



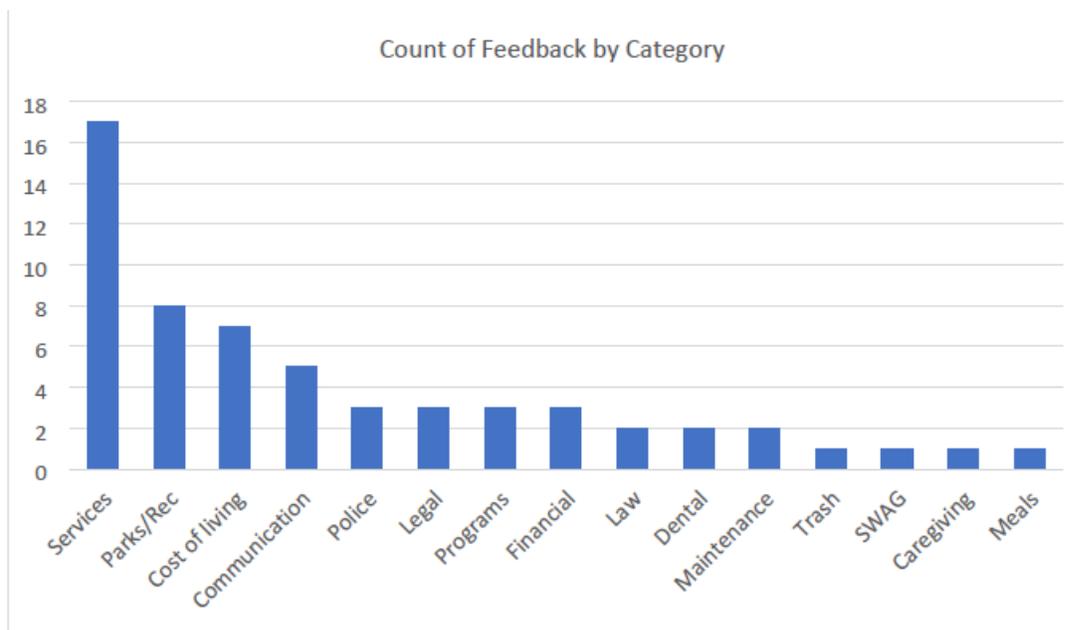
City Council  
City of Camarillo

Camarillo Council on Aging  
2023 Annual Report

In the report that follows we present the 2023-2024 objectives in action which the seven members developed with hopes that we can have more meaningful conversations & increase awareness of programs and services with the senior community of Camarillo. With the inclusion of four new member replacements, our council is expanding its reach and hopes to deepen its impact.

**Objectives & Action Plans:**

1. Identify senior needs: Vice-Chair Kristie Thomas and new CCOA council member developed survey questions, conducted interviews with seniors at the 50Plus Expo, Mira Vista Health Fair, CCOA/Library Education programs and presented the findings to Council members during a monthly meeting. During the meeting, Ms. Thomas unveiled the insightful survey findings below:



The top survey results revealed key insights into senior needs & preferences. Top concerns are transportation improvements and safety. The table below provides the more in-depth responses.

<b>CCHD – September 6, 2023</b>
Relationships (companionship) for elderly / they are lonely / some have no support system
Peaceful enjoyment: walking without fear of being hit by speeding car or running stop signs / crosswalks, noise ordinances enforced, residential speed limits enforced
Safety; No motorized bikes (e-bikes) on sidewalks and hiking trails
<b>Mira Vista – September 21, 2023</b>
Better donation services - lots of furniture is thrown away when people move out
Chemical disposal services for homebound and CAT users (cleaners, batteries)
Small electronics disposal service for homebound
How do I reach CCOA to obtain information or provide feedback?
Like meal delivery programs but don't qualify (not homebound)
Need a good dental program (Medicare / Medical / Low Income)
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Must pay taxes this year - need help with money and filing
Using Catholic Charities for financial assistance
Looking for elder law help
Bring pet adoption services to home bound & Sr Facilities (elder pets/hard to adopt)
Cost of rent increases is a challenge
How to learn brail - groups, organizations - losing eyesight

Programs for hearing impaired - training, social, accommodations
Services and activity groups for legally blind
Want a gentle designated path around the baseball fields on Temple (walker/wheelchair access)
More walking paths near Sr. Facilities - lighted and level
<b>50+ Expo – September 23, 2023</b>
Pill cutters not found at event (give-away)
Public utilities only have robots - no person to talk to for issues/questions/support
Need help paying for cable
Estate planning not represented at event
Seeking legal services
Need help with resource for taking over family member banking
Way to have a forced evaluation of Seniors - what help do they need / can/should they receive
Not enough handicap parking in Camarillo - what exists is usually full (maybe not for legal HC)
CAT drivers need aid on board to help Seniors without a caregiver
Social worker should join CAT route to assist those with needs
CAT drivers need help
Improved public transportation options
Cost of living / cost of caregiving is high compared to fixed incomes
Hard to maintain quality of life and independence - no financial support for middle class
Can't continue to afford Ventura County though lived here all my life
Continue keeping the trees beautiful - don't remove any more green space

Safety / law enforcement (speed limits, stop signs)
Too noisy throughout community (loud cars / music)
Good info and good event (50+ expo)
Not happy that Senior Center is becoming a multi-generational center - no dedicated space for Sr.
Have Expo first hour be for those with walkers/wheelchairs for first opportunity to get around easily
Senior Center in TO and Simi have much more to offer than Camarillo
More designated bike paths
<b>Shred Event – October 14, 2023</b>
Hard to get rid of bulk trash items in this town
Better awareness / communication of available food distribution locations/times (Comm Ctr)
Caregiving support - more companionship options
The start time for this event was confusing - most places showed 7:30am
City does great - country is a mess
This shred event is a great service
Expo and Senior Resource Guide are outstanding
More financial help - social security not keeping up
More financial help - help goes to young people having kids and not seniors
Need rent control for seniors - costs out-pace income for middle class
Don't remove any more live landscape
Post Announcements of events on Leisure Village Digital display (TVs in lobbies)

Better Communication of services and events (CVS Bulletin board, Drs offices)
Churches have Senior committees - engage with them on services and needs
Have caregiving companies distribute information on services and events
<b>Library Workshop – November 15, 2023</b>
Need outreach to lonely and isolated seniors
Cheaper transportation for old people
Excellent presentation - clear, understandable
Continue with the great programs (City)
Presentation was superb; presenter was articulate, pleasant
Need Senior affordable housing and homelessness prevention
City needs to give options for help to aging community - discounts, food, safety
More social activities for seniors at minimal cost
More Dances

CCOA Board Members will respond to the above survey responses through education, communication, outreach and share results with appropriate agencies.

2. **Increase subscribers to the electronic Senior News:** Kathy Tamashiro, who is the council’s secretary distributed a copy of the Senior News during 50 Plus Expo and the Mira Vista Health Fair and recruited more subscribers. The subscribers to Senior News increased from 1,901 to 2,144. Council members will continue to promote Senior News, the Camarillo Senior Resource Guide & the Ventura County Area Agency on Aging & Disability during upcoming events & activities.
3. **Outreach:** Identify more senior communities to approach and develop database with point of contacts. New council member Karen Denove has volunteered to work on this action step with Vice-Chair Kristie Thomas. On March 20, 2024, CCOA Chair Joanne Kennedy and a Camarillo Library representative will demonstrate “GetSetUp” to Mira Vista. GetSetUp is an electronic platform available from the library website tailored for seniors. It offers videos on a multitude of topics such as exercise, travel, cooking, and are particularly useful for homebound seniors.

4. CCOA Board Members are encouraged to attend the following activities & use survey questions when appropriate: a. Educational Events, b. Holiday Programs, c. Senior Health Fairs, D. Shred Event.

The collaborative efforts of CCOA members, Amber Light Lions Club members, and the Nutrition team of the Camarillo Health Care District culminated in the successful purchase and assembly of supplies for 205 holiday bags, destined for delivery the following week. This achievement was made possible through the exceptional organizational skills of CCOA members Sandra Melton and Kathy Tamashiro, who ensured that everything came together seamlessly.

5. A former CCOA council member & now a volunteer Jay Evans, worked tirelessly with the library staff to develop both a comprehensive website link on the library's website request and co-ordination of senior education programs. Upcoming topics will be on safety, hospital to home transition and caregiving resources. The library and CCOA Council collaboration have been the responsibility of Joanne Kennedy and Karen Denove with Jay Evans. They hope to see to see more crystallization of this collaboration by adding a Senior tab on the first page of the library's website.
6. Sandy Melton & Nancy Rowe suggest that we meet at various venues to engage with seniors.

**Special thanks to our Treasurer Dave Bora, VCAA Liaisons Carmen Reyes and Nancy Rowe; Carrie Weal, Assistant City Clerk, Kristy Buxkemper City Clerk; new council member Ann Lewin; Mitchell Beinfest, PVRPD Senior Center and Michelle Rogers, Camarillo Health Care District.**

