

Your ONE STOP Resource to Trusted Professionals!

Moving SENIORS *Forward* Community Resource Group

“Enhancing lives Today for a better Tomorrow”

Founded in 2008



Call us Today! 805-558-8157

Rev. 7/23

Our Mission

Established in 2008, Moving Seniors Forward – Community Resource Group, is your trusted resource to dedicated and compassionate professionals who are committed to providing guidance and information to enhance the lives of seniors and their families in our community. Moving Seniors Forward offers a wide spectrum of services to meet the various needs of people during life's transitions.

**Moving Senior Forward is a not-for-profit 501 (c)(3) organization.
Donations are tax deductible. Our tax ID number is 30-0678453**

“Moving Seniors Forward”

Community Resource Group Offers:

- 1) Access to each group member who:
 - a. Has knowledge and experience to counsel you through major lifestyle transitions
 - b. Assists in assessing your current living needs, and together developing an overall plan for your future.
 - c. Provides valuable options and reliable referrals to senior service providers.
- 2) Educational Seminars
- 3) Special Events

For more information, questions, or to receive an additional copy of the directory, please feel free to contact us at:



“Moving Seniors Forward”

Community Resource Group

Attn: Linda Archie & Bob Triplett
223 East Thousand Oaks Blvd. #320
Thousand Oaks, CA 91360

805-558-8157

movingseniorsforward@gmail.com

movingseniorsforward.org

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Each member of "Moving Seniors Forward" Community Resource Group ("MSF") is owned and operated independently from MSF. MSF is not responsible, and shall not be held liable, for the advice, service, or product rendered by a member, any actions of a member or any non-action of a member.

Alternative Senior Housing

Belmont Village Senior Living & Memory Care

Belmont's residential care programs have earned the trust of residents and families, as well as the respect of healthcare professionals. Residents with care needs benefit from one of the nation's leading support and wellness programs including a well-trained responsive staff and licensed nurse, on-site 24 hours a day.

Mike Vasquez

Community Relations

3680 North Moorpark Road
Thousand Oaks, CA 91360

Office: 805-496-9301

Cell: 805-210-1750

mvasquez@belmontvillage.com

www.belmontvillage.com



Caregivers & In Home Care

Home Helpers

For over a decade, Home Helpers of Thousand Oaks has provided caregivers for seniors that need and deserve help to continue living safely at home or in a senior community. This help might include preparing meals, running errands, bathing, getting dressed, companionship, memory & dementia care, light housekeeping, etc. This assistance with everyday life helps seniors and their families feel comfortable and safe. We have operated in Southern California for 11 years and strive to provide the highest quality caregivers and outstanding service to our clients.

Dwight Brown, the Owner/President, is available to help 24 hours a day, 7 days a week.

Dan Nathanson

Owner/CEO

355 E Thousand Oaks Blvd., Thousand Oaks, CA 91360

Office: 805-777-8111 • Cell: 310-962-2121 • Fax: 805-777-8172

dnathanson@homehelpershomecare.com

www.HomeHelpersHomeCare.com/Thousand-Oaks



Financial

Starlite Tax Solutions

Luba is very passionate about her job, knowledgeable, professional, and deeply cares about her clients. Luba helps her clients with their tax compliance and specializes in advanced tax reduction strategies. Many factors influence your tax situation. Planning is important to make sure you keep more money in your pocket. There is no one-size-fits-all approach. We provide concierge service with personalized attention. We would love the opportunity to help you navigate the tax maze.



Luba Milgram

Enrolled Agent, Tax Advisor

2625 Townsgate Rd., Ste 330

Westlake Village, CA 91361

Office: 805-719-2216

info@starlitetax.com

www.starlitetax.com



West One Capital Group

West One Capital Group Inc., is a California based Mortgage Lender. We are a direct lender and fund our loans to meet the standards of Fannie Mae, Freddie Mac, FHA and VA. I have been in the Mortgage Lending business for over 30 years and have the knowledge and experience to assist you in making the right decision for a home loan. We offer a wide variety of loan options to include fixed and adjustable rate loans for Conventional, Jumbo, and FHA loans with low down payments and Reverse Mortgages. I give you relevant information, so you make the right choice.



Steve Minor

Conventional & Reverse Mortgage Consultant

1201 Dove Street #580

Newport Beach, CA 92660

Office: 805-523-8760 • Cell: 805-432-1285

sminor@westonecap.com

NMLS ID 346035 DRE# 01201326



Financial (continued)

Santa Cruz Wealth Management, Inc.

We are committed to listening intently to understand your dreams, goals and values. We will provide a safe and comfortable environment to share your personal and financial details. This allows us to give you a second opinion on your current financial picture, help you to re-imagine your existing picture or even begin the process to build a new strategy.



Registered Investment Advisor

Thomas Krueger
President

Registered Investment Advisor

2659 Townsgate Road, Suite 111

Westlake Village, CA 91361

Office: (805) 379-4914

Cell: (805) 501-0864

thomas@santacruzwm.com

www.santacruzwm.com

Funeral Arrangements & Advanced Planning

Cantor Marc Bachrach: Celebration of Life Officiant

“Helping People Say Goodbye”

Marc Bachrach leads deeply moving, heartfelt memorial services, celebrations of life, and hospice visits. Marc’s rich bass-baritone singing and soft guitar playing have comforted thousands of mourners. The End of Our Loved One’s Lives Deserve Special Care and “Good Mourning”...Nurturing, guidance, praise, and comfort are vital for the dying and their families. Marc’s gifts as a musician, counselor, speaker, and radio personality create services where tears and laughter can flow freely.. to begin washing away some of the pain and warming the coldness of grief.

Cantor Marc officiates hospice patients’ marriage vows in beautiful family ceremonies.



Marc Bachrach
Spiritual Leader & Cantor

805- 492-7189

CantorMarcB@gmail.com

Rose Family Funeral Home and Cremation

CEMETARY, MEMORIAL, CREMATION, BURIAL

Jennifer Finnerty is the Director of Business Development and Community Relations for Rose Family Funeral Home and Cremation. Rose Family is a local family-owned funeral home in Simi Valley since 1992. Previously, Jennifer worked as an Executive Director for a local hospice foundation and spent 17 years with the American Cancer Society as a Community Missions Director. Jennifer is also the owner of her own event management business – Jennifer Event Management. She has lived in Ventura her entire life and is the proud momma of two daughters, ages 27 and 24.



Jennifer Cooper Finnerty
Director of Business Development &
Community Relations

4444 Cochran Street, Simi Valley, CA 93063

Work: 805-581-3800

www.simivalleymortuary.com

rosefamilyfuneralhome.com



Home

Assisted Living Connections: Senior Placement

At Assisted Living Connections, we provide the knowledge and support during this difficult passage in many people's lives. If this involves a residential move for the senior, we provide the best options for senior living based on care needs, desired lifestyle and budget. Our services are always FREE. We save families time and money, and REDUCE STRESS FOR FAMILY CAREGIVERS.



Tami Podell
Eldercare Advisor
818- 357-1123

www.assistedlivingconnections.com

Home

Berkshire Hathaway Home Services California Realty 50+ Real Estate Specialist

Linda has the knowledge and expertise to patiently counsel you through the lifestyle and housing transitions that occur for sellers and buyers 50+, so that you capitalize on every possible real estate related benefit. Additionally, she assists you in exploring housing options to ensure your next home best serves your current and future needs.

Providing Outstanding Service with Outstanding Results!



Linda Archie & Associates Seniors Real Estate Specialist®

2860 E. Thousand Oaks Blvd.

Thousand Oaks, CA 91362

Cell: 805-558-8157

linda@lindamovesyou.com

BRE #01416478

www.lindamovesyou.com

If you're 50+ you can trust in us!

Luxury Selling Solutions, Estate Sales Solutions

Dana Ehrman, G.G. has been buying and selling high-end estate and antique jewelry and watches for over thirty years. She created Luxury Selling Solutions, as an independent concierge luxury selling service to help people identify, value and sell their valuable personal property in today's most lucrative markets. We specialize in selling jewelry, fine watches, fine art, silver, sculpture, wine, coins, memorabilia, even rare cars and motorcycles.

Dana Ehrman, G.G. Luxury Selling Solutions

Cell: (310) 736-5896

LuxurySellingSolutions@gmail.com

www.LuxurySellingSolutions.com



LUXURY SELLING
SOLUTIONS

Home *(continued)*

Eileen Gould Construction & Interior Design: Home Modification

I am a certified interior designer and a licensed general contractor. I am certified in title 24, and have my teaching credentials in design construction. My goal is to assist seniors; and/ or disabled people remain in their homes beautifully, comfortably and safely. We do ADA showers, tubs, grab bars, lighting, flooring along with any type of remodel or modification you need.



Eileen Gould

General Contractor Lic.#978861
Certified Interior Designer #0154
3717 E. Thousand Oaks Blvd., Suite 220
Westlake Village, CA 91362

Office: 818-706-8825

egould07@gmail.com

www.EileenGouldDesignandConstruction, Inc.

Eileen Gould
DESIGN & CONSTRUCTION

Encore Senior Move Specialists:

We at Encore Senior Move Specialists provide gracious assistance and special services to seniors in transition. We specialize in hand-in-hand, step-by-step sensitive guidance for seniors from the moment they make the decision to move, up through and including the packing and unpacking and resettling into their new home.

Peter Gal

2655 First Street. Suite 250

Simi Valley, CA 93065

805-624-5549

encoreseiniormovespecialists@gmail.com



Packing- We are experts at packing your items with care so that everything arrives safely.

We provide all packing material.

Unpacking- settling into your new home is the final step in this transition.

We provide all necessary services for you.

Arrange furniture • Hang pictures • Connect all appliances • Setup all electronics

Put away clothes • Put away all dishes and glassware including pantry • We even make your beds

Hospice

Buena Vista Hospice Care

Buena Vista is a Joint Commission accredited Hospice company. We are dedicated to providing the highest quality of comprehensive care to every patient. Our team focuses on the physical, emotional and spiritual needs of every individual, treating each person with dignity and respect. We serve Ventura County and the North West San Fernando Valley, with board certified Palliative and Hospice physicians on staff.



Nancy Knutson

2545 West Hillcrest Dr. #130
Thousand Oaks, CA 91320
Office: 805-777-1133
nancy@bvhospice.com
www.buenavistahhh.com

Insurance

Selman Insurance Services

Irv is a life settlement specialist. He assists seniors in selling their life insurance they are about to cancel for cash. He also deals with life insurance, disability income insurance and annuities.

Irv Selman

Cell: 818-590-6910
Fax: 818-301-5193
23151 Mariano Street
Woodland Hills, CA 91367
irv.selman@gmail.com



SELMAN INSURANCE SERVICES

Insurance (continued)

State Farm Insurance Auto, Home, and Business Insurance

Here at Jason Giambi State Farm Insurance, my team and I are passionate about helping to protect and manage customers with everyday risks in life. We partner with our customers to meet their needs, so the right auto, home, and business insurance is put in place when planning for their future. Contact our office today for an insurance review to see where we can help you get great value on home insurance, auto insurance, and more. We would love the opportunity to earn your business.

Jason Giambi

State Farm Insurance

2904 Theresa Dr Suite 2
Newbury Park CA, 91320

Bus: 805.498.9633 • fax: 805.256.8030

jason@agentgiambi.com

Insurance license #0L98639



Long Term Care Resources Pacific

With over 30 years of experience in the long term care insurance marketplace, I understand that families need access to **better options** and **better solutions** when it comes to long-term care planning and financing. Long Term Care Resources has exclusive agreements and discounts with over 500 Professional and Alumni Associations across the U.S. These groups understand the significant risks their members face. When looking for information and options regarding long-term care insurance, I hope you will think of me first.

Jeff Adler

LTCR Pacific Agency

3717 E. Thousand Oaks Blvd. #125

Westlake Village, CA 91361

Direct: 805-857-3970

jadler@lcrpacific.com

CA License #0769565



Insurance (continued)

BrightStar Insurance Services

Medicare health insurance plans offer great benefits. There are many options to choose from and it's important to find the right plan that meets your needs and goals. As an independent insurance agent, I can help navigate the Medicare maze, so you can make an educated decision. I work with the highest rated insurance companies in the Medicare marketplace, which gives you the freedom to choose.



Catarina Haydt

Thousand Oaks, CA 91360
Office: 805-750-9889
catarina@brightstarins.com



Legal

Family Security Law Group, APC

Providing legal family security resulting in peace of mind through trusts, wills, durable powers of attorney, deeds and other essential documents. We also handle probates, trust administration, conservatorships, Medi-Cal planning, IRA Trusts, and real estate transactions.



Bob Triplett

Attorney

223 E. Thousand Oaks Blvd. #320
Thousand Oaks, CA 91360
Office: 805-496-4681
RTriplett@fslgapc.com
www.familysecuritylawgroup.com



FAMILY SECURITY LAW GROUP, APC
— PROVIDING LEGAL FAMILY SECURITY • RESULTING IN PEACE OF MIND —

Medical & Pharmacy

Camarillo Health Care District

A nationally recognized champion of wellness and aging services, the Camarillo Health Care District is your partner for community-based health services. As a leader in collaborative health options, disease prevention and health promotion since 1969, the District offers a broad range of interactive, evidence-based health and wellness programs designed to enhance long-term support and services that educate people about chronic health conditions, and guide people toward healthy choices. Stop by or visit our website to see our classes, programs and services. We are also a partner for Philips Lifeline in Ventura County, helping older adults age in place and live independently through its life-saving alert service.



Michelle Rogers
Community Outreach and
Education Manager

3639 East Las Posas Road
Camarillo, CA 93010

Office: 805-388-1952, ext. 116

micheller@camhealth.com

www.camhealth.com

Conejo Chiropractic Relief Center

Our mission is to help our patients regain or sustain the quality of their lives by using gentle and effective chiropractic corrective care. In doing so, our purpose is to inspire and educate as many individuals and families as possible on the profound effects chiropractic care has on their overall health and well-being. Pain relief is also our goal. Ultimately, our focus is to help people maintain a higher quality of life.

Dr. David Biedebach

2393 Townsgate Road #102

Thousand Oaks, CA 91361

Office: 805-379-1644

conejochiro@gmail.com

www.conejochiro.com



Medical & Pharmacy (continued)

Conejo Hearing Center

Christine is committed to educating her patients and improving their quality of life through better hearing, using state-of-the-art medical diagnoses and providing a wide variety of the best and most current hearing technology. By utilizing prevention, diagnosis and treatment, she helps seniors retain or recover their ability to communicate so they can lead full, confident and productive lives. Complimentary Consultation. FREE 2 Week Trial with state of the art hearing devices!



Christine Wilson

M.S., CCC-A, Audiologist

699 Hampshire Road Suite 215
Westlake Village, CA 91361

Office: 818-991-3800

info@conejohearingcenter.com
www.conejohearingcenter.com



All + Med Drugs Compounding Pharmacy

All+Med Drugs Pharmacy has been serving the Thousand Oaks and surrounding areas for over 40 years. Our goal is to deliver the best pharmacy value without sacrificing the quality of care to our patients. Patient care is the driving force behind all of our services. Our dedicated staff of professionals are always ready to assist you. We offer Medication Management and Consultation. We also carry a wide array of Durable Medical Equipment, Compression Products, Supplements and are fully accredited by Medicare.

Dr. Rajinder K. Rai
Pharm. D.

442 N Moorpark Rd.
Thousand Oaks, CA 91360
Office: 805-495-2110
www.allmeddrugs.com



Medical & Pharmacy *(continued)*

Grossman Burn Foundation

As the philanthropic arm of the Grossman Burn Centers, the Grossman Burn Foundation supports burn survivors from the time of injury through reconstruction, recovery, and psychological healing by providing medical, financial, and emotional support. GBF provides education about burn prevention and safety within our community and works with global organizations to increase medical knowledge and capacity around the world. GBF also distributes educational materials to community members, with emphasis on high-risk groups such as seniors, caregivers, children, and the disabled.



Muriel Fremy ***Executive Director***

23679 Calabasas Rd., #270
Calabasas, CA 91302-1502
Direct Line: (310) 346 - 8011

www.grossmanburnfoundation.org

Livingston Memorial Visiting Nurse Association: Home Health Care

Since 1947, providing home health care to residents in Ventura County. Medicare, Medi-Cal, Senior HMO's and most insurance pay 100%.

Lanyard Dial, M.D. ***Medical Director***

1996 Eastman Avenue #101
Ventura, CA 93003
Office: 805-642-0239
ldial@lmvna.org



Barrie Gilster
Community Liason
Cell: 805-797-7699
bgilster@lmvna.org



Medical & Pharmacy *(continued)*

UCLA Health

“Our goal is to provide the best patient experience with every patient, every encounter, every time.” For more than half a century, UCLA Health has provided the best in healthcare and the latest in medical technology to the people of Los Angeles and throughout the world. With its wide-reaching system of primary-care and specialty-care offices throughout the region, UCLA Health is among the most comprehensive and advanced healthcare systems in the world. UCLA Health’s commitment to patient care, research and education means that our patients benefit from the latest diagnostic and treatment techniques in virtually every area of medicine.



Robbie Gluckson
Director of Marketing
Community Outreach & Development

1250 La Venta Drive #101A
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rgluckson@mednet.ucla.edu
www.uclahealth.org

UCLA Health

Rad Eyes Mobile

Mobileyesnow offers mobile onsite eyewear services for anyone that isn't able to commute to a physical location, or simply has the preference of us coming to them. We specialize in services to our elderly whether they are living at home, in a board and care, assisted living facilities, and memory care facilities. Our opticians bring over 15 years of experience and are there to provide eye care to all. Having separate pairs of glasses for distance and reading has been a major solution to patient frustrations especially our non-verbal patients. This solution reduces fall risk and allows people to see the television clearly when bedbound, use their reading glasses to do art work, read a book or magazine, and simply to see the food on their plate.

www.radeyesmobile.com
radhomecare@radeyes.com
info@mobileyesnow.com



Dr. Aliona Radzinsky
818-937-5405



Annie Ashurov
818-263-3212

Medical & Pharmacy *(continued)*

Aracely Avila
Senior Development Manager
Alzheimer's Association
California Central Coast Chapter
Ventura County Regional Office
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aravila@alz.org

Associate & Sponsoring Members *(continued)*



Sarah Mailes
Community Services/Analyst
(805) 449-2118
www.toaks.org/seniors



Roberta Nadler, SWAG HAG
Owner, Senior Advocate
866-977-7792
www.connectthedotsadvertising.com



Greater Conej
Valley Chapter

Melessa Lee - VP of Marketing
805-217-1418
Jim Sumner • Cell: 818-377-3322
Sending care packages to our troops overseas



Ray Caldwell
Caldwell Consulting, LLC

310.714.5890
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805-870-4505
www.alphaprintingla.com
info@alphaprintingla.com

50 Plus Expo 2022



Free
ADMISSION

50 Plus Expo

Saturday **SEPT 10** 10am-2pm

Community Center
1005 E Burnley Street, Camarillo

Resource and Service Vendors
Financial, Health, and Medicare Presentations
Art Show | Musical Performances
Register online for a \$5 lunch!

Presented by
Humana
scan
Senior Care

PALM VALLEY
COMMUNITY CENTER

pvrpd.org
805.482.1996



*For over 15 years “Moving Seniors Forward”
has sponsored many events and seminars including:*

HIP & KNEE REPLACEMENT

AGING IN PLACE

DIABETES

USO SHOW

20TH ANNIVERSARY GEOBEL ADULT COMMUNITY CENTER

PARKINSON DISEASE

HEART HEALTH

SENIOR 911: PLANNING AHEAD FOR EMERGENCIES

“COVERING YOUR BASES” BABY BOOMER EVENT

STROKE

HEALTHY SKIN, HEALTHY YOU

SOARING STARS AWARDS

INFORMATIONAL SERIES - WAYS TO AGE SUCCESSFULLY



2022 Wellness Fest



2020 Wellness Fest

2020 WELLNESS FEST
Peace, Love & Wellness
 Wednesday, January 15, 2020
 9:00am-1:00pm

- 50+ Vendors
- Aromatic Cedar Massage
- City of Thousand Oaks
- Dementia Live Experience
- Graded Exercise Playlist
- Health Screenings
- Master Gardener Tour
- Prana Healing
- Raffle Entry

Interactive Courts

- AHA, Triax Presentation
- Saddlebrain Vozz
- Mindful Stress Release
- Eagle Blood Strength
- Let's Talk CBD
- Healthy Eating

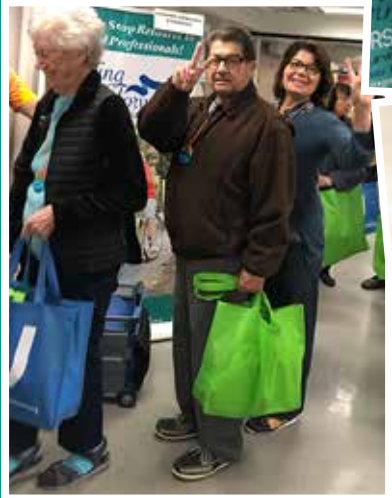
*Limited tickets are still good

Thank you, Wellness Fest Sponsors!

2020 WELLNESS FEST

Peace, Love & Wellness

CONEJO VALLEY
RESOURCE DIRECTORY



2017 Informational Series: Ways to age Successfully



Moving Seniors Forward
Community Resource Group
Presents a "FREE" Informational Series

'Do you have a road map to your life?'

Hear from experts on ways to age successfully.
Music, Wine, Appetizers, Dessert and Raffle Prizes!

Legal & Financial, Home & Housing
Thursday, October 19th

Health & Wellness
Thursday, November 9th

All Seminars held at James Marketplace Event Space 276 Suite A, North Moorpark Rd.
Thousand Oaks (near the Interactive Sculpture Courtyard from 8-9pm)

JOIN US FOR THESE INCREDIBLE PROGRAMS!

To Reserve Your Seat or For Additional Info:
Call 805-538-8157 - MovingSeniorsForward.org



Soaring Star Award Ceremony 2016





*In Partnership with
The City of Thousand Oaks Council on Aging*

We're Moving Seniors Forward!



“A positive attitude is the key to aging successfully-achieved by respecting your own experience, accentuating the positive, trying new things and celebrating often!”



*Please feel free to contact us for more information
about our upcoming events and seminars or
suggestions for future presentations!*