

# Healthy ATTITUDES

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AUTUMN 2015

Camarillo Health Care District QUARTERLY MAGAZINE



HOLIDAY EDITION

# A MESSAGE FROM

KARA RALSTON, CHIEF EXECUTIVE OFFICER



*John Muir*  
"Any glimpse  
into the life  
of an animal  
quickens  
our own and  
makes it so  
much the  
larger and  
better in  
every way."

## Connectivity

The more we studied the image selected for the cover of this issue, the more magical and alive it became. We noticed the direct eye contact between them, as if they both recognized the specialness of the moment. We noticed that as she was stretching to reach him, he was equally leaning in to reach her, as if they both knew it would be worth the effort. And then we saw it...the exact, brilliant moment of contact. The "something magical" that happens when the right connections are made, at the right time.

That special moment of connection is what we strive for daily, in every program and service we offer. In our efforts here at the Camarillo Health Care District (District), we are continually amazed by the power of connection. The connection between vision, policy, services, staff, clients, and community has resulted in unprecedented levels of program development and service delivery, and has garnered national contracts, statewide recognitions, and an ever-increasing circle of influence.

In addition to the daily and local connections we make, the District has been recognized statewide by the SCAN Foundation for gaining capacity building skills and organizational transformation through participating in a two-year academy to create new care delivery opportunities, like Care Transitions. As a result, the District was recognized by the Administration for Community Living (a division of the **United States Department of Health and Human Services**), for sharing its experiences with other community-based organizations interested in building similar service delivery models.

The District was similarly recognized in McKnight's Long-Term Care News, a national business news magazine serving the institutional long-term care field with routine reports on events that affect the way care is delivered across the entire long-term care spectrum. In the article "Connecting the dots in healthcare," by Dr. Bruce Chernof, MD, the District is noted as a community-based organization that can "deliver coordinated care to people coping with multiple chronic conditions and functional limitations who wish to live well and safely in the community."

We remain committed to connecting on every important level...in our community and in our services. Please let us know how we can be part of your life.

*Kara*

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**District Receives State Innovation Award**

The Camarillo Health Care District's Adult Day Center (Center) has received statewide recognition from the California Special District Association, as the recipient of the 2015 Innovative Program of the Year Award. Selected by an independent review company, the Center was selected for representing an innovative philosophy of care in an environment that serves clients, caregivers and staff. "It was the intent of our design to introduce innovative technologies and services to enhance the experience of the Adult Day Center," says Kara Ralston, the District's CEO. "This an incredible honor to share with our visionary Board of Directors, staff whose efforts pulled it all together, and every community partner who joined us in making this a reality."

**Ventura County Homecare Association to Sponsor Dining Hall**

The Ventura County Homecare Association (VCHA) is pleased to announce their \$10,000 sponsorship of the Building Hope Adult Day Center's Dining Hall. "Our sponsorship of the Dining Hall just underscores VCHA's commitment to families in need of healthcare services," said Molly Buck, the president of VCHA. "We're so pleased to be part of this great movement." Thank you, VCHA and each of your members!

**District Is National Finalist For Caregiver Program**

The District's RCI REACH Program designed for family caregivers, was selected as one of the Top 6 National Finalists for the Rosalynn Carter Leadership in Caregiving Award, by the Rosalynn Carter Institute (RCI). The REACH program supports, educates and helps provide resources for caregivers. District staff will attend the Conference as elite status finalists at the RCI Conference in October where the award will be presented by Rosalynn Carter, the Former First Lady. Thank you, Mrs. Carter, for your continued service and efforts to support caregivers!

**District Employee Selected for Community Position**

**Lynn Jones, CSA**, has been appointed as Chair of the Camarillo Council on Aging, where she has served since 2014. She has also been appointed to the Ventura County Adult Abuse Prevention Council the Board of Directors, and serves on the Ventura County Homecare Association's Outreach Committee and on many other community organizations. Ms. Jones was also recently named as a Camarillo Dona by the Pleasant Valley Historical Society, and Camarillo Public Servant of the Year by the Camarillo Chamber of Commerce. Congratulations Lynn!



**ON THE COVER**

Dorothy Reed makes a connection with Aladdin, an Arabian therapy horse, during a recent visit at the Building Hope Adult Day Center.



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**H**e was tall and good-looking and I told my girl-friend who was with me 'I hope you don't like him because I do!' We were married 6 months later, for nearly 54 years. He was the wind beneath my wings. I was barely 19, and Bill was 21. My sweet mother was so worried but she got to see us have a long, successful and happy marriage.

It was an overcast day on that Saturday in January 2013. I came home from meeting with friends to find my husband just standing in his coveralls on the sidewalk watching the sprinklers. The street was overflowing with water as he stood there...helpless to understand how to turn off the water, even though he had designed the automatic sprinkler system himself. Dementia had changed his brain so much, placing even this task beyond his reach.

In the months that followed we struggled along together, demanding of ourselves some semblance of normalcy. As best we could, we would go for our walks, or out with friends. It wasn't always heavy and sad after his diagnosis... we had laughs, friends, and tender moments. His sense of humor was untouched by the disease.

By October driving had become unsafe. In December, our daughter came home for Christmas, and we were pressed into a plan of action. During the week between Christmas and New Years, we had made an appointment with a Care Coordinator at the Wellness & Caregiver Center of Ventura County (Center), which is located on the campus of the Camarillo Health Care District (District). From that assessment, I recognized that he could no longer be safely alone.



The assessment also offered very practical tips and services, such as I should hold his hand during our walks at all times to keep him from falling; a home modification expert was sent to our house to install grab bars and a shower chair, and to gave us tips to make our house safer for Bill. I also received much valuable printed information to help me locate all the different services available in Ventura County for families working through this journey. Additionally, I enjoyed a tour of the George & Alda Kroll Library, inside the Center, which had tons of information about how to be an effective caregiver, including a showcase of equipment to help keep Bill safer. Before I left, I was invited to attend an upcoming Tools for Caregiving class designed for family caregivers.

# An Overcast

By Janna Visser, in loving memory of my husband

*The Vissers in the early years of their marriage circa 1960 at the Columbia River Gorge overlook at Crown Point in Oregon.*

# Day




Although every moment of my assessment was so valuable, I would have to say that what we learned about the Building Hope Adult Day Center changed our lives. The Adult Day Center offered five days a week of compassionate, respectful, highly-skilled day supervision, filled with activities that stimulate socially, physically and mentally. We started slowly with just two mornings a week at first. As the dementia progressed, we gradually increased to four full days. The care and love shown to my husband was unbelievable. He had fun and he felt safe there. Bill's attendance at the Adult Day Center made an enormous difference in our lives, too. I truly believe I would have been unable to keep him at home without this kind of specialized help.



*Janna and Bill Visser, three weeks before meeting with a Care Coordinator at the Center.*

Not only were my husband's needs addressed, the support I received as a caregiver was unbelievable. In addition to the support groups, there were Christmas and Valentine's parties, the latter designed purely to pamper caregivers. For 18 months, the staff, the clients and their caregivers became like family to us.

My husband took his final breath, in his own bed, and in his own home. It was a very peaceful leaving, just the way I had hoped it would be. I know with certainty that his quality of life these last 18 months was as good as it possibly could be with the help of all of this wonderful support. And the support continues. I now attend the Life After Caregiving Support Group.

I endorse these programs and services wholeheartedly and without reservation. I'm sure Bill would say the same. 





**Martha Shapiro, LCSW**  
 Director of Wellness & Caregiver  
 Center of Ventura County  
 3639 E. Las Posas Road, E117  
 Camarillo, CA 93010

Call for an  
 appointment  
**(800) 900-8582**

**\$50** per session  
 for **50** minutes

I need somebody,  
 not just anybody  
 Help, you know I  
 need someone, help  
 Help me if you can,  
 I'm feeling down  
 And I do appreciate  
 you being 'round  
 Help me get my feet  
 back on the ground  
 Won't you please,  
 please help me  
 THE BEATLES  
 1965

# Help! I need somebody...

Would you be surprised to hear that you have likely engaged in a counseling session...and you didn't even know it?! If we all thought for a moment, maybe we could each remember an extra-special person in our life...one whose opinion always mattered and who was comforting and encouraging to talk to. It might have been a grandparent, or an aunt, uncle or cousin, or just a good long-time family friend. Well, that process of "just talking" was the way counseling originated years ago. Close-knit families, friends and small communities would counsel each other and provide guidance and advice during life's difficult times.

Over time, the industrial revolution began moving people away from small-town living and close family environments, and away from those built-in support groups and "counselors". Suddenly there was an unfamiliar gap in life, with no close family members or trusted friends to help sort through life's feelings and circumstances, or to help develop one's own values. And so it was that psychoanalysis and the concept of therapy developed to fill this need in a new and different industrialized society.

In the latter half of the twentieth century, counseling developed significantly as a distinct profession, bringing a collaborative effort between counselor and client. Today, licensed and certified counselors work professionally with clients to identify goals and potential solutions to issues and concerns. While the client is in charge of their own goals and in identifying possible solutions, the trained counselor acts as a guide and provides feedback. Engaging in counseling is a personal opportunity for growth, and some of the benefits of counseling include improved

communication and coping skills, improved self-esteem, healthy behavioral changes.

Here at the Camarillo Health Care District, counselors offer a comfortable, confidential environment in which to share challenges, issues and hopes. Under the supervision of Martha Shapiro, Licensed Clinical Social Worker, clients examine their beliefs, thought patterns and actions, and learn to make tangible, concrete changes to promote healthier, happier living.

At your appointment you can expect a smile, a warm cup of coffee and a tranquil, confidential environment in which to develop a plan to reach your goals. We sure hope you'll call or email... we're here and ready to help. ☺

## Is counseling right for you?

### Take this quiz!

During the past 6 months I have:	YES	NO
1. Had trouble sleeping.....	<input type="checkbox"/>	<input type="checkbox"/>
2. Experienced a life change.....	<input type="checkbox"/>	<input type="checkbox"/>
3. Felt unsure of my daily purpose.....	<input type="checkbox"/>	<input type="checkbox"/>
4. Had trouble making decisions.....	<input type="checkbox"/>	<input type="checkbox"/>
5. Felt overwhelmed.....	<input type="checkbox"/>	<input type="checkbox"/>
6. Cried for no reason.....	<input type="checkbox"/>	<input type="checkbox"/>
7. Wanted to improve relationships.....	<input type="checkbox"/>	<input type="checkbox"/>
8. Felt little or no excitement about my day.....	<input type="checkbox"/>	<input type="checkbox"/>
9. Changed my weight and/or appetite.....	<input type="checkbox"/>	<input type="checkbox"/>
10. Wanted to be happier.....	<input type="checkbox"/>	<input type="checkbox"/>

If you answered "YES" to two or more of these questions, we hope that you'll call for a free consultation!

# askus

## Un-Happy Holidays

**Jenica Polakow, MSW**

Senior Support Manager

800-900-8582 • [jenicap@camhealth.com](mailto:jenicap@camhealth.com)

*How am I supposed to be “happy” during the holidays?! I’m the caregiver...I’m tired and overwhelmed, and there’s no room for happy.*

**ANSWER:** For many family caregivers, the holiday season only adds to the stress, frustration and resentment they may already be feeling. The pressure of gifts, meals, and celebrations, are just more things to complicate an already complicated life. The suggestions below can help make the holiday season more enjoyable for you and your family.

### Clear The Air

Caregivers often feel disappointed with family members who aren’t “pulling their weight.” Clearing the air, stating your feelings and expectations before the holidays begin can be helpful, and may help family members better understand the new normal. However, if the idea of having a family meeting causes anxiety and unrest, perhaps suggest that everyone agree to hold comments, arguments, and negativity until after the holiday season.

### Avoid Exhaustion

If you know your loved one tires quickly and becomes overstimulated, then select celebrations that let you determine the amount of time you’re away from home. Choose events that require the least energy and provide the most enjoyment for both you and your loved one.

### Call For Reinforcements

Please remember that allowing others to step in can tangibly relieve exhaustion and a sense of being overwhelmed. Your holiday traditions, or your particular role during the holidays, may need to change for now. Maybe put someone else in charge of cookies, consider sending out holiday cards later in the New Year, or ask others to bring in the holiday meal. ☺

Adapted From: Family Caregiver Alliance

Source URL: <https://caregiver.org/caregiving-and-holidays-stress-success>

SHARE YOUR

## Wish List

Once you’ve called for reinforcements, it may be hard to know how others can offer help. Here are a few suggestions to help you create a wish list:

### ✓ **Respite.**

Perhaps another family member could schedule time to spend with your loved one while also giving you a break. Take this time to do something you enjoy, such as joining a friend for a cup of coffee.

### ✓ **Home repairs.**

Do light bulbs need changing, or grab bars need installation? Such tasks may be the perfect way for a family member to help out.

### ✓ **Seek additional support.**

If the holiday season brings up feelings of sadness, frustration, anger or hopelessness, consider asking for help. Attending a support group or starting short term goal-oriented counseling can help you learn the coping skills to find your own resilience.

The Wellness & Caregiver Center of Ventura County can help. Please call us at 1-800-900-8582...we understand...completely.







# caregiver quiz

## Has your loved one ... YES NO

Withdrawn from social situations?...

Become frustrated? Depressed? .....

Been diagnosed with a condition that makes him or her more difficult to care for? .....

Shown less interest in personal appearance? .....

## Have you felt ... YES NO

Overwhelmed?.....

Exhausted?.....

Frustrated?.....

Worried? .....

Unable to make time for yourself?...

If you answered, "YES," to three or more questions, it is likely that the BUILDING OF HOPE ADULT DAY PROGRAM has something to offer you and your loved one.

***Interested in knowing more about the Building Hope Adult Day Center, and how it can help you?***

**Please contact Mary Ann Ratto, at  
(805) 388-1952 ext. 111 or  
maryannr@camhealth.com**



## Is it time for "The Talk?"

### Adult Day Programs & Services

Starting a conversation with a parent about their health can cause anxiety for both parents and adult children. In a role reversal situation, it can be uncomfortable to offer advice to someone who once was the one you leaned on for support. Spouses can struggle with these sensitive topics, too.

Consider these tips for a conversation about whether your loved one is ready to participate in the Adult Day Program at the Center.

- 1. Keep the conversation easy and light.** For example, you can introduce the idea of attending a day program by saying something such as, "I heard about this new program that you might be interested in. Let's go visit next week."
- 2. Set a positive upbeat tone.** Show enthusiasm to ease anxiety for the rest of the conversation.
- 3. Ask their physician to recommend the program in writing.** Show your loved one the doctor referral and remind them others are concerned about their health as well.
- 4. Avoid "Yes" or "No" questions.** Instead ask questions that allow the loved one to feel they're part of the decision. For example, you may ask, "What day would you like to visit the program?"
- 5. Less is more.** If a loved one has questions about the program short answers are best. Instead respond by saying, "I don't know the answer, but let's go check it out together to find out."
- 6. If conversation doesn't go well, then don't force it.** Allow some time to pass before approaching the topic again.



Visit [www.camhealth.com](http://www.camhealth.com) or Facebook for more information, photos, and Adult Day Center calendar of events.

# 6 WAYS TO FILL THIS HOLIDAY SEASON WITH LESS STRESS AND MORE AWESOME



Between buying and wrapping gifts and preparing a Pinterest perfect meal for 12, the joy of the holiday season can quickly become stressful. Not only are you juggling a heavier than normal to-do list, but you're also supposed to feel happier than normal, too...after all this is "the most wonderful time of the year." These classes may help you manage any stress you're feeling this holiday.

## **Positive Thoughts & Gratitude** *Page 9 Mindfulness*

Gratitude increases energy, optimism, and empathy, and every facet of our lives. Jane Ivey, Msc.D. will teach visualization techniques to put gratitude and positive energy into your daily life...during the holidays and all year.

## **Remove Brain Fog! Be Energetic, Happy & Productive** *Page 12 Body, Mind & Strength*

Do you need to start preparing for the holidays, but feel like the dimmer switch is on? Having difficulty concentrating, thinking and making decisions? Your body may not be well and your brain knows it. Good News! Dr. Sharon Norling will discuss how you can have mental clarity, energy, happiness and restful sleep.

## **Therapeutic Massage** *Page 12 Body, Mind & Strength*

Take a break from the hustle and bustle of the holiday season and give yourself the gift of relaxation. Treat yourself to a 60 or 90 minute relaxing massage. Massage gift certificates also make great gifts too!

## **Food Gifts for the Holidays** *Page 13 Nutrition*

Chef Amy teams up with a renowned, local baker for a fun-filled class to create five delicious and stunning food gifts to bestow on those who are near and dear on your holiday gift list.

## **Holiday Brunch** *Page 13 Nutrition*

Perfect Dinner Party Alternative! Chef Amy will show you why brunch is the perfect alternative to the traditional holiday dinner party. You don't even have to be a morning person to have a fabulous first meal of the day.

## **Out With the Bird! Vegan Holiday Menu**

*Page 13 Nutrition*

Have some guests coming for the holidays that are vegan? Not sure what to cook? Lauri Mackey, a Holistic Health Coach, will surprise you with recipes that are imaginative, gourmet, beautiful, and healthy and can be used for any celebration. Take vegan to a new level and transform your holiday meal to something spectacular. Generous samples provided.

**Space is limited! Register today at [www.camhealth.com](http://www.camhealth.com) (805) 388-1952x100.**

## Fitness

KEY: A=Appointment R=Register NC=No Charge D=Donation

**Bone Builders** Sylvia (805) 388-8333  
Designed to improve balance, increase muscle strength, and bone density.  
Mon & Wed | 9:30-10:30am | 11am-12pm | 12:30-1:30pm  
Tue & Fri | 10:30-11:30am | Tue & Thu | 5:30-6:30pm | R | NC

**Jazzercise** Patty Bolland, Certified Instructor (805) 746-3025  
Jazzercise combines dance-based cardio with strength and balance training in one, fun and effective 60 minute workout.  
Mon & Thu | 5:45-6:45pm | Saturday | 8:15-9:15am | R  
Single class \$6 | 5 classes \$25 | 10 class \$45



Give the gift of relaxation...  
give a massage...  
*Gift Certificates*  
available at 805-388-1952

**NEW Laughing Yoga** Arlene Raisner, Certified Leader (805) 388-1952x100  
Laughing Yoga deals with physical, mental and emotional stress, while lowering blood pressure, and strengthening the immune system. Best of all it is a powerful antidote against depression.  
Second Friday of each month | 9-10am | R | \$10

**T'ai Chi Chih®** Barbara Freie, Instructor (805) 388-1952x100  
Slow down and focus on your inner-self while improving balance, muscle strength and peace of mind. Challenge yourself physically and spiritually.  
Oct 7-28 (W) 6-7:15pm | 4 week series | Intermediate | R | \$40

**Yoga-Gentle** Mikal Rogers, Instructor (805) 388-1952x100  
Health benefits include improved flexibility, muscle tone, and stress alleviation. On the First Tuesday of every month the class will include a light walking aerobic session.  
Tue | 9-10am | single class \$10 | 10 classes \$80 | R

## Mindfulness

KEY: A=Appointment R=Register NC=No Charge D=Donation

**NEW Finding Joy In Life** Susan Seats, MS (805) 388-1952x100  
This upbeat workshop will lift your spirits! Discover the benefits of laughter and learn how to live a more balance and joyful life.  
Nov 19 (Th) 6-8pm | R | \$25

**NEW Guided Meditation** Danette Banyai, Certified Hypnotherapist (805) 388-1952x100  
Participants will be guided through practical exercises and meditation that focus on the body-mind-emotion and spirit connection. Deep relaxation and mindful meditation in everyday life situations can help break destructive patterns that block our path to emotional and physical well-being.  
Second Thursday of each month 6-7pm | R | \$20

**NEW Lessons From The Camino** Kim Kolb, Empowerment Coach (805) 388-1952x100  
Walking the El Camino is a magical experience that leads to physical and spiritual transformation. This class is about the famous pilgrimage that leads to Santiago de Compostela and the lessons that one pilgrim gained while on this 500 mile trek across Spain.  
Feb 4 (T) 6-8pm | R | \$25

**NEW Prepare for the Camino Pilgrimage** (805) 388-1952x100  
Learn what it takes both mentally and physically to walk this famous 500 mile pilgrimage across Spain leading to Santiago de Compostela. Kim Kolb, Empowerment Coach will explain what to bring, how to train, and what to expect along the way.  
Feb 18 (T) 6-8pm | R | \$25

**Mindfulness for Veterans** (805) 388-1952x100  
Mindfulness for Veterans is a core skills training for self-mastery. Designed to enhance awareness, compassion, attentiveness, responsiveness, and serenity. Drop-ins are welcome.  
Every Tuesday 6-8pm | NC

**NEW Mindfulness Training - Four Part Workshop** (805) 388-1952x100  
(Take 1 or Enjoy All 4) Guided meditations are part of every class.  
Danette Banyai, Certified Hypnotherapist

**Part 1: Mindful Living** Take your mindfulness practice to new levels. Whether meditating, speaking, eating or thinking, in every way, on every day, improve the quality of your life. Live an extraordinary life. Enjoy wonderful guided imagery and meditation exercises you can do in any moment every day and always.

Oct 15 (Th) 6-7:30pm | R | \$25

**Part 2: Mindfulness Training** Learn more about mindfulness meditation and the practice of holistic healing. Practical, simple techniques to take away with you and also enjoy deep relaxing guided imagery during the session.

Nov 19 (Th) 6-7:30pm | R | \$25

**Part 3: Mindful Eating** Being aware, mindful, and conscious of what you put in your mouth is an exceptional mindfulness exercise. Practical and fun, you will find yourself enjoying your food and focusing on your eating experience in ways you never imagined.

Dec 17 (Th) 6-7:30pm | R | \$25

**Part 4: Meditation for the Busy Person** Do you know you need to slow down and de-stress but don't know how to find the time? This 1.5 hour class will teach you 1.5 minute techniques to bring calm and peace in any situation, anywhere, anytime.

Jan 21 (Th) 6-7:30pm | R | \$25

**NEW Positive Thoughts & Gratitude** (805) 388-1952x100  
Gratitude increases energy, optimism, and empathy, and every facet of our lives. Learn how to use visualization techniques to put gratitude and positive energy into your daily life. Discussion will be led by Jane Ivey, Msc.D.

Dec 7 (M) 6:30-8pm | R | \$20

**NEW Revealing Your Dreams** Jane Ivey, Msc.D. (805) 388-1952x100  
Do you have vivid, recurring dreams that leave you wondering what the meaning might be? Join us in discussing dream interpretation in a fun, interactive way, all you need to do is bring your collection of dreams.

Oct 19 & Oct 26 (M) 6:30-8pm | R | \$30

## Safety & First Aid

KEY: A=Appointment R=Register NC=No Charge D=Donation

**CPR, First Aid & AED** Jose Godinez, Certified Instructor (805) 388-1952x100  
This basic course follows the American Heart Association guidelines. Certificate is available upon completion of class.  
Oct 5 (M) 5:30-9:30pm | Nov 9 (M) 5:30-9:30pm | \$65 | Materials \$15 | R

**First Aid & CPR for Teens & Tweens** (805) 388-1952x100  
Designed for teens and tweens "in charge" of supervising siblings, or those looking for advanced skills while babysitting. American Heart Association certificate is available upon completion of class. Jose Godinez, Certified Instructor.  
Dec 14 (M) 5:30-8pm | R | \$45 | Materials \$15



## Advocacy

KEY: A=Appointment R=Register NC=No Charge D=Donation

### Adults At Risk Information Card (805) 388-1952x100

In partnership with the Camarillo Police Department, the Camarillo Health Care District is providing Adult At Risk cards for those at risk and for their family caregiver. This card provides a photograph and other identifying information to assist law enforcement in locating an at-risk adult in the event that they become disoriented, lost, or are in need of medical assistance.

Third Thursday of each month 3:30-5pm | A | NC

### NEW Protecting Yourself, Client & Your Business (805) 388-1952x100

What is your responsibility when you witness someone with signs of cognitive decline entering into a contractual agreement? Is a family member manipulating a situation for his/her benefit? How do you to protect your client and your business both before and after this process? Learn the signs, responsibilities, and consequences.

Nov 12 (Th) 1-2:30pm | R | \$10

### Elder Legal Services (800) 900-8582

Talk privately with a legal expert experienced in elder law and estate planning.

Monday | 1-4pm | A | NC

### Financial Planning 101 Robert Harrell, Financial Planner (805) 388-1952x100

Consult with a financial planner on various financial topics.

Third Monday of each month | 1-4pm | A | NC

### Health Insurance Counseling & Advocacy Program (HICAP) (805) 388-1952x100

Trained counselors offer objective information and provide assistance relating to Medicare, Advantage Programs, Supplemental Medigap Plans, and Medicare Prescription Drug Plans. First & Third Friday, Second & Fourth Tuesday of each month | A | NC

**More information and registration available at  
[www.camhealth.com](http://www.camhealth.com)**

### Medicare Changes for 2016 (800) 434-0222

Representatives from the Health Insurance counseling and Advocacy Program will be available to help with questions about Medicare changes, Part D Prescription, Senior Advantage Plans, and supplemental insurance.

Oct 16 (F) 1:30-3pm | R | NC

### One Stop Shop - Medicare & Insurance Counseling (805) 388-1952x100

Representatives from the Health Insurance Counseling and Advocacy Program will be available to run a prescription drug cost plan comparison, counseling on Medicare Advantage plans, Medigap, and Retiree Plans, and Medi-Cal. Call for a Part D worksheet prior to appointment to give the counselor the best advantage for comparison.

Oct 30 (F) 1-3pm | Nov 6 (F) 1-3pm | R | NC

### Reverse Mortgage - Myths & Realities (805) 388-1952x100

Broadview Mortgage will answer all your questions about reverse mortgages. How do you qualify? What are your responsibilities? Is it right for you?

Nov 4 (W) 6-7pm | R | NC

### Taking Care of Tomorrow: Long Term Care HICAP (800) 900-8582

Long Term Care counseling is developed for people concerned about how to plan, provide, and pay for long term care for themselves, spouse, parent or loved one.

Third Tuesday of each month 10am-1pm | A | NC

### Veterans Benefits Presentation (805) 388-1952x100

Mike McManus, County of Ventura -Veterans Services Officer  
Learn about veterans' benefits including disability compensation, pension, aid and attendance, survivor benefits, and issues ranging from burial and bereavement to education, homelessness, health care, mental health and elder abuse.

Nov 9 (M) 4-5:30pm | R | NC

## Caregivers

KEY: A=Appointment R=Register NC=No Charge D=Donation

### Adult Day Program (805) 388-1952x111

Enjoy a complimentary morning at our state licensed Adult Day Program that offers support, comfort and stimulation 5 days a week for those who could benefit from additional supervision and social interaction during the day. Call to make a reservation.

Second Friday of each month | 9:30am-12:30pm | A | NC

### Care-A-Van Transportation Services (805) 388-2529

Care-A-Van offers door-to-door, non-emergency medical transportation service for District residents to accomplish medical visits and other activities of daily living.

Call for additional information on service area, fees, and reservations.

### Care Consultations (800) 900-8582

Are you, or a loved one, in a life transition and don't know where to turn? Our care coordinators will provide a one-on-one consultation with a road map of vital links to community resources to help improve your family's quality of life, independence, and peace of mind.

A | NC

### NEW Caregiver Panel (800) 900-8582

In honor of National Family Caregiver Month we invite you to hear from family caregivers about their unique experiences and learn how they have made decisions along their journey.

Nov 5 (Th) 1-2p | R | NC

### Caregiver Support Groups Martha Shapiro, LCSW (800) 900-8582

Intended for those who are the primary caregivers of loved ones.

Second and Fourth Friday of each month | 9:30-11am | District Offices

First Wednesday of each month | 1:30-2:30pm | District Offices

Third Monday of each month | 9:30-11am | Leisure Village (residents only)

### Life After Caregiving Support Group Martha Shapiro, LCSW (800) 900-8582

Are you no longer providing care for a loved one due to death, or an end to your role as the caregiver? Is there life after caregiving? If so what does it look like?

First Friday of each month 9:30-10:30am | NC

### Tools for Caregiving Martha Shapiro, LCSW (805) 388-1952x100

Caring for a loved one can be overwhelming. In this series, learn from experts about the physical and emotional aspects of caregiving and the tools required to fulfill this demanding role, including legal issues, personal care, stress management and more. Worried about care for your loved one while you are in class? Ask about our free respite care.

Oct 27- Dec 8 (T) 11:30am-3pm (no class 11/24) | 6 week series | A | \$40

### Visit The Kroll Resource Library (800) 900-8582

The Kroll Library is a comprehensive library with specially selected resources related to caregiver duties and chronic disease. Check out a resource and enjoy our tranquil environment to relax and take time to learn more and be better prepared to manage you or your loved one's health.

## Evidence Based Programs

KEY: A=Appointment R=Register NC=No Charge D=Donation

**Arthritis Foundation's® Walk with Ease-Walking Group** (800) 900-8582  
Developed by the Arthritis Foundation to create a customized walking plan to boost energy, keep muscles strong and joints stable, while controlling weight. Go at your own pace. Held at Arneill Ranch Park (Sweetwater Ave.) Please call for date of next session.

**Healthier Living** (805) 388-1952x100  
Do you have a chronic health concern or care for someone who does? This award-winning, Chronic Disease Self-Management Program (CDSMP) is based on research conducted at Stanford University. Take your first step to manage ongoing health conditions, with easy methods to reduce fatigue, anxiety, sleep loss and ensure a happier, healthier life.  
Oct 21-Dec 2 (W) 1:30-4pm | 6 week series | R | \$40 (No class on 11/11)

**Chronic Pain Self-Management Program (CPSMP)** (805) 388-1952x100  
Chronic Pain Self-Management Program is a 6-week series 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. Veterans may attend at no charge.  
Nov 2-Dec 7 (M) 1:30-4pm | 6 week series | R | \$40

**Diabetes Self-Management Program (DSMP)** (805) 388-1952x100  
Award-winning diabetes series, based on research conducted at Stanford University, is designed for anyone with Type 2 Diabetes. Methods taught will reduce fatigue, pain, stress, and fear by providing suggestions for exercise and healthy eating to effectively manage your disease and lead a happier, healthier life.  
Please call for date of next session.

**Matter of Balance** (800) 900-8582  
Have you fallen? Are you worried about falling? Join us to learn that falls are controllable, to discuss techniques to reduce concerns, and to set goals for increasing activity.  
Oct 6-Nov 24 (T) 1:30-3:30pm | 8 week series | R | NC

**UCLA Memory Training** (805) 388-1952x100  
The techniques in this course, based on research at UCLA, include strategies such as organization, association and imagery to make information easier to recall.  
Nov 3-24 (T) 9am-11am | 4 week series | R | NC

## Screenings

KEY: A=Appointment R=Register NC=No Charge D=Donation

**Dental Screening** Eric S. Yum, DDS (805) 388-1952x100  
Come and have a dental consultation and get answers to your questions.  
Nov 18 (W) 10am-12pm | A | \$10

**NEW Depression Screening** (805) 388-1952x100  
Speak with a qualified counselor to learn if you show symptoms of depression. Understand more about your mood and learn what resources may help.  
Dec 3 (Th) 9am-12pm | A | \$10

**Family Immunizations / Shots** (805) 988-2865  
Program hosted in cooperation with St. John's Regional Medical Center.  
Oct 13 (T) 3-5pm | Nov 10 (T) 3-5pm | Dec 8 (T) 3-5pm | A | Fees vary

**Health Aware Screenings** (805) 388-1952x100  
Do you know your blood sugar levels, cholesterol level, blood pressure, and stroke risk? Screenings for these health related issues are performed by CMH staff at no charge.  
Nov 2 (M) 12-3:30pm | A | NC

**Hearing Screening** Lance Nelson, AuD (805) 388-1952x100  
Do you say "what" more than you should? Do you hear better in one ear than the other? It may be time for a hearing screening. No cleaning available.  
Second Thursday of each month | 10:30-11:30am | A | \$10

**Memory Screening Day at the District** (800) 900-8582  
Dr. James Sutton, Pacific Neuroscience Medical Group  
Dec 9 (W) 1-3pm | A | \$10

**Tuberculosis (TB) Testing** (805) 988-2865  
This service is hosted in cooperation with St. John's Regional Medical Center.  
Second Tuesday of each month | 4-5pm | A | \$20



## Support Groups

KEY: A=Appointment R=Register NC=No Charge D=Donation

**Al-Anon Family Groups, Inc., Men's Stag Group** Dino (818) 720-1462  
Monday | 7-8:15pm

**Al-Anon Fourth STEP Study Group** Larry (805) 844-2079  
Wednesday | 7-8pm

**Al-Anon: How It Works** Barbara (805) 558-2553  
Tuesday | 7:15-8:15pm

**Al-Anon Study Group** Bridget (805) 794-4955  
Thursday | 7-8:15pm

**Cancer Support Community** (805) 379-4777  
Wednesday | 6-7:30pm

**NEW Catch Your Breath** (805) 677-5162  
Last Friday of each month | 11:30am-1pm

**Compulsive Eaters Anonymous—HOW** Meg (805) 482-9623  
Thursday | 5:30-6:30pm | Sat | 8:45-9:45am

**Conejo Ventura Macintosh User's Group** Susan (805) 504-3610  
First Tuesday of each month | 6:30-8:30pm

**MOMS Club (Moms Offering Moms Support)** Letty (805) 419-3419  
First Wednesday of each month | 10-11:30am

**Pain Management Support Group** Dr. J. Cabaret (805) 388-1952x100  
Third Wednesday of each month | 5:30-6:30pm

**Parkinson's Disease Support Group** Art (805) 482-6382  
Fourth Tuesday of each month | 2-4pm Second Friday of each month 2-3 pm

**Scleroderma Foundation Support Group** Arline (805) 987-8236  
Second Saturday of each odd numbered month (no meeting in July) | 10am-12pm

**Stroke Support Group** Sharon Bick, RN (805) 388-1952x100  
Third Wednesday of each month | 2-3pm

# Body, Mind & Strength

KEY: A=Appointment R=Register NC=No Charge D=Donation

**NEW 10 Habits That Add Vitality To Your Life!** (805) 388-1952x100  
UCLA Ishara Bailis, LCSW, UCLA Gerontologist will explore tips for developing healthy habits to help you feel your best at any age. This workshop will look at ways to incorporate simple steps and strategies into daily living to experience a more healthy and active life.  
Nov 10 (T) 6-7:30pm | R | NC

**NEW Balance Your Hormones, Body and Life!** (805) 388-1952x100  
Dr. Sharon Norling  
Are you tired, feeling anxious, depressed or having difficulty sleeping? Find out what may be causing these symptoms and what lab tests will give you the answers you seek. Learn to balance your hormones and brain chemistry with natural effective therapies to live your best life!  
Dec 7 (M) 6-7:30pm | R | \$10

**NEW Chronic Back and Neck Pain** Michael Veselak, D.C. (805) 388-1952x100  
Tingling, burning, and cramping in the feet are all classic symptoms of peripheral neuropathy. Dr. Veselak will present natural solutions to manage your chronic neck and back pain, including state of the art technology and methods to help reduce your pain.  
Oct 7 (W) 6-7pm | R | NC

**Counseling for Life's Transitions** (800) 900-8582  
Has a parent moved in with you? Looking to have better communication with your spouse now that you are both retired? If you are having trouble managing life transitions, short term goal-oriented counseling will help you learn the coping skills to realize your own resilience.  
Call for appointment | 50 minute appointment | A | \$50

**NEW Dealing with Neuropathy Pain** Michael Veselak, D.C. (805) 388-1952x100  
Tingling, burning, and cramping in the feet are all classic symptoms of peripheral neuropathy. Discussion will explore diet, nutrition, and new at home remedies.  
Oct 28 (W) 12-1pm | R | NC

**NEW Diagnosing Dementia** Patricia L. Gross, Ph.D. (805) 388-1952x100  
Patricia L. Gross, Ph.D., Neuropsychologist will discuss the tests required to diagnose any form of dementia, and why these tests are so important to treatment.  
Oct 21 (W) 6-7pm | R | \$10

**Drumming For Health** Brad Anderson (805) 388-1952x100  
Did you know that group drumming may help to reduce stress, chronic pain, anxiety, and tension while giving the immune system a boost? Give your mind some rest while being freely creative. (No prior experience needed, drums will be provided)  
Fourth Wednesday of each month 6-7:15pm | R | \$10

**NEW Facial Cupping** Debbie Folino, LMT (805) 388-1952x100  
Facial cupping, used in Europe for skin rejuvenation and maintenance for generations, replicating the effects of equipment currently in use in the top aesthetic establishments. Cupping increases circulation of the skin while plumping lines and wrinkles and softening scar tissue, making it a powerful and surprisingly relaxing facial treatment.  
Mondays | Facial only 1 hour \$75 | Cupping w/massage 1-1/2 hour session: \$135 | A

**NEW Food Allergies & The Epi-Pen** Dr. Christine Lee-Kim (805) 388-1952x100  
Think you have food allergies? Wondering if the symptoms you experience could be an allergy? Learn the most common allergenic foods and how to tell if you are allergic. Most importantly, learn what you can do to protect yourself and your loved ones from a severe reaction. Dr. Lee-Kim will discuss when and how an epinephrine auto-injector should be used.  
Oct 26 (M) 6-7pm | Nov 5 (Th) 10-11am | R | \$10

**Keeping You On Your Toes** (805) 388-1952x100  
Want to improve your balance and feel secure on your feet again? This one-hour workshop will include a balance check, chair exercises, relaxation techniques and other information to help keep you safely on your feet for years to come.  
Oct 6 (T) 9:30-10:30am | Nov 6 (F) 9:30-10:30a | R | \$10

**Reflexology** Jane Ivey, Board Certified Reflexologist (805) 388-1952x100  
Discover the art of manipulating reflex points on ears, hands, and feet for deep relaxation. First Wednesday of each month | 10am-1:30pm | A  
1/2-hour session: \$25 | 1 hour session: \$45

**NEW Remove Brain Fog! Be Energetic, Happy & Productive** (805) 388-1952x100  
Do you feel like the dimmer switch is on? Having difficulty concentrating, thinking and making decisions? Your body may not be well and your brain knows it. Good News! Dr. Sharon Norling will discuss how you can have mental clarity, energy, happiness and restful sleep.  
Oct 27 (T) 6:30- 8pm | R | \$10

**NEW Sex After 65** Ken Madan, MBA, CSA (805) 388-1952x100  
Sexuality, intimacy, and the comfort of human touch remain an expression of passion, affection, and affirmation of life for those age 65 and older. This interactive discussion will focus on sexuality, intimacy and the potential challenges that aging presents.  
Oct 22 (Th) 1:30-2:30pm | R | NC

**NEW Signs Your Child Needs Glasses!** (805) 388-1952x100  
Dr. Michael McQuillan, O.D. will discuss signs of childhood vision problems, when to begin vision testing, ways to maintain vision health and the appropriate age for contact lenses. Bring your questions!  
Oct 26 (M) 11am-12pm | R | \$10

**NEW Taking Your Brain For a Jog!** Burt Williamson, MBA, CFP (805) 910-9657  
The best time to review your estate is before a major life event! Learn strategies to avoid mistakes in your estate, business, and life insurance planning. A fun interactive presentation with lunch!  
Oct 21 & Nov 4 (W) 11am-12:30pm | Dec 10 (Th) 11-12:30pm | R | NC

**NEW Therapeutic Massage + Cupping Therapy** (805) 388-1952x100  
Debbie Folino, LMT  
Cupping therapy is a traditional treatment for millions who have found effective relief from many health disorders such as asthma, diabetes, and anxiety. Cupping therapy causes tissues to release toxins, stimulates the lymphatic, skin and circulatory systems, and is best for orthopedic and traumatic injuries and headaches. Experience this safe and comfortable technique for optimal health and relaxation benefits. Please specify cupping therapy at time of reservation.  
Mondays | 1-1/2 hour session: \$135 | A  
Massage only | 1 hour session: \$75 | 1-1/2 hour session: \$105 | A

**NEW What Happens If I Don't Replace My Teeth?** (805) 388-1952x100  
Charles Scholler, DDS will discuss how you can have one or more teeth replaced quickly, painlessly and at less expense with the use of mini-dental implants.  
Nov 6 (F) 12-1pm | R | NC



**Senator Hannah-Beth Jackson (D, 19th District)**

will hold office at the District on  
Thursday, October 29, 1:15pm to meet constituents.  
Please call (805) 388-1952 to make an appointment.



# Nutrition

KEY: A=Appointment R=Register NC=No Charge D=Donation

**Apple-A-Day Café** (805) 388-1952x100  
 Warm lunch served in a friendly, social and educational atmosphere. This service is available for those age 60 and over. Please RSVP.  
 Third Thursday of every month | 11:30am | R | \$3 suggested donation

**Home Delivered Meals** (805) 388-1952x168  
 Homebound residents, living in the greater Camarillo area, aged 60 and over, can have "ready to heat" meals delivered to their home. Call to apply.  
 Mon, Wed, Fri | 9:30-11:30am | R | \$3 suggested donation

**NEW Out With The Bird! Vegan Holiday Menu** (805) 388-1952x100  
 Lauri Mackey, Holistic Health Coach  
 Elevate everyone's view of a plant based vegan menu with recipes that are imaginative, gourmet, beautiful, and healthy and can be used for any celebration. Take vegan to a new level and transform your holiday meal to something spectacular. Generous samples provided.  
 Nov 18 (W) 6:30-8:30pm | R | \$45\*

**Produce Day**  
 In partnership with FOOD Share, participants can select from a variety of seasonal produce items, and receive health screenings. First come, first served. **Please bring your own bag.**  
 Second Thursday of each month | 11am-1pm | Donations appreciated

**NEW Vegan Lunchbox** Lauri Mackey, Holistic Health Coach (805) 388-1952x100  
 Worry your family won't jump on board with your vegan interest? Lauri Mackey will show you how to transform lunches with a variety of healthy great tasting entrees, snacks, and even something sweet that will attract everyone in your family. Once they see what you are packing they'll all want a bite! Generous samples provided.  
 Oct 20 (T) 6:30-8:30pm | R | \$30

**NEW Meant To Impress Menus for 2015** (805) 388-1952x100  
**Attention All Foodies!**  
 Amy Tyrrell, Professional Chef, Owner, Morsels As You Wish.  
 Generous samples provided. \*Register for two classes and receive \$5 off

**Food Gifts for Holidays - Nothing Better!** (805) 388-1952x100  
 Chef Amy and a local baker renowned for his baking skills, will team up for a fun filled class where you will learn five delicious and stunning food gifts to present to those near and dear for the holiday season.  
 Oct 22 (Th) 6-8:30pm | R | \$45\*

**Thanksgiving Dinner Perfected** (805) 388-1952x100  
 Holiday meals do not have to be overwhelming! Chef Amy will guide you through a few extraordinary holiday dishes that will let you have time to enjoy your family and friends. A dazzling centerpiece turkey and fast, tasty sides...topping it all off with a dessert to remember!  
 Nov 5 (Th) 6-8:30pm | R | \$45\*

**Holiday Brunch ...Perfect Dinner Party Alternative!** (805) 388-1952x100  
 Less work and stress = brunch, which makes it the perfect dinner party alternative! Chef Amy will show you how all the dishes can be prepped ahead of time, so you don't have to be a morning person to have a fabulous first meal of the day.  
 Dec 10 (Th) 6-8:30pm | R | \$45\*



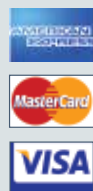
**The Mission.** The Camarillo Health Care District (District) ensures that quality health and wellness services are available to all District residents.

**The History.** The Camarillo Health Care District is an independent special district and public agency formed in 1969 to provide community-based healthcare services, under the statutes of the State of California Health & Safety Code. Over the decades, California State Legislators and visionary Board Members, have responded to the needs of the community and kept the District on the leading-edge of community health and wellness, by offering innovative programs and services. The District is recognized as an award-winning District, and a model throughout the State and the nation.

**Programs & Services.** The District focuses on maximizing health and wellness through evidence-based, effective and innovative services, including:

Adult Day Center & Support Services .....	(805) 388-1952 x111
Care Transitions Services (Hospital to Home).....	(800) 900-8582
Care-A-Van Transportation .....	(805) 388-2529
Caregiver Respite, Education & Training .....	(800) 900-8582
Counseling Services – Legal, Financial, & Emotional .....	(800) 900-8582
Evidence-Based Programs .....	(800) 900-8582
Exercise Classes.....	(805) 388-1952 x100
Fall Prevention & Home Modifications.....	(800) 900-8582
Health Education & Advocacy Classes .....	(805) 388-1952 x100
Health Screenings.....	(805) 388-1952 x100
Lifeline Personal Help Button .....	(805) 388-1952 x120
One-On-One Care Consultations .....	(800) 900-8582
Senior Nutrition Program.....	(805) 388-1952 x100
Senior Support Line.....	(800) 235-9980
Support Groups .....	(800) 900-8582
Volunteer Opportunities .....	(805) 388-1952x112
Wellness & Caregiver Center of Ventura County.....	(800) 900-8582

## How to Register



Prepayment is required in order to secure your reservation, and we recommend that you confirm prior to attending. To cancel your class registration, or receive a refund, you must call 48 hours prior to the day of class, no refunds on cooking or CPR classes. A 20% processing fee will be deducted from any refund request received later than 48 hours prior to the event. NO refunds if cancelled on day of class.



**Internet**  
[www.camhealth.com](http://www.camhealth.com)



**Phone**  
 805-388-1952, Extension 100



**Walk-in**  
 3639 E. Las Posas Road, Suite 117  
 Camarillo, California

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Views expressed by class facilitators are not necessarily those of the Camarillo Health Care District.

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