

# Healthy ATTITUDES

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SPRING 2019

Camarillo Health Care District QUARTERLY MAGAZINE



**Education. Innovation. Transformation.**

**1969-2019**



## Happy 50th Anniversary to the Camarillo Health Care District!

As we begin our celebration for this pivotal anniversary, we have asked ourselves some questions that sounded pretty funny initially, but in the end caused us to ponder them more deeply. One of the questions was “exactly how old is 50”? The obvious answers ranged from incredulous eyerolls, as in, seriously... 50

years old is 50 years old, to thoughtful reflection on perspective. As usual, perspective and context brought this conversation into focus. For example, from the perspective of a 20 year-old, 50 can seem (ahem!) quite old. From the perspective of a 50 year-old, 50 seems ideal! And if you’re 80, 50 can seem young-ish.

As we reflect on the past 50 years, we understand that the District represents all of those perspectives, and all age ranges. As we continue to serve in certain environments we are recognized as the “older” partner, representing wisdom and seasoned expertise. In other service areas, we will be the “ideal” choice for transformative partnerships. And in some of our other pioneering efforts, we might even be considered the “youngster” leading the way in innovative programs.

We have seen a lot in the past five decades, and we have changed a lot. We have led the way more often than followed. We have raised our collective hand to sign up for some ‘never before attempted’ difficult things. We have banged the drum and sounded the alarm for the good and right things. And most importantly, with your help, more lives have been transformed than ever before.

Serving the area since 1969, the District continues to forge ahead in health and wellness services by identifying needs, imagining possibilities, innovating services, and transforming lives. We look forward to the next 50 years with the promise to provide visionary leadership that provides stability and vitality, to innovate services as the community changes, and to lead with the care and compassion for which the District is known.

As part of our celebration, we are very excited to announce a **“50-year Refresh”**, and will be updating the District’s logo and appearance! You will notice a change in the look of the Healthy Attitudes magazine, the logo and stationary, the Care-a-Van vehicles, and even our building signage. Please be sure to take a look at the preview story on page 7, and join us in celebrating and honoring the work of the Camarillo Health Care District.

Thank you for helping make this District an award-winning, local, state and national model of how to “do” community-based health care!

50 years and counting,

*Kara*

## Adult Day Center Director Serves on State Education Committee

Mary Ann Ratto, CSA and Director of Camarillo Health Care District Adult Day Center serves on the Education Committee of the California Association for Adult Day Services (CAADS). CAADS is a statewide association that supports the development of adult day services as an alternative to institutional care, and is the oldest and largest state association for adult day services in the nation. CAADS is a nationally recognized leader in the field of aging, and those Centers in membership with CAADS agree with their vision and mission to provide innovative day programs that support individuals with physical, mental or developmental disabilities and older adults with Alzheimer’s disease and their families. As a member of the Education Committee, Ms. Ratto works in conjunction with the core values of CAADS to make a difference through leadership and pioneering actions, serve individuals, families, and community with compassion and integrity, respect individuality, choice and independence at all stages of life, and achieve excellence through innovation, creativity, resourcefulness, and change.

## Memory Cafés Offer Special Gathering Place

Memory Cafés hold a very special place in the lives of individuals living with dementia (of any/all types) and those who are their caregivers. The value of the Memory Café outings are immeasurable and offer a fun, shared experience, in an understanding and compassionate atmosphere, with structured activities. Previous activities have included chalk drawing, ceramics painting, and photo collage creations. The Memory Cafés provided by the Camarillo Health Care District occur quarterly, on Saturdays, from 11:00am-12:30pm, with lunch provided, and are held at the Studio Channel Islands (SCI) Blackboard Gallery. Guests are welcomed to view the featured exhibit(s) in the gallery as well as tour the artist studios located on that campus before and after the Memory Café. The next Memory Cafés are scheduled for the following Saturdays, June 22, August 24, and October 26. Attending the Memory Café is free of charge due to the generous support of the Camarillo Ambers Light Lions Club and Studio Channel Islands. Please call 805-388-1952, extension 100 to make your reservation now!

## Free Blood Glucose and Blood Pressure Monitoring at Produce Day

The District is pleased to announce a partnership with Community Memorial Health Systems (CMHS) to provide free blood glucose (blood sugar) monitoring and blood pressure readings during Produce Day, held on the second Thursday of each month, from 11am-1pm. CMHS Outreach Manager, Evelyn Scott, RN, MBA, is looking forward to meeting you! Produce Day is a collaboration with FOODShare to provide a variety of seasonal produce at no cost. Please watch us on Facebook the morning of the event for more information about what the fruit and vegetable choices will be.

### BOARD OF DIRECTORS

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<b>Kara Ralston, MBA, SDA</b> Chief Executive Officer	<b>Sonia Amezcua, MPPA</b> Chief Administrative Officer	<b>Mary Ann Ratto, BA, CSA</b> Adult Day Center Director
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# Testimonials



*"I have had some **major improvements** with just one class so far! I am keeping a daily log, walking more and really becoming aware of the sugar and carbs in food. Thank you so much."*

—Diabetes Self-Management class attendee

*"Thank you and your Staffs for taking care of [her] while I attended the caregiver support class. It gave me **peace of mind** that [she] was in good hands. Other participants in the caregivers class shared their experiences as well as mine. I realized that I was not alone going through this challenging journey. I was overwhelmed with the feeling that total strangers could understand what I was going through the changing life."*

—Adult Day Center Family

*"I appreciate Adult Day Center Director, Mrs. Mary Ann Ratto and her staff for taking **excellent care** of my wife. And thanks so much for the Caregiver Support Group sessions and Adult Day Services Plus program. They are **invaluable resources** I receive from the Camarillo Health Care District."*

—Adult Day Center Family

*"My husband and I met with Mary Ann Ratto to check out the Adult Day Care for him. I was surprised and **delighted** that he immediately entered into the activities after being negative about going there. I expect to enroll him soon as he felt comfortable there."*

—Adult Day Center Family

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## connect with us!

Write to us, tweet us, or tag us. We want to hear from you!



FACEBOOK

CamarilloHealthCareDistrict

TWITTER

@changing\_aging

INSTAGRAM

@camarillo\_health\_care\_district



### ON THE COVER

Your award-winning Health Care District has served the community since 1969 and celebrates 50 years of caring, compassion and excellence!







# and Living Aging <sup>^</sup>Affects Everyone

Camarillo Health Care District is a renowned leader in Aging Services and has been recognized nationally for developing the Caregiver Center of Ventura County, statewide for innovative leadership in aging and health transformation, and locally for creating important and effective partnerships. Through educational trainings, workshop series, chronic disease management and health promotion, long-term services and supports, resources and more, the District provides a broad variety of programs and services for all ages.

## Aging Health Services

The Winter 2016 Healthy Attitudes featured an in-depth interview with Lora Conolly, then Director of the California Department of Aging, who granted an exclusive interview based on our work in the field of Aging Health Services. We had the opportunity to ask questions about our work in chronic disease management, evidence-based education, and the role of community-based organizations (such as the District) in aging health services.

### **How do you see “evidence-based” programs such as fall prevention, transition from hospital to home, and chronic disease management programs making a difference?**

CONOLLY: Avoiding the avoidable is really important. Evidence-based programs are designed to fit the needs of people living in the community. Whether it's helping people come home from the hospital well prepared or developing new strengths and skills, there are various programs to help focus on awareness, self-management, and prevention. Programs that have the “evidence based” designation have gone through rigorous study and are proven to make a difference. In Ventura County, you've created a fantastic coordinated approach to adopting and promoting evidence-based health promotion programs...and that is unique.

### **So many communities will be living with so much chronic illness. What can be done to effect some kind of positive change on chronic health conditions?**

CONOLLY: Well, I'm a firm believer that aging is a lifelong process. It starts at birth, and the good news is that it's really never too early or too late to start making lifestyle choices that can help reduce symptoms or acute episodes brought on by chronic conditions. Because aging begins at birth, I really appreciate the intergenerational approach you have taken in your programs and services. The earlier these lifestyle choices start, the better!

### **High performing, person-centered, community-based programs will be essential. What do you see as core elements of such an entity?**

CONOLLY: Quite frankly, we see entities such as you, who are willing to come to the table because you see the value of these pioneering initiatives, as significant partners in building bridges between health care systems and community-based services. There is great enthusiasm for these changes, but there must also be great thought given to the development of new models for health care, timelines and milestones for measuring success. If implementing these new models of care were easy, they would have been done long ago.

The District remains committed to developing and implementing a variety of Aging Health Services to assist you and your family, such as Care Management Services, Transitional Care Services from hospital to home, customized care planning, adult day services, and many other supportive services that you can access at one location, with a phone call, or with a home visit.

(Continued page 4)

Over the decades, the district has responded to the needs of the community and continues to be on the leading-edge in community health and wellness, offering innovative programs and services to help caregivers, families and participants to be more connected.

—Assembly Member  
Jacqui Irwin,  
California Assembly  
District 44





**“My constituents rely on the local agencies on the ground to understand and respond to their individual needs. I am grateful that the Camarillo Health Care District is a model organization leading the way in California through innovative, patient-centered care.”**

—Senator Hannah-Beth Jackson Senate District 19



## Health Promotion & Disease Prevention

Several years ago, the District committed to becoming Master Trainers in a variety of Tier 1 (highest level) evidence-based health promotion and disease prevention programs. Evidence-based programs are defined as those that have demonstrated the highest level of effectiveness based on program criteria, and these programs, if implemented with adherence to the developer’s model, are likely to produce positive outcomes. The District is a proud member of the California Healthier Living Coalition, and the following reflects the district’s training and certification from various universities and institutions and evidence-based classes currently offered to enhance health promotion and disease prevention for you and your family. (See classes page 9 for schedules.)

### Stanford University

- **Chronic Disease Self-Management\***: a series of classes focusing on problem-solving, decision-making and other techniques to managing problems common to people with chronic health conditions
- **Diabetes Self-Management\***: a series of classes tailored to individual needs, goals and life experiences to better manage diet, exercise, blood sugar levels, medication, and other health risks with regard to diabetes
- **Chronic Pain Self-Management\***: a series of classes teaching techniques to deal with frustration, fatigue, isolation, poor sleep, exercise, strength and flexibility, medications and communication

### Boston University

- **Matter of Balance\***: a program to reduce the fear of falling and increase activity

### Arthritis Foundation

- **Walk with Ease**: an arthritis-appropriate walking program proven effective in increasing balance, reducing pain, improving mental health and flexibility and overall physical health

### Tai Chi Institute for Health

- **Tai Chi for Arthritis**: a class to relieve arthritis pain with emphasis on fall prevention

### UCLA Regents

- **UCLA Memory Training**: an interactive series to reduce “tip of the tongue” moments, improve memory habits, identify your learning style, and more

### University of Illinois at Chicago

- **DEEP (Diabetes Empowerment Education Program)**: a program proven to be successful in helping take control of diabetes and reduce the risk of complications

### Powerful Tools for Caregivers

- **Powerful Tools for Caregivers**: a series designed to help family caregivers take better care of themselves while caring for a friend, relative or loved one

### Rosalyn Carter Institute for Caregiving

- **REACH (Resources for Enhancing Alzheimer’s Caregiver Health)**: a program designed to provide education, focus on patient safety, support for the caregiver and skills building to help caregivers manage difficult behaviors and decrease their own stress
- **Dealing with Dementia**: a workshop designed to give educational support for caregivers of people living with dementia

### AGE-u-cate

- **Dementia Live**: a dementia simulation that allows participant experience some of the aspects of living daily with dementia

\*Master Trainers





## Caregiver Center & Caregiver Health Services

The 2016 issues of Healthy Attitudes discussed various challenges around caregiving and caregiver health, described the services available at the District and in the communities, and included an in-depth personal interview with Former First Lady Rosalynn Carter, who established the Rosalynn Carter Institute for Caregiving more than 30 years ago. The challenges and burdens of caregiving remain a crisis with an estimated 44 million Americans who serve as caregiver to an older and/or disabled loved one. In addition to being mostly ill-prepared for such a role, statistics show that most family caregivers feel they have no other option, and they are often correct. Statistics indicate that caregivers experience a significant diminishing of their own health status due to the rigors of full-time caregiving, including increased depression, exacerbation of their own chronic illnesses, lack of preventive or maintenance health services, and reported chronic conditions such as heart disease, cancer, diabetes and arthritis at nearly twice the rate of non-caregivers. Please read the following and if you determine that you are a family caregiver, please contact us for assistance, training, and resources.

### Who is a family caregiver?

Today, the most common profile of family caregiver is a woman, average age of 49, who cares for her widowed mother, who does not live with her. She is married, employed and likely has a child or grandchild under age 18 living with her (caregiveraction.org, 2016). Further, most are caregiving in an informal role (meaning unpaid) and also have a job and family of their own. In fact, six in 10 family caregivers are employed full-time while also caregiving full-time (caregiver.org, 2016).

### Why is it important to know?

Because it can literally save lives. Caregivers don't often recognize themselves in an official capacity. Most often, they gradually begin to shoulder the care needs of a loved one because it seems the right thing to do. Over time, it becomes their new way of life, and sometimes their only way of life. And that's where the danger lies. As time goes on, caregivers tend to skip medical appointments for themselves and ignore symptoms of illness, skip preventive screenings, have increased stress, and weakened immune systems among other issues, leading to an eventual decline in their own health. However, once caregivers become aware they are assuming an official role, evidence shows dramatic shifts in the perception of their

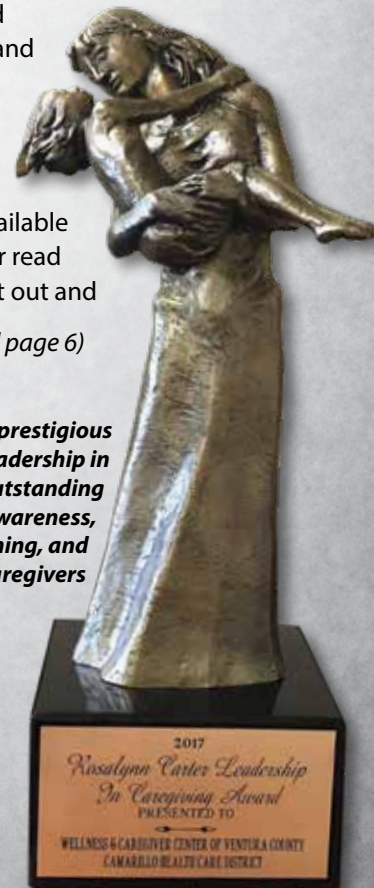
own overall well-being, and in their use and acceptance of available resources such as caregiver education, practical hands-on training, counseling, and other community supports (aarp.com, 2016). More than 90% of family caregivers become more proactive about seeking resources and skills they need to assist their care recipient AND themselves AFTER they have self-identified as a caregiver. (caregiveraction.org, 2016).

The District's Caregiver Center of Ventura County is intentionally designed with caregivers in mind, and offers a calm and compassionate sanctuary environment in which to learn and share with others. It has been shown that when the mind is racing and the heart is anxious, retaining information is more difficult and learning something new is almost impossible. The staff at the Center understand and are trained in helping you navigate this new path. Experienced Resource Specialists provide vital links to community networks and resources, social workers offer support, consultation and care plan development, and many other trained staff can help you connect to resources, referrals and educational opportunities.

Caregiver Center services are available in one place, so that you don't have to make multiple stops or learn a new location. Resources include free legal services for family caregivers, health insurance counseling and advocacy, community resource connections for medical equipment (walker, wheelchair, canes, supplies), evidence-based classes and series, caregiver training sessions and face-to-face conversations with trained professionals to develop customized plans just right for you. Please visit and peruse the Kroll Library of resources such as DVDs, books and other resources, and use the computer workstation to research on the internet (Resource Specialists are available to assist you). You may also watch or read your selection right there, or check it out and take it home.

*(Continued page 6)*

***National winner of the prestigious 2017 Rosalynn Carter Leadership in Caregiving Award for outstanding community work in public awareness, evidence-based programming, and advocacy on behalf of caregivers***





## Adult Day Center

The “renovated and innovated” state-licensed Adult Day Center was intentionally designed based upon the District’s commitment to person-centered care. Person-centered care recognizes the “patient” as an equal partner, to the fullest extent possible, in the planning and implementing of care. It keeps compassion, considerations and circumstances in the forefront of the medical care conversations and has been shown to improve compliance with care plans, and create an overall improved sense of well-being and satisfaction. Rather than expecting people to fit into standardized routines and practices, person-centered care focuses on meeting needs in the most effective way for the client, keeps client and family at the center of decisions, and considers their goals and preferences into the care plan.



## Dementia Friendly Initiative

In past issues, the Dementia Friendly movement was highlighted. This is a concept grounded in creating communities that foster support, respect and access to resources for individuals with dementia, as well as their caregivers and families. Since then, the District has developed a dementia specialty which has been funded to support the Dementia Friendly Caregiver Engagement Project. The District also serves as part of the leadership of the Dementia Friendly Ventura County initiative.



The following represent an abbreviated highlight of some of the valuable dementia support services available:

- **Care Management** provides guidance, coordination and custom care plans designed specifically for you and your family.
- **Caregiver Center of Ventura County** provides resources including counseling, screenings, support, education, and evidence-based training to improve caregiving skills and personal wellness.
- **Memory Cafés:** The district hosts Memory Café gatherings, where individuals with dementia and their caregivers can enjoy a meal in a dementia-friendly environment while socializing with others living with dementia.
- **Adult Day Center:** A caring environment to socialize and engage in a variety of activities. Open Monday through Friday, the Center offers caregivers an important opportunity for respite time.
- **Senior Nutrition Program:** home-delivered or community meal opportunity for residents age 60 and over. Please call 805-388-1952, ext 168 for eligibility criteria.
- **Care-a-Van Transportation** –door-through-door, non-emergency transportation, with drivers certified in CPR, First Aid, mobility devices and dementia sensitivity training.
- **Lifeline of Ventura County** – personal emergency button that can help enhance safety and independence

With that said, the Adult Day Center at Camarillo Health Care District is a big hit! The home-like setting, with a selection of activities, or a quiet living room setting, or an exciting card game room, allows clients to select their level of participation. Families are reassured by the safe, clean and dignified option for their loved ones who could benefit from additional care during the day due to processes such as Alzheimer’s disease, Parkinson’s disease, stroke, brain injury, decreasing mobility, isolation and loneliness. In addition to providing a caring, home-like environment, the Adult Day Center offers much-needed respite for caregivers and families as they move through the

seasons of care. Day visits to the Adult Day Center can also be scheduled for your loved one while you attend some of the various caregiver training sessions. Planned activities include many interests and ability levels, including music, animal and art therapies, exercise and strengthening activities, herb and flower gardens, meals, snacks and transportation. If you haven’t seen the Adult Day Center, please call Mary Ann Ratto, CSA, Adult Day Center Director, at 805-388-1952, extension 111, or contact her at maryannr@camhealth.com, for a tour.



“ Dementia Friendly is Important.  
Thanks for bringing it to reality.”

—Public member







## New Logo

The new Camarillo Health Care District logo is designed to symbolize and reflect the District’s ongoing role in the community as a preferred partner in learning healthy lifestyle choices, managing health conditions, and enhancing wellness through life’s transition. The updated appearance includes new building identification signage on the windows, overhead signs and Care-a-Van vehicles. Additionally, blue striping on the windows of all four buildings, new room labels, and updated “**You Are Here**” maps will offer enhanced recognition and navigation throughout the campus.

## The Heart

The “heart” shape has represented the District in the past in a variety of forms, symbolizing community, care and compassion. Retaining the heart shape as a prominent feature is our commitment to the community to remain dedicated to your needs and to caring for you and your family. The dictionary offered several definitions of “heart”, one of which was our favorite...“*the heart is the essential or most vital part of something*”. We wholeheartedly agree, and the heart shape remains at the core of our mission, and at the core of each program and service.

# SAME DISTRICT

*New Look!*

## 50-YEAR REFRESH!



Having accomplished 50 years of service, we are excited to announce an update to the District’s “look”!



## The Color

The blue stripes in the heart were designed to create a sense of movement, vitality, progress, and stability. The color blue is often associated with loyalty, strength, wisdom and trust. That definition resonated in the selection of blues and gray used in the new logo, and specifically reflected the District’s commitment:

- **Commitment to community** *loyalty*
- **Commitment to partnership and leadership** *strength*
- **Commitment to history coupled with innovation** *wisdom*
- **Commitment to you** *trust*

## Coming Soon

As the new look is introduced over the summer months, please also watch for an open house series in the Fall titled “**Your Health Care District**” which will offer fun, interactive sessions on how best to utilize District services and resources, and tours to help familiarize you to the campus-like setting. The District continues in its dedication to the betterment of the community, the enhancement of health and wellbeing, and the advancement of leadership in health services. We’re excited to share this with you and look forward to seeing you!



# How to Register for Classes



Pre-registration and payment is required to secure your reservation. We're happy to assist you over the phone, online, or in person. Notification 48 hours prior to the day of class is required to receive a refund. Class credit of equal value will be offered if cancellations are received less than 48 hours prior to the day of the class. No refunds are allowed for CPR, First Aid, AED and Cooking Classes. Non-district residents include \$4.00 out-of-district fee on fee-based classes.

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

**Online**  
camhealth.com

**Phone**  
(M-F 8am-5pm)  
805-388-1952, Ext. 100

**Walk-in**  
(M-Th 8am-7pm • Fri 8am-5pm)  
3639 E. Las Posas Road, Suite 117  
Camarillo, California

## Tips for Successful Class Registration & Attendance

- Class registrations must be paid prior to the day of the class. Pay by phone, online or in person. Onsite security may not receive payments.
- Arrive a little early to assist with locating classrooms; onsite security can assist with finding classrooms.

*The information in this publication may not be copied for commercial use or distribution without the express written consent of the Camarillo Health Care District.*

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

## Mindfulness

**Discover Mindfulness Series with Danette Banyai** (805) 388-1952x100  
Led by Hypnotherapist and Health Education Specialist, Danette Banyai.  
All classes listed below include mindfulness meditation. Always practical, always simple.

### NEW Mindfulness Trio: Successful Meditation

**Part 1: Dispelling the Myths of Meditation** (805) 388-1952x100  
Have you ever felt like a failure at meditation? You probably weren't. Join Danette Banyai in the first of the series to discover the truths of meditation. Get comfortable with yourself and the goals you hope to attain in your meditation practice. Relax with guided imagery meditation and practice for yourself.  
Apr 25 (Th) 6:30-8pm | R | \$55 for 3 part series

**Part 2: What's Your Focus?**  
**Conscious Breath as the Mantra** (805) 388-1952x100  
Trying to clear your mind usually doesn't work out too well. The opposite works well, find out why and how. Simple and practical.  
May 2 (Th) 6:30-8pm | R | \$55 for 3 part series

**Part 3: Continuing Your Meditation Practice - The Principles** (805) 388-1952x100  
Perseverance. Discipline. Acknowledgement. Acceptance. Non-judgement. Non-attachment. These are some of the basic principles that meditators recognize in their practice. Learn to focus on those practices and how to build them into any schedule to enhance your health and well-being.  
May 9 (Th) 6:30-8pm | R | \$55 for 3 part series

### NEW Mindfulness Trio: Expanding Your Mindfulness Meditation Experience

**Part 1: The Ways of Mindfulness - Healing Body, Heart, Mind** (805) 388-1952x100  
Developed by Danette Banyai, The Ways of Mindfulness is a highly specific path to healing. This path realigns body, heart, mind and heals wounds.  
May 23 (Th) 6:30-8pm | R | \$55 for 3 part series

**Part 2: The Quiet Space Between Breaths** (805) 388-1952x100  
Bringing the mind home and connecting to the source of peace we seek. Allowing the truth of what we are provide everything we need. At the end of the exhale is a pause Danette will guide you to this pause and help you create the safe space in which to allow deeper healing.  
May 30 (Th) 6:30-8pm | R | \$55 for 3 part series

**Part 3: Holding the Space for Ourselves and Others** (805) 388-1952x100  
Seeing and being in the space within each breath. Experiencing the moment as it happens. Letting the healing continue. Being the healing light for clarity, comfort, loving compassion, peace.  
June 6 (Th) 6:30-8pm | R | \$55 for 3 part series

**Hypnotherapy - Mindfulness Healing: Heart, Mind, Body & Soul** (805) 218-5793  
Led by Hypnotherapist and Health Education Specialist, Danette Banyai. Receive help with healing anxiety, sadness, and stress. Resolve physical, emotional or mental issues. Private healing sessions 1 hour | A | \$50

## Volunteering

### Building Compassion through Volunteering

Camarillo Health Care District relies on many enthusiastic and compassionate volunteers, who offer a variety of their talents, skills and interests, to make a significant difference in the lives of those around them, and in doing so, makes the community an even better place. With the many opportunities at the District, your gift of time and talent can find a home here on our Volunteer Team. We look forward to hearing from you.

### Facilitator of Health Improvement Classes

#### HEALTH SELF-MANAGEMENT WORKSHOP LEADERS

Free training required and provided. Utilize innovative, evidence-based learning models to help others improve and maximize their health status. Topics include fall prevention, diabetes, chronic pain, memory impairment or similar illness.

### Meal Delivery to Homebound Senior Citizens

#### ROUTE DRIVER

Free training required and provided. You can make a significant difference in someone's life delivering meals as well as delivering friendship and connection. You will spend approximately 1-2 hours one morning a week to deliver on a specific route. Means of transportation required.

### Senior Support Line 1-800-235-9980

#### SENIOR SUPPORT LINE LISTENER

Free training required and provided. Compassionate and empathetic telephone contact with callers at risk of isolation, loneliness and loss of independence, and who are in need of emotional support, Information and resources. Monitor a toll-free number available to Ventura County residents age 60 and over.

For more information on how you can join Camarillo Health Care District's Volunteer Team and make a difference in your community, please call Monica Teverbaugh at (805) 388-1952 ext. 112 or email at [monicat@camhealth.com](mailto:monicat@camhealth.com)



## Screenings

### Caregiver Wellbeing Screening

(805) 388-1952x100

Are you a family caregiver? Feeling overwhelmed? Learn more about stressors that could put your own health at risk. Screenings are 30 minutes.  
Apr 24 (W) 9-11am | Jun 11 (T) 9-11am | A | \$10

### 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 about resources that may help. Screenings are 30 minutes.  
Apr 24 (W) 9-11am | Jun 11 (T) 9-11am | A | \$10

### 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? Lance Nelson, AuD, of West Coast Hearing and Balance Center will conduct a hearing screening. No cleaning available.

Second Thursday of each month | 10:30-11:30am | A | \$10

### NEW Memory Screening Day at the District

(805) 388-1952x100

Does your memory loss affect your daily life? What is normal age-related memory loss? Screenings take 15 minutes and are conducted by Community Memorial Health Systems staff.

Jun 6 (Th) 1-3pm | A | NC

## Safety & First Aid

### 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.

May 13 (M) 5:30-9:30pm | \$65 | R | Materials \$18 | No refunds available.

Jul 15 (M) 5:30-9:30pm | \$65 | R | Materials \$18 | No refunds available.

### First Aid & CPR for Teens & Tweens

Jose Godinez, Certified Instructor

(805) 388-1952x100

Designed for teens and tweens "in charge" of supervising siblings, or those looking to advance their babysitting skills. American Heart Association certificate is available upon completion of class.

Jun 17 (M) 5:30-8pm | R | \$45 | Materials \$15 | No refunds available.

### NEW Scams & Protecting Yourself

(805) 388-1952x100

Fraud and scams affect approximately 30 million people in the United States every year. The types of scams are endless such as online, telemarketing, identity theft and more. Sergeant Julie Novak, Crime Prevention Specialist will discuss how to protect yourself. Bring your questions!

May 22 (W) 1-2pm | R | NC

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

## Evidence-Based Programs

### Arthritis Foundation's® Walk with Ease-Walking Group

(800) 900-8582

Learn to customize a 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) in Camarillo.

May 13-Jun 26 (M-W-F) 9:30-10:30am | R | NC

### Chronic Pain Self-Management Program (CPSMP)

(805) 388-1952x100

CPSMP is a six-week series designed to teach practical skills for managing chronic pain to moderate symptoms and stay motivated to overcome the challenges of daily living. This program is for adults living with any ongoing pain due to illness or accident.

Apr 2-May 7 (T) 1:30-4pm | 6-week series | R | NC

### Chronic Disease Self-Management Program (CDSMP)

#### "Healthier Living"

(805) 388-1952x100

Do you have a chronic health condition or care for someone who does? The award-winning Chronic Disease Self-Management Program (CDSMP) is based on research conducted at Stanford University. Take the first step to manage ongoing health conditions with easy methods to reduce fatigue, anxiety, and sleep loss.

May 15-Jun 19 (W) 1:30-4pm | 6 week series | R | \$40

### Diabetes Empowerment Education Program (DEEP)

(805) 388-1952x100

DEEP is an evidence-based series developed by the University of Illinois at Chicago. The program includes discussion on diabetes basics: self-blood sugar testing, meal planning, managing stress, and preventing complications. Participants learn exercises specifically designed to help effectively manage the disease. Space is limited. Please call for date of next session.

### Diabetes Self-Management Program (DSMP)

(805) 388-1952x100

An award-winning series, based on research conducted at Stanford University is designed for anyone with Type 2 Diabetes. Obtain information about how to reduce fatigue, pain, stress, and fear through exercise and healthy eating. Learn to effectively manage your disease in order to lead a happier, healthier life.

Apr 15-May 20 (M) 1:30-4pm | 6 week series | R | NC

### Matter of Balance

(800) 900-8582

Have you fallen? Are you worried about falling? Join us to learn how to prevent falls, discuss safety techniques to reduce concerns, and set goals for increasing activity.

Apr 18-June 6 (Th) 2-4pm | 8 week series | R | NC

### NEW Stepping On

(805) 388-1952x100

At each session an expert will address ways to prevent falls. For example, a physical therapist will provide suggestions to improve your balance and leg strength, a vision expert will address vision issues, a public safety professional will speak about falls in public surroundings, and a pharmacist will discuss medications that may affect your balance. This series is for those who have suffered a fall and are not reliant on a walker.

Apr 19-May 31 (F) 9:30-11:30am | 7 week series | R | NC

### Tai Chi for Arthritis

(800) 900-8582

This award-winning series, based on research conducted by Dr. Lam from the Tai Chi Institute in Sydney, Australia, is designed for anyone looking to relieve pain from arthritis or other chronic conditions and improve movement, balance, strength, flexibility, and relaxation. Beginners welcome!

Apr 16-Jun 20 (T & Th) 9-10am | 10 week-series | R | NC

### UCLA Memory Training

(805) 388-1952x100

Techniques taught in this course are based on research at UCLA and focus on organization, association, and imagery to make information easier to recall.

May 1-22 (W) 9-11am | 4 week series | R | \$40



## Family Caregivers

**Adult Day Center** (805) 388-1952x111  
Enjoy a complimentary half-day at our state-licensed, award-winning Adult Day Center where support, comfort, and activity are offered five days a week for individuals who may benefit from additional supervision and social interaction during the day. Call for details or to schedule a tour.

**Care-A-Van Transportation Services** (805) 388-2529  
Care-A-Van offers door-through-door, non-emergency medical transportation service throughout Ventura County for medical visits and other activities of daily living. Call for additional information regarding 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? Schedule a consultation to create a personalized plan with vital links to community resources.  
A | NC

**Caregivers CAN (Connect, Adapt, Navigate)** (805) 388-1952x100  
Engaging, experienced guest speakers are featured each week to present topics such as self-care, aging, elder law, and long-term care. Participants will gain an understanding of community resources and strategies to successfully navigate their role as caregivers. Need care for your loved one in order to attend the class? Ask about our free respite services.  
Apr 23-May 28 (T) 9:30am-12:30pm | 6 week series | R | \$40

**Caregiver Support Groups** (800) 900-8582  
Intended for those who are on the journey with a parent, spouse, friend, and others, who have a chronic condition requiring care such as dementia, Parkinson's or other illnesses. Second and Fourth Friday of each month | 9:30-11am | District Offices  
First and Third Monday of each month | 9:30-11am | Leisure Village (residents only)

**NEW Dealing with Dementia** (805) 388-1952x100  
The Dealing with Dementia Program was developed by the Rosalynn Carter Institute as an evidence informed educational support program for caregivers of people living with dementia. This 4-hour workshop highlights topics such as: the caregiving experience with an easily understandable explanation of dementia, best practices in caregiving, and problem solving with dementia behaviors. Learn tips for caregivers to find time for self-care and stress management. Completed workshop participants will receive a comprehensive manual for dementia caregivers.  
Apr 25 & May 2 (Th) 1:30-3:30pm | R | NC  
Jun 12 (W) 8:30am-12:30pm | R | NC

**NEW Dementia Conversations: When It's Time to Have That Talk** (805) 388-1952x100  
Conversations with family members who are showing signs of dementia can be challenging and uncomfortable. The fear or lack of awareness that may accompany these conversations can result in delays that have serious consequences for the entire family. Phil Chandler, CSA, Owner of Right at Home will share helpful tips to assist family members in having honest and caring conversations with your loved one.  
Jul 11 (Th) 1-2:30pm | R | NC

**NEW Dementia Live** (805) 388-1952x100  
Dementia Live is a high impact, dementia simulation experience that immerses participants into life with dementia, resulting in a deeper understanding of what it's like to live with cognitive impairment and sensory change. Participants are outfitted in specialized gear and given a series of tasks to perform, the challenges and struggles one face become very real to the participant, triggering heightened empathy and understanding, creating a catalyst for meaningful communication and improving quality care.  
May 29 (W) 9am-4 pm | Jun 26 (W) 9am-3:30pm | R | NC

**NEW Effective Communication Strategies** (805) 388-1952x100  
Communication is more than just talking and listening - it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's. Learn to decode the verbal and behavioral messages delivered by someone with dementia and identify strategies to help you connect and communicate at each stage of the disease.  
Apr 18 (Th) 1-2:30pm | R | NC

**NEW Memory Café** (800) 900-8582  
Join others affected by dementia, along with their families and caregivers, for a fun, supportive lunch gathering.  
Jun 22 (Sat) 11am-12:30pm | R | NC | Adults only

**Visit The Kroll Resource Library** (800) 900-8582  
The Kroll Resource Library is a comprehensive collection of specially selected resources related to caregiver duties and chronic disease. Enjoy a tranquil, relaxed environment while you learn more about your health or the health of a loved one.

## Nutrition

**Apple-A-Day Café** (805) 388-1952x168  
Warm lunch served in a friendly, social, and educational atmosphere for individuals age 60 and up. Please RSVP.  
Third Thursday of every month | 11:30am | R | \$3 suggested donation

**NEW Celebrating All Occasion Brunches** (805) 388-1952x100  
When breakfast and lunch join forces it's a beautiful thing. Learn from a professional chef as he demonstrates a brunch menu that can rise to any occasion. Using locally grown farm fresh ingredients, enjoy a delicious start to a sweet finish. Recipe handouts and generous samples provided.  
May 21 (T) 6:30-8:30pm | R | \$45

**NEW Cooking for One** (805) 388-1952x100  
The perks of cooking for one is that you get to cook exactly what you want, when you want. Learn from a professional chef as he demonstrates healthy cooking that is easy, fast and delicious! Learn tips for shopping, overlapping ingredients, freezing tips, and more. Recipe handouts and generous samples provided.  
Jun 11 (T) 6:30-8:30pm | R | \$45

**NEW Diabetic Cooking Made Delicious** (805) 388-1952x100  
Learn from a professional chef as he demonstrates savory cooking for those with diabetes and pre-diabetes. Learn to experiment with new flavors while keeping your carbs, fat, sugar and salt under control. By making simple changes to your cooking you can make delicious meals that are satisfying down to the last bite. Recipe handouts and generous samples provided.  
Apr 23 (T) 6:30-8:30pm | R | \$45

**Home Delivered Meals** (805) 388-1952x168  
Provides "ready to heat" meals to home-bound residents of Camarillo and Somis age 60 and up.  
Mon, Wed, Fri | 9:30-11:30am | R | \$3 suggested donation

**Produce Day**  
A collaboration with FOOD Share of Ventura County to bring residents a variety of seasonal produce at no cost. First come, first serve basis. Please bring your own bag.  
Second Thursday of each month | 11am-1pm | Donations appreciated



## Body, Mind & Strength

### NEW Age Well: Strategies to Keep Your Thinking Strong (805) 388-1952x100

As we age our bodies and brains start to slow down. Erik Lande, Ph.D. from Insight Neuropsychology will focus on how to promote and maintain healthy brain functioning, especially memory. Explore lifestyle choices and specific cognitive strategies that can keep us thinking strong.

May 8 (W) 6-7:30pm | R | \$10

### Drumming for Health Brad Anderson (805) 388-1952x100

Group drumming may help to reduce stress, chronic pain, anxiety, and tension while giving the immune system a boost. (No experience needed; drums provided)

Apr 24 | May 22 (W) 6-7:15pm | R | \$10

### NEW Exercise Recommendations for Adults - UCLA Speaker Series (805) 388-1952x100

UCLA cardiologist Timothy Canan, MD, will review the new 2018 guidelines on Physical Activity and Exercise, and discuss the physical and mental benefits of maintaining an active lifestyle. He will also look at heart rate monitoring and how it can be used to help guide your exercise, including a discussion of the new technologies available to accomplish this.

May 22 (W) 6-7:30pm | R | NC

### NEW Integrative Body Medicine for Back Pain Dr. Cathy Kim (805) 388-1952x100

The integrative approach to health is becoming more widely accepted, as research proves the common nutritional basis of many chronic ailments. Dr. Cathy Kim, founder of Integrative Body Medicine, will speak about her root cause approach to back pain and related problems. In her practice, she provides insights and education to help motivated patients learn how to heal themselves with clean nutrition and mindful movement, diminishing the risk of chronic diseases and avoiding prescription pain medication.

Apr 30 (T) 6-7:30pm | R | \$10

### Massage: Swedish, Pregnancy & Deep Tissue Therapy (805) 298-3202

Lisa Ball, LMT, provides therapeutic massages that have been proven beneficial for chronic conditions, including low back pain, arthritis, fatigue, high blood pressure, depression, and everyday stress.

Tuesdays, Thursdays, Sundays | A | 1 hour: \$75 - 1 1/2 hour: \$95

### NEW Master Gardeners: Seed Saving (805) 388-1952x100

Gardeners have been saving seeds for generations. At the end of each growing season, seeds can be a great cost saving way to duplicate last year's best harvest. Join Judith Januszewski and Harry Lee, Ventura County Master Gardeners as they discuss seed selection, when, where and how to save them. Bring your questions!

Jun 6 (Th) 1-2pm | R | NC

### NEW Opioids - Ask the Pharmacist (805) 388-1952x100

What are opioids? Why are they so addictive and lethal? Physicians often prescribe opioids to relieve acute pain from surgeries and injuries. Rajinder K. Rai, Pharmacist at All Med Drugs will discuss short term use, and alternative options.

May 30 (Th) 1-2pm | R | NC

### NEW Questions About Common Skin Conditions? Learn from The Expert! (805) 388-1952x100

What are the most common skin diseases and conditions, how can you recognize them, and how are they treated? Join Board Certified Dermatologist, Dr. Larissa Larsen for an informative session discussing common skin conditions including skin cancers, benign skin lesions, dry skin, and more! Q & A session to follow.

Jun 5 (W) 6-7pm | 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 | 1/2-hr: \$25 | 1 hour: \$45

Third Wednesday of each month | 12-2pm | 1/2-hr: \$25 | 1 hour: \$45

### NEW Skin Cancer Symptoms and Treatment (805) 388-1952x100

Skin cancer is the most common type of cancer diagnosed in the United States and considered an epidemic accounting for 50% of all cancers. Dr. Michael Trauner is specially trained in "Mohs" micrographic surgery which treats the two most common types of skin cancer, basal cell carcinomas and squamous cell carcinomas. Learn more about skin cancer symptoms and the Mohs treatment procedure.

May 14 (T) 6-7pm | R | NC

### NEW Stroke Risk Factors, Recognition and Treatment (805) 388-1952x100

Dr. Tarlov will review the stroke risk profile to help predict your chance of having a stroke. Discussion will include signs and symptoms of a stroke in an effort to recognize the subtle and profound appearance of a stroke and finish with discussion on current treatment options.

Jun 13 (Th) 6-7pm | R | NC

### NEW Virtually Pain Free Dental Implants (805) 388-1952x100

Dental implants have come a long way from their painful beginnings. Now the procedure is minimally invasive and can be completed in as quickly as 10 minutes. Dr. Scholler, DDS, will discuss how dental implants can be done without stitches and with virtually no post-operative pain.

May 3 (F) 12-1pm | R | NC

## Support Groups

### Al-Anon Family Groups, Men's Stag Group

Mondays | 6-8:15pm

Dino (818) 720-1462

### Al-Anon Fourth STEP Study Group

Wednesdays | 7-8pm

Larry (805) 844-2079

### Al-Anon: How It Works

Tuesdays | 7:15-8:15pm

Shirley (805) 824-7291

### Al-Anon Study Group

Thursdays | 7-8:15pm

Peter (805) 665-8382

### Caregiver Support Group

Intended for those who are on the journey with a parent, spouse, friend, neighbor and others, who have a chronic condition requiring care such as dementia, Parkinson's or other illnesses.

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

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

(800) 900-8582

### Compulsive Eaters Anonymous—HOW

Mondays 6-7pm Gerri (310) 633-3915 | Thursdays 5:30-6:30pm Joy (805) 822-7043

Saturdays 8:45-9:45am Alice (805) 216-4982

### Conejo Ventura Macintosh User's Group

First Tuesday of each month | 6:30-8:30pm

Susan (805) 504-3610

### NEW "Juntos" con un cafécito-Grupo de Parkinson's

Primer sábado de cada mes | 9-10am

Michelle (805) 377-2130

### Nar-Anon Family Groups

Thursdays | 7-8pm

Carri (805) 479-8415

### Pain Management Support Group

Third Wednesday of each month | 5:30-6:30pm

(805) 388-1952x100

### Parkinson's Disease Support Group

Third Tuesday of each month | 2-4pm

Art (805) 482-6382

### Stroke Support Group

Third Wednesday of each month | 2-3pm

Sharon Bick, RN (805) 388-1952x100



## Advocacy

**ABCs of Estate Planning & Trusting Your Trustee** (805) 388-1952x100  
Regardless of your net worth, it is important to have a basic estate plan in place. Attorney, Annette Dawson-Davis will discuss estate planning, wills, trusts and probate. Learn tips for selecting a trustee, avoiding family conflicts, and protecting your assets.  
Jun 26 (W) 4:30-6pm | R | \$10

**NEW Discover Plans & Programs That Can Help You Stay Healthy!** (805) 388-1952x100  
Health Insurance Advocacy Program (HICAP) trained counselors will discuss Medi-Cal versus Medi-Care, Medi-Cal eligibility, share of cost, Long Term Medi-Cal, resource limitations and how the durable medical equipment program works in Ventura County.  
Apr 12 (F) 1:30-3pm | Jun 14 (F) 1:30-3pm | Jul 12 (F) 1:30-3pm | R | NC

**Elder Legal Services** (800) 900-8582  
Schedule a confidential appointment with an elder law and estate planning expert.  
Mondays | 1-4pm | A | NC

**Financial Planning** Robert Harrell, Financial Planner (805) 388-1952x100  
Consult with a financial planner on budgeting, retirement planning, and financial problem solving. Discuss how to put all the finance pieces together to solve problems or reach goals in a confidential session.  
Third Monday of each month | 1-4pm | A | NC

**Health Insurance Counseling & Advocacy Program (HICAP)** (805) 388-1952x100  
HICAP registered counselors provide free, unbiased options counseling to Medicare beneficiaries. Assistance is available for Original Medicare, Medicare Advantage, Medigap, Part D Prescription Drug Plans. HICAP provides help with billing problems, benefits screening and enrollment and Long Term Care Insurance. One-on-one counseling provided.  
First Friday, Second & Fourth Tuesday of each month | A | NC

**How Does Reverse Mortgage Work?** (805) 388-1952x100  
Is it the right choice for you? Who is eligible? What is the difference between a reverse mortgage and a home equity loan? Patrick Krull from MLD Mortgage will answer these, and other questions.  
May 8 (W) 3:30-4:30pm | R | NC

## Fitness

**Bone Builders** Sylvia Fulton, Certified Instructor (805) 388-8333  
Designed to improve balance and increase muscle strength and bone density.

**Seated & Standing Beginning Ta'i Chi Chih®** (805) 388-1952x100  
Strengthen your core muscles with zero impact and maximum benefit! Accredited Instructor, Barbara Freie will challenge you physically and spiritually by showing you how to relax, stretch and focus on your inner-self while improving balance and peace of mind.  
May 8-Jul 3 (W) 5-6:15pm | 9 week series | R | \$90

**Ta'i Chi Chih®** Intermediate Barbara Freie, Accredited 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 with this intermediate series.  
Apr 10-May 1 (W) 5-6:15pm | 4 week series | R | \$40

**Yoga-Gentle** Mikal Rogers, Instructor (805) 388-1952x100  
Health benefits include improved flexibility, muscle tone, and stress alleviation. Classes do not meet in sessions, you may join anytime.  
Tue 9-10am | single class \$10 | 10 classes \$80 | R

## Important Numbers

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  
Award-winning, person-centered day program

**Care Management Services (Hospital to Home)** ..... (800) 900-8582  
Supporting well-prepared transitions from hospital to home

**Care-A-Van Transportation** ..... (805) 388-2529  
Door-through-door non-emergency service throughout Ventura County

**Caregiver Respite, Education & Training** ..... (800) 900-8582  
Training, resources, respite and options for family caregivers

**Counseling Services – Legal, Financial, & Emotional** ..... (800) 900-8582  
Confidential sessions with certified experts

**Custom Care Consultations** ..... (800) 900-8582  
Create a personalized plan with vital links to community resources

**Evidence-Based Programs** ..... (800) 900-8582  
Rigorously tested programs scientifically proven to show results

**Exercise Classes** ..... (805) 388-1952 x100  
Cardiovascular, strength and flexibility classes for all levels

**Fall Prevention & Home Modifications** ..... (800) 900-8582  
Home safety through resources and education

**Health Education, Promotion & Advocacy Classes** ..... (805) 388-1952 x100  
Changing Aging through hundreds of classes offered each year

**Health Screenings** ..... (805) 388-1952 x100  
Variety of screenings

**Lifeline Personal Help Button** ..... (805) 388-1952 x120  
Enhanced safety and independence, at the touch of a button

**Senior Nutrition Program** ..... (805) 388-1952 x168  
Nutrition and socialization for home-bound and active residents age 60+

**Senior Support Line** ..... (800) 235-9980  
Trained volunteers provide resources and friendly conversation

**Support Groups** ..... (800) 900-8582  
Choose from a wide variety of groups available at various times of the day

**Volunteer Opportunities** ..... (805) 388-1952 x112  
Join the Acts of Kindness movement... give of your time and talent!

**Wellness & Caregiver Center of Ventura County** ..... (800) 900-8582  
No-cost resources for caregivers and their loved ones.





# SPEND THE DAY **YOUR WAY**

**Adult Day Center — Empowering Wellness Together**

- Comfortable, homey environment with quiet spaces to relax and opportunities to socialize
- Wide variety of activities to explore, including watching sports or playing cards, arts and crafts, enjoying pet and animal therapy, exercise opportunities, music, and more
- Nutritious lunch and snacks provided

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For Image-Guided Radiation Therapy (IGRT) and Stereotactic Body Radiotherapy (SBRT). This 3-5 day cancer treatment, currently used at UCLA, is now available close to home.

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Timothy A.  
 O'Connor, M.D.



Henry Z.  
 Montes, M.D.

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