  
www.fillmoreca.com

**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-Oak Tree House (Adult Daycare) RSVP**  
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**

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

**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

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**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
805-642-0239
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 Rd.
Camarillo, CA 93010
805-987-2083
catholiccharitiesla.org

**Pleasant Valley Historical Society**
720 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

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, Building E, 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

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

Oxnard Family Circle
Adult Day Healthcare Center
2100 Outlet Center Drive
Oxnard, CA 93036
805-385-4180
www.oxnardfamilycircle.com
CARE PLACEMENT
Care placement companies offer free referral services to assisted living communities, memory care and care at home.

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

Personal Parent Care
400 Mobile Avenue #B12
Camarillo, CA 93010
805-389-0997
www.personalparentcare.com

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 Avenue, Suite B12
Camarillo, CA 93010
805-322-8822
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 #102
Camarillo, CA 93010
805-389-6870
www.camarillohospice.org

California Senior Living
Since 2001
Assisted Living
Board & Care Homes
In-home Care
A FREE SERVICE!
Helpline (805) 405-2411

Camarillo Senior Living
When families need affordable solutions, care and support.
Free assessments! We help match you with the right service. Available 7 days a week and evenings too!

www.CaliforniaSeniorLiving.com
SPEND THE DAY YOUR WAY

Adult Day Center — Empowering Wellness Together

- Comfortable, homey environment with quiet spaces to relax and opportunities to socialize

- Wide variety of activities to explore, including watching sports or playing cards, arts and crafts, enjoying pet and animal therapy, exercise opportunities, music, and more

- Nutritious lunch and snacks provided

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

Open 9 a.m. to 3 p.m. Monday through Friday | Transportation Available

ENROLL TODAY
Call 805-388-1952, extension 111
**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**  
3249 Old Conejo Rd.  
Thousand Oaks, CA 91320  
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 #204  
Thousand Oaks, CA 91360  
805-495-2145  
www.hospiceoftheconejo.org

**Integrity Care Managing**  
2674 E. Main St.  
Ventura, CA 93003  
805-276-2776  
www.integritycaremanaging.com

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

**Livingston Memorial Visiting Nurse Association and Hospice**  
1996 Eastman Avenue #101  
Ventura, CA 93003  
805-642-0239  
www.lmvna.org

**Paraclete Eldercare Services**  
250 Camino Cortina  
Camarillo, CA 93010  
805-388-2691  
www.paracleteldercare.com

**Personal Parent Care**  
400 Mobil Avenue #B12  
Camarillo, CA 93010  
805-389-0997  
www.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

Serves 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  
805-988-2500  
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, Senior Support Line, Supports well prepared transitions from hospital to home.
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

Advantage Plus Caregivers
400 Mobil Avenue, B-12
Camarillo, CA 93010
805-322-8822
www.personalparentcare.com

Area Christians Taking Initiative on Needs (ACTION)
4001 Mission Oaks Blvd., Suite S
Camarillo, CA, 93012
805-987-0300
www.actionvc.org

Assisted Home Health & Hospice
4450 Westinghouse Street, Suite 101
Ventura, CA 93003
805-677-2100
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
463 Pennsfield Place, Suite 103
Thousand Oaks, CA 91360
805-233-3800
www.brightstarcare.com/conejo-valley

Buena Vista Home Health, Palliative Care and Hospice
2545 W. Hillcrest Dr. Suite 130
Thousand Oaks, CA 91320
805-676-1453
www.buenavistahhh.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,
Human Services Agency
4651 Telephone Road
Ventura, CA 93003
805-658-4100
www.countyofventura.org

County of Ventura,
Area Agency on Aging
646 County Square Drive,
Suite 100
Ventura, CA 93003
805-477-7300
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

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

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

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
- Hospice Care
- Rehabilitative Care
- Personal Care
- Palliative Care

Home is where the Heart Is!
When you need help at home, one call is all it takes. (805) 642-0239
www.lmvna.org
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

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

Livingston Memorial Visiting Nurse Association
1996 Eastman Avenue, Suite 101
Ventura, CA 93003
805-642-1952 ext. 120
www.camhealth.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.maximhomecare.com

Meditech Home Health, Inc.
1650 Palma Dr., 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 Dr., Suite 115
Thousand Oaks, CA 91360
805 379-3004
www.rescarehomecare.com

Right At Home
260 Mobil Ave 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
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
**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**
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

**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**
A Program from Livingston Memorial Visiting Nurses Association
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

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

SEE TROLLEY ROUTE ON PAGE 31

The Trolley is generously sponsored by

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Relax & Refresh

with
Pleasant Valley Recreation & Park District

We Have Something for Everyone

CHECK OUT OUR ACTIVITY GUIDE FOR CLASSES & EVENTS

Classes • Special Events • Dances • Excursions • Dog Parks
Walking Club • Nature Center • Health & Wellness
28 Parks • Sports • Aquatics • Senior Center

PLEASANT VALLEY
RECREATION & PARK DISTRICT

805.482.1996

www.pvrpd.org
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

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 Suite R
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

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.

Mention this ad for a complimentary initial consultation!
HOSPICE/PALLATIVE CARE
A program of care and support, committed to improving the quality of life for the terminally ill at home.

Buena Vista Home Health, Pallative Care and Hospice
2545 W. Hillcrest Dr. Suite 130
Thousand Oaks, CA 91320
805-676-1453
www.buenavistahhh.com

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

Hospice of the Conejo
80 E. Hillcrest Drive
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.livingstonvna.org

Tender Loving Care Home Hospice
5400 Atlantis Court
Moorpark, CA 93021
805-517-1620
800-852-9887
www.tlchomehospice.com

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

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

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

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**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  
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

**Camarillo Springs Country Club 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

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**Home Remedies**  
262 Park View Dr.  
Oak Park, CA 91377  
805-279-6093  
elwood@hmrem.com

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

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**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

**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
California Dept. of Public Health
Listings of skilled nursing facilities
hfcis.cdph.ca.gov/search.aspx

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

Royal Gardens Assisted Living
903 Carmen Drive
Camarillo, CA 93010
805-484-2777

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

Caring Transitions of Ventura County
13770 Gunsmoke Road
Moorpark, CA 93021
805-272-0618 office
www.caringtransitionsvc.com

Gentle Transitions
800-894-0338

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

SENIOR MOVING ASSISTANCE

RESIDENTIAL CARE FACILITIES RESOURCES

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.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

The Law Offices of S. Sharon Yoon
Camarillo
805-298-0405
syoonlegal@gmail.com

UTILITY ASSISTANCE PROGRAM

Community Action of Ventura County
805-436-4000

Utility Assistance Program

Community Action of Ventura County
805-436-4000
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

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

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.

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
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

Los Robles Homecare Services, Inc.
Neighbors Caring For Neighbors

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

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

Los Robles Hospital
and Medical Center
215 W. Janss Road
Thousand Oaks, CA 91360
805-497-2727
www.losroblshospital.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

Ventura County
Medical Center
3291 Loma Vista Road
Ventura, CA 93003
805-652-6000
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

HEARING

HearUSA
5800 Santa Rosa Rd Ste 123
Camarillo, CA 93012
Phone: (805) 482-9821
www.hearUSA.com

HOSPITALS

Community Memorial
Hospital
147 N. Brent Street
Ventura, CA 93003
805-652-5011
www.cmhshealth.org
Simi Valley Hospital
2975 Sycamore Drive
Simi Valley, CA 93065
805-955-6000
www.simivalleyhospital.com

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

Camarillo Seventh Day Adventist Church Pantry
3975 East Las Posas Road
Camarillo, CA 93010
805-482-4632

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

HELP of Ojai-RSVP Senior Nutrition
370 Baldwin Road
Ojai, CA 93023
805-649-8018
www.helpfojai.org

Lighthouse Bible Church
1605 Burnley
Camarillo, CA 93010
805-822-8133

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

Simi Valley Senior Center Rendezvous Café
3900 Avenida Simi
Simi Valley, CA 93065
805-583-6363
www.ci.simivalley.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 93036
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

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

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

Nutrition

FOOD Pantries

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

Camarillo Seventh Day Adventist Church Pantry
3975 East Las Posas Road
Camarillo, CA 93010
805-482-4632

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

HELP of Ojai-RSVP Senior Nutrition
370 Baldwin Road
Ojai, CA 93023
805-649-8018
www.helpfojai.org

Lighthouse Bible Church
1605 Burnley
Camarillo, CA 93010
805-822-8133

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

Simi Valley Senior Center Rendezvous Café
3900 Avenida Simi
Simi Valley, CA 93065
805-583-6363
www.ci.simivalley.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 93036
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

Ventura Avenue Adult Center
432 North Ventura Avenue
Ventura, CA 93001
805-648-3035
www.wccventura.org
Adult & Senior Activities

at Pleasant Valley Recreation & Park District

Pleasant Valley Senior Center provides low cost and free programs, services and events in Camarillo for adults age 50+.

- Educational Opportunities
- Cultural Events
- Leisure Activities
- 50 Plus Expo
- Rummage Sales
- Social Services
- Musical Venues
- Card Groups
- Dances & Lessons
- Exercise Classes
- Computer Learning
- Informative Seminars

Tech Fair
- Resource Center
- Instructor Led Classes
- Walking Club
- Art Group
- Extended Excursions

For questions about the Senior Center please call

805.482.4881

www.pvrpdp.org
1605 E. Burnley Street, Camarillo • at Community Center Park
**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

**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

**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

**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)

**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

**Alzheimer’s Association**  
145 Hodencamp Rd #205  
Thousand Oaks, CA 93060  
805-494-5200  
800-272-3900 (Helpline)  
www.alz.org
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.

ARTHITIS 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
Camarillo Senior Resource Guide

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
Caregiver Support Groups
Compulsive Eaters Anonymous
Pain Management Support Group
Parkinson’s Disease Support Group
Scleroderma Foundation Support Group
Stroke 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
Hearing Loss Association of Ventura County
Low Vision Support Group - Braille Institute Community Outreach
Multiple Sclerosis Support Group
Post Polio Syndrome Support Group
Prostate Cancer Discussion Group
Widows/Widowers Support Group
Widows/Widowers Graduate 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

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 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

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

Camarillo Area Transit (CAT)
Transit Manager/Administration
601 Carmen Drive
Camarillo, CA 93010
805-388-5340

Camarillo Dial-A-Ride
Reservations & Fixed Route Information
601 Carmen Drive
Camarillo, CA 93010
805-988-4228
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

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

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

A to B Transport, LLC
(A Darancare Corp Co.)
4820 Adohr Lane, Suite E
Camarillo, CA 93012
805-389-1600
www.atobtransport.com
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

Camarillo Trolley Service
Metrolink to Premier Shopping and Restaurants

camarillotrolley.org

HOURS OF OPERATION:
Sunday thru Thursday • 10am to 6pm
Friday and Saturday • 10am to 10pm
PHONE • 805-988-4CAT
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

211
(Is 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

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 Kelly Long,
3rd District
www.ventura.org
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.
Photo Credit: Ron Tusi

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