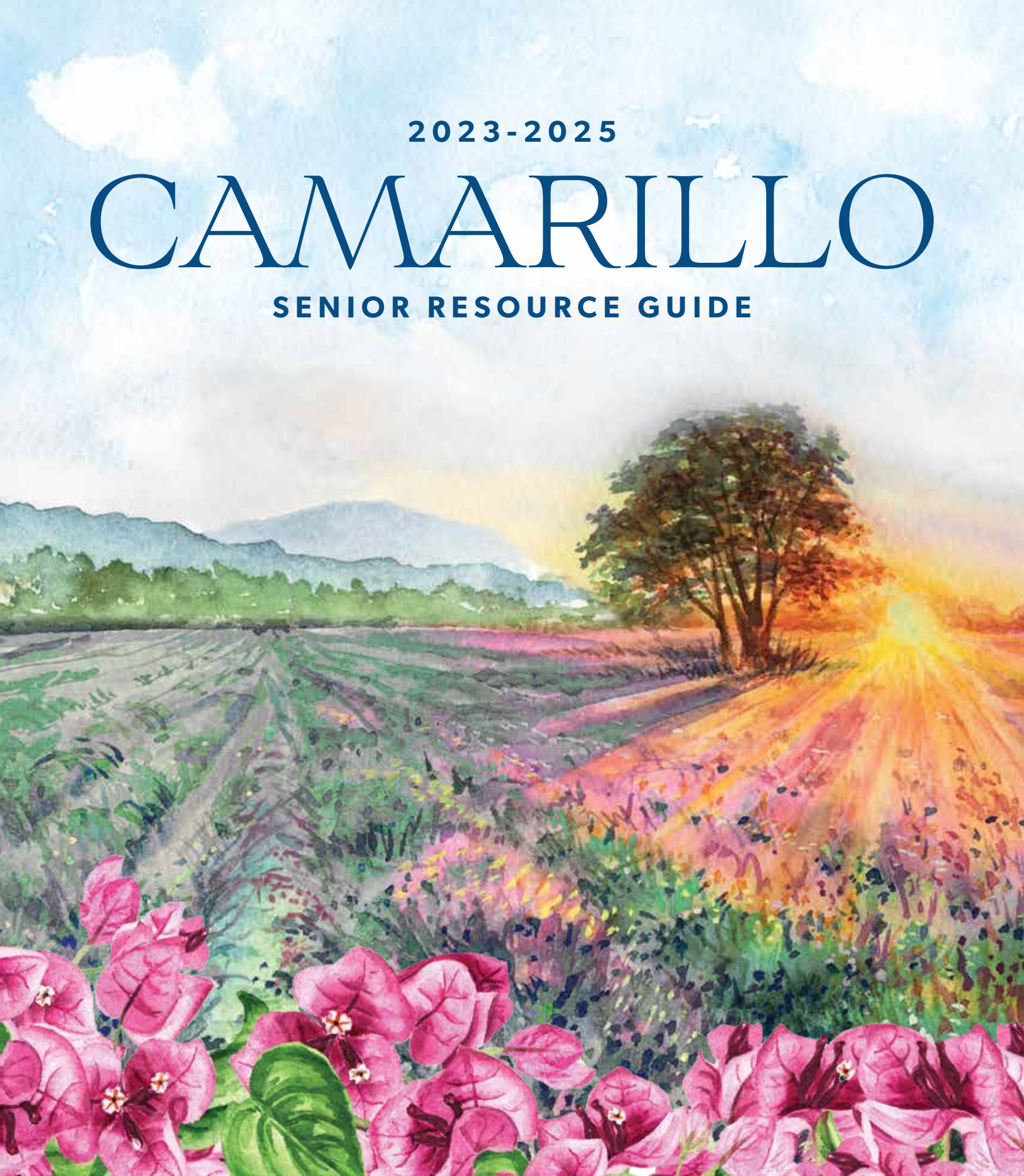


2023-2025

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 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 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

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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 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

-FILLMORE-

Fillmore Active Adult Center

533 Santa Clara Street
Fillmore, CA 93015
(805) 524-3030
www.fillmoreca.com

-MOORPARK-

Moorpark Active Adult Center

799 Moorpark Avenue
Moorpark, CA 93021
(805) 517-6261
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

-OXNARD-

Oxnard Family Circle

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

Palm Vista Senior Center

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

South Oxnard Senior Center

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

Wilson Senior Center

350 North C Street
Oxnard, CA 93030
(805) 385-8028
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
www.spcity.org

-SIMI VALLEY-

Simi Valley Senior Center

3900 Avenida Simi
Simi Valley, CA 93063
(805) 583-6363
www.simivalley.org

-THOUSAND OAKS-

Goebel Senior Center

1385 E. Janss Road
Thousand Oaks, CA 91362
(805) 381-2744
www.crpd.org/gacc

-VENTURA-

Senior Recreation Center

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

VOLUNTEER OPPORTUNITIES

American Red Cross

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

Camarillo City Library - Friends of the Library

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

Camarillo Council on Aging

councilonaging@gmail.com
(805) 388-5315

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.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



California State
University
CHANNEL
ISLANDS

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

📞 805-437-2748

🌐 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

**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**

705 County Square Drive,
Suite 100
Ventura, CA 93003
(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

**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

**Oxnard Family Circle
Adult Day Healthcare Center**

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

**Senior Concerns
Adult Day Program**

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

**Ventura County Adult Day
Health Care Center**

1700 North Lombard Street,
Suite 150
Oxnard, CA 93030
(805) 278-4321
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
(888) 880-1811

California Senior Living

P.O. Box 1254
Thousand Oaks, CA 91358
(805) 405-2411
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

**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

**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 Road
Thousand Oaks, CA 91320
(805) 494-9900
www.comfortkeepers.com

Darancare Corporation

4820 Adohr Lane
Camarillo, CA 93012
(805) 482-0728
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

**Livingston Memorial
Visiting Nurse Association
and Hospice**

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

Integrity Care Managing

2674 E. Main Street
Ventura, CA 93003
(805) 276-2776
www.integritycaremanaging.com

Personal Parent Care, Inc.

400 Mobil Ave #B12
Camarillo, CA 93010
(805) 389-0997
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
Serving seniors who are
functionally-impaired or at-risk
for being institutionalized. They
try to help older adults remain in
their own homes by linking them
to community resources. They
provide home visits, assessments,
education and referral for health
and human service needs.

Senior Concerns

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

Senior Partners

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

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

1600 North Rose Avenue
Oxnard, CA 93030
(805) 988-2500
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



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

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
(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.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, 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

VITAS Healthcare

400 W Ventura Blvd., Suite 145
Camarillo, CA 93010
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

**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.

Visit our website to learn more
www.homewithmission.com


CALL US TO LEARN MORE
ABOUT THE BENEFITS OF
HOME HEALTH
805-289-9999



**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




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

Caregiver Center of Ventura County

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

Gold Coast Caregivers

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

Hilarity for Charity

(805) 734-8645
Wearehfc.org

Senior Concerns

401 Hodencamp Road
Thousand Oaks, CA 91360
(805) 497-0189
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

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

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

POLST

(Physicians Order for Life-Sustaining Treatment)
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

Annette Dawson-Davis

400 Mobil Avenue Suite D11
Camarillo, CA 93010
(805) 498-0909
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

The Law Offices of Theresa L. McConville

340 Rosewood Ave Suite R
Camarillo, CA 93010
(805) 484-0514
www.mcconlaw.com
State Bar of California
Estate Planning
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

FUNERAL & MEMORIAL SERVICES

Conejo Mountain Funeral Home, Memorial Park and Crematory

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

Oxnard Family Circle

2100 Outlet Center Drive
Oxnard, CA 93036
(805) 385-4180
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
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

Veterans of California

www.calvet.ca.gov/VetHomes
Apply online

Wounded Warriors

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
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

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

Home Remedies

262 Park View Drive
Oak Park, CA 91377
(805) 279-6093
Partners with Camarillo Health Care District
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

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

RESIDENTIAL CARE FACILITIES RESOURCES

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

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Award-Winning Professional In-Home Caregiving Services

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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

Gentle Transitions

(800) 894-0338
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

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
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

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.lawycercamarillo.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

California Connect

Deaf and Disabled
Telecommunication Program
(800) 806-1191
cacconnect@cpuc.ca.gov
cacconnect.org

Caption Call

Captioncall.com
(888) 301-1112

Hear USA

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

**OEI - Outreach • Education
• Installations**

Captel Captioned Telephones
Outreach Educator
(818) 237-8149
betsy.randle@oeius.org

Second Chance Hearing

999 2. 7th Street
Oxnard, CA 93030
(805) 870-4625
www.secondchancehearing.com

HOSPITALS

**Adventist Health Simi
Valley Hospital**

2975 North Sycamore Drive
Simi Valley, CA 93065
(805) 955-6000
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

**Craige 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

Trinity 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

Alcoholics Anonymous

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

ALS Support Group

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

Alzheimer's Association

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

American Cancer Society Ventura County

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

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

Arthritis Foundation

(805) 634-4075
www.arthritis.org

Camarillo Health Care District

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

Community Memorial Hospital

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

Goebel Senior Center

1385 E. Janss Road
Thousand Oaks, CA 91362
(805) 381-2744
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

Long Term Care Ombudsman

2021 Sperry Avenue, Suite 35
Ventura, CA 93003
(805) 656-1986
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



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

**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 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
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
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
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

**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

**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

**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
www.goldcoasttransit.org

Gold Coast Transit

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

Ventura County Transportation Commission

950 County Square Drive, Suite 207
 Ventura, CA 93003
 (805) 642-1591
 (888) 667-7001
 (805) 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

Quick Community Resources

CITY OF CAMARILLO DIRECTORY

City Website.....	www.cityofcamarillo.org
City Hall Email.....	cityhall@cityofcamarillo.org
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	www.camarillolibrary.org
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

American Diabetes Association

(800) 342-2383
www.diabetes.org

American Red Cross

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 For Family Harmony

1030 North Ventura Road
Oxnard, CA 93030
(805) 983-6014
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

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.vchsa.org

Human Services Agency – CAL FRESH

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

Ventura County
2-1-1
Get Connected. Get Help.™
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/. 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

**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

(805) 636-6738

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

**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

2nd District:

Supervisor Jeff Gorell

3rd District:

Supervisor Kelly Long

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

**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

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

**Ventura County
Transportation
Commission**

950 County Square Drive,

Suite 207

Ventura, CA 93003

(805) 642-1591 x101

(888) 667-7001

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.

