

Healthy ATTITUDES

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FALL 2016

Camarillo Health Care District QUARTERLY MAGAZINE

Caregivers. America's Backbone.



**Everyday
Life
Extraordinary
Love**

**Real-life Stories About
Family Caregivers**

**It's Complicated:
Navigating Everyday
Obstacles When
Caregiving**

**Finding Solutions For
Alzheimer's Caregivers**



Have you ever been so close to something that you found you couldn't really see it? As a very ordinary example, I've found myself standing so close to the book shelf that I couldn't see all the options, and had to back away a little. On an infinitely more personal scale, I've also

seen family caregivers become so close to their caring duties that they could no longer see their options, or sometimes even their loved one.

Life requires the constant ability to "zoom in" to focus on details, and "zoom out" to gain perspective. Sometimes the different cycles of zooming are talked about as "seasons" of life. This issue of the Healthy Attitudes magazine captures the stories of three family caregivers, who find themselves in a caregiving season of life. We are so honored to share in their personal stories, and it is our hope that you find encouragement, refreshment, and support from them.

This issue also speaks to the multitude of caregiver education, training and resources that are available at the District's Wellness & Caregiver Center of Ventura County. If you have not yet stopped in to see this Center, I encourage you to do so. It has been intentionally designed with caregivers in mind, and offers a calm and compassionate environment in which to learn and share with others. A wide variety of resources is available at the Center, all in one place, so that you don't have to make multiple stops or learn a new location. For example, every Monday legal services are available for family caregivers, health insurance counseling and advocacy services are routinely available, evidence-based classes and series are ongoing, and face-to-face conversations with trained professionals and social workers can help develop a plan just right for your family.

We look forward to seeing you!

Kara

IN THE NEWS

District REACHes Caregivers

Camarillo Health Care District is pleased to be a recipient of the Arthur N. Rupe Foundation's \$35,000 grant to provide intensive intervention training for Alzheimer's caregivers through the REACH program. (See more on page 6). REACH is an evidence-based program developed by the Rosalynn Carter Institute for Caregiving (RCI) to improve quality of life for dementia caregivers. The program provides education, a focus on safety, support for the caregiver, and skills-building to help manage difficult behaviors and decrease stress. The District is honored to be recognized by the Arthur N. Rupe Foundation for this important work!

District Named Allied Health Professional of the Year

Camarillo Health Care District was recognized by the Ventura County Medical Resource Foundation at the 23rd Annual David Fainer, MD & Leo Tauber, MD Awards for creating innovative partnerships supporting care transitions from hospital to home, providing award-winning service to a fragile demographic, and improving overall patient and caregiver empowerment and care management.

Virtual Dementia Tour Makes Strong Impact

A Virtual Dementia Tour, hosted by the Camarillo Health Care District, provided opportunities for community members to experience what it's like to live with dementia. Participants donned glasses to obscure vision, gloves to inhibit fine motor skills, shoe inserts to mimic the effect of neuropathy, and earphones to cause the distraction of everyday sounds and noises. Participants say the tour changed their perception of what life is like for people with cognitive and memory impairments. The Virtual Dementia Tour is a patented experiential process developed by Second Wind Dreams, an organization dedicated to changing the perception of aging.



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What OUR FRIENDS ARE SAYING

"Camarillo Health Care District is a major asset to our community. The caregiver support is invaluable. Their knowledge, caring, training plus just being there to listen is invaluable. Also, the Adult Day Care is a God-send. Thank you for everything."

— ANN S., CAREGIVER —

"Thanks for making my mom's experience so positive. Everyone greets her coming and going, and she is always eager to be with the group for another day."

— KATHY W., ADULT DAY CENTER FAMILY —

"I had a hearing screening and was greeted by a very professional staff, from the front office all the way back to the hearing screening office as well. Every contact I have had with the Camarillo Health Care District has been identical to this one!"

— BONNIE T. —

"You do an amazing job caring for those of us who care for others. Thank you."

— JACKIE R., CAREGIVER —

"Every program and every class that I've taken has been an extremely positive experience. Thank you for making everything that you offer available to us, older generation."

— GEORGE B. —

connect with us!



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FACEBOOK

Facebook.com/CamarilloHealthCareDistrict
Facebook.com/WellnessandCaregiverCenterVC

INSTAGRAM

@camarillo_health_care_district

"You guys are awesome!" ROXANNE D., FACEBOOK FAN



ON THE COVER

This issue's cover art represents the millions of family caregivers in the U.S. See page 2 for "Everyday Life, Extraordinary Love. The Faces of Caregiving."

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Everyday Life, Extraordinary Love. The Faces of Caregiving.

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It's Complicated!
Navigating Everyday Problems for Caregivers

$$\text{heart} := x^2 + (y - \sqrt[3]{x^2})^2 = 1$$

askus

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12 INDIVIDUAL SESSIONS 33 HOURS OF ONE-ON-ONE

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Everyday Life, Extraordinary

The Faces of

I'm a good daughter. I'm a responsible son. I'm a loving wife. I vowed for better or for worse; in sickness and in health. I'm not a caregiver...I'm just doing what needs doing!

Sometimes gradually, sometimes quickly, and sometimes without even realizing it, family members become responsible for the daily care of their loved one...and that makes them one of the 15.7 million family caregivers in the United States.

The following stories offer a glimpse into the lives of three caregivers. It is our hope that by sharing these stories, others might see similarities to their own lives and officially "recognize" themselves as part of the elite group of family caregivers.

Chandra Pugh, Age 50s, Ventura County Sheriff's Deputy, Caregiver to father, David, Age 91

When Chandra gets home from work...she goes to work. As a caregiver for her 91-year-old father, that is. She says she's always been a very responsible person, even from a young age, and her 23-year career serving as a Ventura County Sheriff's Deputy certainly reflects that.

Chandra's father, David, began displaying signs of dementia after her mother passed away in 2010. At the time, David was living in Indiana, and after a few alarming incidents, it became necessary to move him to California to live with her. Since then, she's been her father's full-time caregiver, shouldering the responsibility of another person's safety, physical and emotional well-being, and health care needs, while working a full-time job. "I don't really have a life outside of caring for my Dad and going to work," Chandra says. "When I do get a chance to leave and do something for myself, my mind is always worried."

After about a year of trying to do it all herself, Chandra hired someone to help her father during the day, found a wonderful neighbor to check on him while she's at work, and enrolled him in the Camarillo Health Care District's Home Delivered Meals Program.



More than anything, Chandra wants other caregivers to be aware of resources that exist to ease the burden. "No one can, or should, do this job alone. You need help and you have to ask for it, and that's okay. You have to find time for respite," she says. "Otherwise, you become impatient and lose objectivity." Chandra says the time spent with her father has given her an opportunity to know him better. "I went to boarding school at age 13, and my father and I had lived apart ever since. Now that he lives with me, I get to see a side of his personality that I never knew...he has an amazing sense of humor, so quick-witted. I never knew this about my dad."



Extraordinary Love. of Caregiving.

Ryan Clem, Age 34,

Traumatic brain injury survivor, Caregiver to friend Jenna, Age 30

Ryan is a survivor...so is his friend Jenna. When Ryan was 18, he was struck by a drunk driver as he and friends were leaving a party in Ojai.

He suffered a traumatic brain injury, was in a coma for 74 days, and remained hospitalized for 130 days.

Ryan had to re-learn most things...how

to walk and even the

alphabet, which he said came back to him more easily when he learned it backwards! Ryan first met Jenna when he began attending a support group for people with traumatic brain injuries. Jenna had also suffered a traumatic brain injury following a car accident in Camarillo in 2002, which left her wheelchair-bound. They became fast friends, and Ryan now regularly acts as an informal caregiver for Jenna. "Jenna and I are great friends. I take her to physical therapy appointments every Friday and try to help with whatever else she needs, like walking her dog and taking her to run errands."

Ryan says he doesn't consider himself a caregiver, just someone who wants to be of service to others. He says his parents raised him that way. "Regardless of my own limitations, I always try to see what I can do for the person next to me," he said. "No matter what you've gone through, there's always someone who has a limitation that is greater or different than yours. I try to help those people."

Last year, Ryan achieved his goal of earning his AA degree from Ventura College. He regularly shares his story with people throughout the community, and was this year's honoree at the Brain Injury Center of Ventura County's annual gala.



Who is a family caregiver?

Today, the most common type of family caregiver is a woman, average 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 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).

Are you a family caregiver?

Former First Lady Rosalynn Carter says, "There are only four kinds of people in this world—those who have been caregivers, those who currently are caregivers, those who will be caregivers and those who need caregivers." That's a whole lot of us! If this is you, welcome to a very prestigious group of the most loyal, kind, and compassionate people who love beyond all circumstance. And, most likely, some of the most exhausted and frustrated. Please keep reading!

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, plentiful 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).

(Continued on Page 4)

(Continued from Page 3)



**Lindsay Laubacher,
Age 34,**

Working single mom,
Caregiver to her father, Larry, Age 60

Lindsay's father never showed up at her house one March morning in 2009 to pick up her 3-year-old son. She found him in his truck just minutes away from her home, disoriented and confused. She thought maybe he had just been tired from his job as a salesman. A few months later, Larry's childhood home was sold, and he had nowhere to live, so she invited him to live with her and her young son. After only a few weeks, Lindsay noticed some unsettling behaviors, and thus began her journey on the road to caregiving.

"He began to forget some of his regular sales stops," Lindsay said. "I never would've guessed in a million years the cause of these behaviors. He was, and is, so young."

After her father came to her and mentioned he was getting confused, Lindsay insisted her father go to the emergency room. Within hours, doctors discovered classic signs of dementia, and within weeks he was diagnosed with early-onset dementia. He was only 53 years old.

Their relationship was forever changed. No longer were they father/daughter roommates; Lindsay was now his caregiver... officially and formally. She was responsible for getting him to doctor appointments, managing medicine, and ensuring his safety and whereabouts on a daily basis, while raising a young son and working a full-time job. That didn't stop her from jumping in feet first. "He is my Dad," she said. "It was simply my responsibility."

Lindsay wanted to give Larry as much autonomy as possible over his care, but as his disease progressed, he needed more and more guidance and supervision. He lived with Lindsay and young Michael for three years. During this time he walked Michael to school, taught him to play baseball, throw a football and ride a bike. Eventually it became obvious that his illness had progressed to the extent that he would need to live in a facility with round-the-clock care. Larry now lives in Sacramento at an assisted living home near his sister.

It has been seven years since he was diagnosed. "Sometimes there are moments when he knows who we are, but they are fleeting," she says. "That's probably the hardest part. When he does know us, even for an instant...it's an incredible feeling."

Like so many, Lindsay says when she took on the duties of a caregiver she didn't realize she was stepping into an official role.

"I just started doing what needed to be done on a daily basis. I wish I had known about all the resources for people who find themselves in a position where you are suddenly responsible for someone else's daily needs," she says. "I don't think many people who are caregivers identify themselves as caregivers, or that resources exist to better their experience on a daily basis."

Despite the difficulty of taking care of her father as his disease progressed, she is grateful for the time they had during those years. "It was tough, of course. And there were times when I thought I might break from the pressure," she says. "But looking back, I see our time together was a gift. My son got to bond with his grandfather in a way that a lot of kids never do. And I got to be there for my Dad when he was vulnerable and needed love, just like he once did for me."

10 Tips for Family Caregivers from the Caregiver Action Network

caregiveraction.org

November is National Family Caregivers Month. This year's theme is "Take Care to Give Care" which is meant to encourage caregivers to be mindful of their own health and well-being so they may be in best condition to care for their loved ones! Here are 10 tips for Family Caregivers that encourage self-care, respite, and seeking help wherever necessary. Thank you, caregivers, for all you do!

1. Seek support from other caregivers. You are not alone!
2. Take care of your own health so that you can be strong enough to take care of your loved one.
3. Accept offers of help and suggest specific things people can do to help you.
4. Learn how to communicate effectively with doctors.
5. Caregiving is hard work so take respite breaks often.
6. Watch out for signs of depression and don't delay getting professional help when you need it.
7. Be open to new technologies that can help you care for your loved one.
8. Organize medical information so it's up to date and easy to find.
9. Make sure legal documents are in order.
10. Give yourself credit for doing the best you can in one of the toughest jobs there is!

$$\text{heart} := x^2 + \left(y - \sqrt[3]{x^2} \right)^2 = 1$$

it's complicated

Caregiving is hard work. And complicated. As a caregiver, ordinary tasks that used to be easy now require a lot more planning and energy. The Camarillo Health Care District's wide variety of community services and resources offer practical support to help ease the everyday pressures of caregiving. If you feel you could benefit from knowing more about these services, please call!

No Hassle Travel

Care-A-Van Transportation is a non-emergency, door-through-door, medical transportation service to accomplish medical visits and other activities of daily living. The friendly, professional drivers are First Aid and CPR certified, and trained in dementia sensitivity and assistive mobility devices. The vehicles are equipped



Steve Haggerty
Transportation
Coordinator

with hydraulic lifts, safety tie downs, safety belts, and can accommodate caregivers to ride with the client at no charge.

Nutrition Is An Important Part of Health!

The Senior Nutrition Program provides community-based and home-delivered meals for Camarillo-area residents, age 60 and over. This supplemental nutrition program can provide needed respite for caregivers, and the added assurance that your loved one is receiving appropriate nutrition.

Health Insurance Counseling & Advocacy

The District facilitates private appointments with Health Insurance Counseling & Advocacy Program (HICAP) monthly. Trained counselors offer information and guidance to assist you in reviewing a variety of options and resources.

"Down time" is Critical for Caregivers

The Adult Day Center at the Camarillo Health Care District is state-licensed and intentionally designed to provide a safe, respectful, compassionate option for adults 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. The Adult Day Center offers critical respite time for caregivers and families in the midst of life transitions. Trained and caring staff provide planned activities and socialization to include many interests and ability levels. Please contact the District at 805-388-1952, extension 111, or at maryannr@camhealth.com.

Navigating the Legal Paper Trail

Among a wide variety of services, the District's Wellness & Caregiver Center of Ventura County provides legal consultation with attorneys specializing in elder law, estate planning, and financial planning every Monday, by appointment. Please call to schedule a meeting.

Friendly Telephone Support

The Senior Support Line is a free call for older adults who would like to speak with trained staff about a variety of issues and resources, or to engage in friendly conversation. Call (800) 235-9980 M-F 8:00am – 6:00pm.

**For more information about any of these resources for caregivers,
please call the Wellness and Caregiver Center of Ventura County at**

(800) 900-8582 • M-F • 8am-5pm

askus

REACH-ing Solutions for Alzheimer's Caregivers



By Jenica Polakow, MSW

Director of the Wellness &
Caregiver Center of
Ventura County

jenicap@camhealth.com
(805) 388-1952 ext 208

"My brother has Alzheimer's and my sister-in-law is his primary caregiver. Her health is failing and I don't think she's taking good care of herself. How can the heaviness of caregiving be reduced for my sister-in-law so she can better care for herself and her husband?"

ANSWER: You are to be commended for recognizing a possible growing health issue in your family, maybe even before it is noticed by them! Do you recall the instructions given on commercial airplanes? "If the plane loses cabin pressure, oxygen masks will drop down...if you're seated next to a child or someone you're assisting, put the mask on yourself first." Although that goes against every instinct we have, there is sound philosophy in that guidance. We aren't much help to anyone if we're out of oxygen!

However loving and well-intentioned, caregivers sometimes become so immersed in the caregiving role that they are unable to recognize a problem is developing. Evidence overwhelmingly indicates that caregivers experience a decline in health as a result of the demands of caring for a loved one. They suffer higher rates of depression, anxiety, and chronic illness compared to non-caregivers (caregiver.org, 2016). This is likely what your sister-in-law is experiencing. The good news is there is hope. The goal of the Wellness & Caregiver Center of Ventura County at the Camarillo Health Care District is to provide education, support, and training for family caregivers.

I would like to tell you about a program called "Resources for Enhancing Alzheimer's Caregivers Health", also known as REACH. REACH is an evidence-based program developed by the Rosalynn Carter Institute for Caregiving (RCI) to improve quality of life for dementia caregivers. The program provides education, a focus on safety for the patient, support for the caregiver, and skills-

building to help caregivers manage difficult patient behaviors and decrease their own stress. Through 12 individual sessions with a certified REACH Specialist, in person or by phone, participants benefit from one-on-one, individualized discussions about such topics as emotional well-being, stress management, problem solving, communication skills, coping with troubling behaviors, self-care and health management, and accessing resources and support. As part of its fidelity model, the RCI REACH program tracks measurable outcomes such as improvement in overall health and depression, reduced feelings of burden from caregiving, improved management of troubling behaviors of the care recipient, and delayed institutionalization of the care recipient. RCI's data continues to demonstrate that caregivers who complete the REACH program report these outcomes.

In addition to customized and proven methods, participants also receive something impossible to measure... the priceless connection of encouragement, support and understanding.

Ventura County residents serving as family caregivers for loved ones with memory impairment are encouraged to call the Wellness and Caregiver Center of Ventura County at (800) 900-8582 and speak with one of our REACH staff members.

For more information or to access a wide array of services for all types of caregivers, please call the Wellness & Caregiver Center today. We support you, so you can support your loved one.

0 EXPENSE
The REACH Program is FREE
sponsored by the
Arthur N. Rupe Foundation

**1 CERTIFIED
REACH**
program in California...that's us!"

**4 TRAINED
REACH
SPECIALISTS**

**12 INDIVIDUAL
SESSIONS**
with trained specialists.

**33 HOURS OF
ONE-ON-ONE**
customized expert support



Gule **LOVE THIS!**

Tapas and Cocktail Sticks

Thursday, October 20 from 6:30-8:30pm, Cost \$45

If you have never experienced the Spanish tradition of Tapas, Chef Amy Tyrrell will show you what you have been missing! Tapas can be an impressive small plate or a complete meal. Learn five exquisite tapas recipes you can make over the holidays for friends and family. Generous samples provided.

Stress-Less Holidays

Thursday, October 27 from 6:30-8pm, Cost \$20

The most wonderful time of the year can also be the most stressful... full of activities and deadlines. Danette Banyai will offer practical mindfulness exercises that can help keep you present in each special moment, to offer maximum enjoyment and peacefulness.

Yummy Food Gifts for the Holidays

Thursday, November 10 from 6:30-8:30pm, Cost \$45

Treat your friends and family to creative homemade gifts from your kitchen! Chef Amy Tyrrell from Morsels As You Wish Catering will demonstrate five delicious recipes that you can make and that you would be proud to give as gifts this holiday season. Generous samples provided.

Conquering Clutter...Holiday Style!

Wednesday, November 9 from 1-2:30pm, Cost \$20

Do you lack motivation to get organized? Are your closets cluttered with holiday "stuff"? Wish you could just find things easily? Professional Organizer Lori Gersh can help you simplify your life and living environment with practical and simple tips and organizing methods. Perfect for if you're moving, down-sizing, or just overwhelmed!

Caregiving Tips for the Holidays

(2 Part Series) Cost \$20

Session 1: Starting New Traditions Without The Stress
Monday, November 7 from 1-2pm

Changing holiday traditions can be difficult, especially if it's due to illness and caregiving needs. Implementing a few changes and some strategic planning can help start new holiday practices that create enjoyment and togetherness for everyone involved.

Session 2: Finding Yourself Again After the Holidays
Monday, January 23 from 1-2pm

During the holiday season, family caregivers often enjoy the extra help of family members and friends. Once the season is over, however, caregivers can sometimes feel lost in the vastness of caregiving duties. Learn how to create adequate time for yourself to do the things that are important to you. Caregivers who take care of themselves are more able to care for their loved one. Join us for this session in understanding the value of personal time.

Positive Thoughts & Gratitude Through The Holidays

Monday, November 14 from 6-7:30pm, Cost \$20

Positive thoughts and attitudes of gratitude can have a tangible effect on our sense of well-being and happiness, especially through the stresses of holiday times. Join us in this discussion, led by Jane Ivey, Msc.D., to explore techniques and simple tools that can be applied throughout the year.

Register today! (805) 388-1952 x100

CLASSES

HOW TO REGISTER



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.

Internet

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.

MINDFULNESS

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

NEW Positive Thoughts & Gratitude Through the Holidays!

(805) 388-1952x100

Positive thoughts and attitudes of gratitude can have a tangible effect on our sense of well-being and happiness, especially through the stresses of holiday times. Join us in this discussion, led by Jane Ivey, Msc.D., to explore techniques and simple tools that can be applied throughout the year.

Nov 14 (M) 6-7:30pm | R | \$20

Start a Gratitude Journal & Reap the Health Benefits

(805) 388-1952 x 100

Thanksgiving offers each of us an opportunity to reflect on gratitude. Danette Banyai will guide you in establishing an ongoing "gratitude journal" - a record of what you are thankful for each day or week. Discussion will also focus on the many health benefits of this simple task, including better sleep, less stress, lower blood pressure, and increased optimism and happiness. This 3-part series will help start your special journal, reminding you of the grace and benefits that enter your daily life.

Nov 3 (Th) Dec 1 (Th) Jan 19 (Th) 6:30-8pm | R | \$45

NEW Mindfulness with Danette Banyai - 3 Part Series (805) 388-1952x100

Healing with Mindfulness Meditation classes - always practical, always simple.

► **Healing Wounds:** Trauma reactions (PTSD) can occur from recent or past losses, betrayals, and physical, emotional, or mental distress. They often pop up unexpectedly - old wounds seeking attention. Healing is possible. Learn to practice acceptance, loving kindness, forgiveness and deep healing.

Oct 20 (Th) 6:30-8pm | R | \$20

► **Stress-Less Holidays:** The most wonderful time of the year can also be the most stressful...full of activities and deadlines. Danette Banyai will offer practical mindfulness exercises that can help keep you present in each special moment, to offer maximum enjoyment and peacefulness.

Oct 27 (Th) 6:30-8pm | R | \$20

► **Are You Fit to Forgive?** Anger and dwelling on past wrongs is unhealthy and stressful. Learn how to emotionally forgive by replacing resentment and hostility with empathy, compassion and sympathy. Danette Banyai will guide you through a heartfelt release of pain and resentment promoting a healthier, calmer, and happier 2017.

Nov 10 (Th) 6:30-8pm | R | \$20

SCREENINGS

Balance Screening

(805) 388-1952x100

An expert will assess your balance and give you tips for ways to keep you on your toes.

Oct 25 (T) 10-11:30am | R | \$10

Caregiver Burnout Screening

(805) 388-1952x100

Are you a family caregiver? Feeling overwhelmed? Learn more about what stressors could put your own health at risk. Screenings are 30 minutes.

Oct 27 (Th) 9am-11pm | A | \$10

NEW Denture Screening & Minor Adjustments!

(805) 388-1952x100

Already have dentures or facing the prospect of getting them? Lee Schambach, DMD is offering 50 minute appointments for consult, minor denture adjustments, oral cancer screening, and ultrasonic cleaning with complimentary denture brush and soaking cup.

Oct 21 (F) 10am-4pm | Nov 18 (F) 10am-4pm | Dec 16 (F) 10am-4pm | A | \$10

Dental Screening Eric S. Yum, DDS

(805) 388-1952x100

Dental issues? Dr. Yum will answer your questions while providing a consultation on the status of your teeth and gums.

Oct 19 (W) 10am-12pm | Nov 9 (W) 10am-12pm | Dec 7 (W) 10am-12pm | 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 what resources may help.

Oct 27 (Th) 9am-11pm | A | \$10

Family Immunizations / Shots / TB Testing

(805) 988-2865

This monthly program is hosted in cooperation with St. John's Regional Medical Center.

Oct 11 (T) 3-5pm | Nov 8 (T) 3-5pm | Dec 13 (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 7 (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? 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

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 conducted by Dr. James Sutton, Pacific Neuroscience Medical Group

Nov 9 (W) 1-2pm | A | \$10

ADVOCACY

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

- NEW 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 to select a trustee, avoid family conflicts and protect your assets.
Nov 2 (W) 2-3:30pm | R | \$10
- Elder Legal Services** (800) 900-8582
Schedule a confidential appointment with an elder law and estate planning expert.
Monday | 1-4pm | A | NC
- Financial Planning 101** Robert Harrell, Financial Planner (805) 388-1952x100
Consult with a financial planner on various financial topics in a confidential session.
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. Will resume January 2017
- HICAP- One Stop Shop** (805) 388-1952x100
A counseling opportunity for your Medicare concerns, including pre-Medicare, Medicare disabled, Medicare beneficiaries and Medicare prescription Part D changes.
Oct 21 (F) 10am-3pm | Nov 4 (F) 10am-3pm | Nov 18 (F) 10am-3pm | R | NC
- How Does a Reverse Mortgage Work?** (805) 388-1952x100
How does a reverse mortgage work? Who is eligible? Is it the right choice for you? Broadview Mortgage will discuss how a reverse mortgage is different from a home equity loan, and how this can improve your quality of life in your retirement years.
Nov 3 (Th) 1:30-2:30pm | R | NC

- NEW Medicare Changes for 2017** (805) 388-1952x100
Health Insurance Counseling and Advocacy Program (HICAP) community educators will answer questions about Medicare and explain your options. Learn how to save money on healthcare and avoid late-enrollment fees.
Oct 7 (F) 1:30-3pm | R | NC
- NEW Save your Money. Save your Mind.** Paul Norr, CFP (805) 388-1952x100
Attitudes, perceptions and emotions can easily cloud rational decision-making. Learn to identify mental and perceptual traps that can lead to bad financial choices and to introduce the exercise of mindfulness to help manage these mental traps.
Nov 8 (T) 6-7:30pm R \$20
- NEW Social Security: Think it Doesn't Matter? Think Again!** (805) 388-1952x100
Social Security is a significant source of income for aging adults. Paul Norr, CFP, will discuss how the right choice now could add \$10,000 or more to your lifetime Social Security income. Learn the mechanics of Social Security, when to apply, when to delay, and how to coordinate benefits with one's current, former or diseased spouse.
Oct 19 (W) 6-7:30pm | R | \$20
- Taking Care of Tomorrow: Long-Term Care HICAP** (800) 900-8582
Long-Term Care counseling is designed for individuals concerned about planning, providing, and paying for long-term care for themselves, spouse, parent or loved one. Second, third, & fourth Tuesday of each month 10am-1pm | A | NC
- NEW Veterans' Benefits Presentation** (805) 388-1952x100
Learn about Veteran's benefits, including disability compensation, pension, aid and attendance, survivor benefits and issues ranging from burial and bereavement to education, employment, homelessness, health care, mental health and elder abuse.
Nov 7 (M) 3:30-5pm | R | NC

**More information and registration
available at www.camhealth.com**

NUTRITION

- Apple-A-Day Café** (805) 388-1952x168
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
- Produce Day**
In partnership with FOOD Share, participants can select from a variety of seasonal produce and receive health screenings. First come, first serve basis. Please bring your own bag.
Second Thursday of each month | 11am-1pm | Donations appreciated

- NEW Tapas and Cocktail Sticks** (805) 388-1952x100
If you have never experienced the Spanish tradition of Tapas, Chef Amy Tyrrell will show you what you have been missing! Tapas can be an impressive small plate or a complete meal. Learn five exquisite tapas recipes you can make over the holidays for friends and family. Generous samples provided.
Oct 20 (Th) 6:30-8:30pm | R | \$45
- NEW Yummy Food Gifts for the Holidays** (805) 388-1952x100
Treat your friends and family to creative homemade gifts from your kitchen! Chef Amy Tyrrell from Morsels As You Wish Catering will demonstrate five delicious recipes that you can make and that you would be proud to give as gifts this holiday season. Generous samples provided.
Nov 10 (Th) 6:30-8:30pm | R | \$45

FALL PREVENTION

- Check Your Balance** (805) 388-1952x100
An expert will assess your balance and give you tips for ways to keep you on your toes.
Oct 25 (T) 10-11:30am | R | \$10
- Matter of Balance** (805) 388-1952x100
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 31-Dec 19 (M) 9-11am | 8 week series | R | NC

- NEW Seated & Standing Beginning Ta'i Chi Chih®** (805) 388-1952x100
Trouble standing? Wheelchair bound? This Seated & Standing Ta'i Chi Chih® series will 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 also improving balance and peace of mind. All ages are welcome to attend.
Jan 18-Mar 15 (W) 5-6:15pm | 9 week series | R | \$90

FITNESS

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

20/20/20 Monday Brenda Sullivan, Instructor (805) 388-1952x100
Designed to give you the best of three aspects of fitness: 20 minutes of cardio (aerobics), 20 minutes of muscle conditioning and 20 minutes of abdominal work and stretch.
Mondays 8:00am | Single class \$8 | 4 classes \$25 | R

Bone Builders Sylvia Fulton, Certified Instructor (805) 388-8333
Designed to improve balance, increase muscle strength and bone density.
This class is currently full. Please call instructor to be on wait list.

NEW Chair Yoga Mikal Rogers, Instructor (805) 388-1952x100
Yoga is for everyone! Most yoga postures, breathing techniques, meditation, and relaxation can be done from a chair. Discover the mind-body connection, while you build your balance and confidence, and relieve pain, stress and fatigue.
Tuesdays 10:15-11am | single class \$10 | 10 classes \$80 | R

Funk FuZion with Lorenzo (805) 388-1952x100
Fun, fresh, & funky! A challenging blend of exercise with dance, designed for the fitness novice, who wants to enjoy a fun dance workout while challenging your mind and soles.
Tuesdays 6-7pm | Saturday 9:30-10:30am | R
Single class \$8 | 5 classes \$30 | 8 classes \$40 | Tickets expire 30 days from purchase.

Jazzercise Patty Bolland, Certified Instructor (805) 746-3025
Jazzercise combines dance-based cardio with strength and balance training in a fun and effective 60 minute workout, incorporating the latest moves to a variety of current upbeat music.
Monday & Thursday 5:45-6:45pm | Saturday 8:15-9:15am | R
Single class \$8 | 5 classes \$30 | 10 classes \$50

Mat Pilates with Aromatherapy Brenda Sullivan, Instructor (805) 388-1952x100
Start your day off right with this core based class, designed to improve muscle strength and flexibility with the use of essential oils to enhance inner awareness and peace of mind.
Wednesdays 8:00am | Single class \$10 | 4 classes \$35 | R

NEW Seated & Standing Beginning Ta'i Chi Chih® (805) 388-1952x100
Trouble standing? Wheelchair bound? This Seated & Standing Ta'i Chi Chih® series will 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 also improving balance and peace of mind. All ages are welcome to attend
Jan 18-Mar 15 (W) 5-6:15pm | 9 week series | R | \$90

Ta'i Chi Chih® 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 4 week series.
Oct 19-Nov 9 (W) 5-6:15pm | 4 week Intermediate series | 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 includes a light walking aerobic session.
Tuesdays 9-10am | single class \$10 | 10 classes \$80 | R

**Feeling Isolated?
Senior Support Line
1-800-235-9980**

CAREGIVERS

Adult Day Program (805) 388-1952x111
Enjoy a complimentary half-day at our state-licensed, award-winning 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 for details and to schedule a tour. See ad on page 13.

Care-A-Van Transportation Services (805) 388-2529
Care-A-Van offers door-to-door, non-emergency medical transportation service throughout Ventura County 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 personalized plan with vital links to community resources.
A | NC

Caregiver Support Groups Jenica Polakow, MSW (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 & Third Wednesday of each month | 1:30-2:30pm | District Offices
Monday 9:30-11am | Leisure Village (residents only)

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.

NEW Caregiving Tips for the Holidays (2 Part Series) Cost \$20 (805) 388-1952x100
Session 1: Starting New Traditions Without The Stress
Changing holiday traditions can be difficult, especially if it's due to illness and caregiving needs. Implementing a few changes and some strategic planning can help start new holiday practices that create enjoyment and togetherness for everyone involved.
Nov 7 (M) 1-2pm | R | \$20 (both classes)

Session 2: Finding Yourself Again After the Holidays
During the holiday season, family caregivers often enjoy the extra help of family members and friends. Once the season is over, however, caregivers can sometimes feel lost in the vastness of caregiving duties. Learn how to create adequate time for yourself to do the things that are important to you. Caregivers who take care of themselves are more able to care for their loved one. Join us for this session in understanding the value of personal time.
Jan 23 (M) 1-2pm | R | \$20 (both classes)

Memory Café (800) 900-8582
A gathering for people affected by dementia, along with their families and caregivers.
Nov 5 (S) 11-12:30pm | Registration required | NC | Adults only

Tools for Caregiving (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 free respite care.
Jan 17-Feb 21 (T) 9:30-12:30pm | 6 week series | A | \$40

EVIDENCE-BASED PROGRAMS

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

Arthritis Foundation's® Walk with Ease Walking Group (805) 388-1952x100
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.) Please call for next session.

Chronic Pain Self-Management Program (CPSMP) (805) 388-1952x100
CPSMP is a 6-week series designed to teach people with chronic pain practical skills to 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. Oct 26-Nov 30 (W) 9:30-12pm | 6 week series | R | \$40

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, and sleep loss, providing a happier, healthier life. Nov 1-Dec 6 (T) 9:30am-12pm | 6 week series | R | \$40

NEW Diabetes Empowerment Education Program (DEEP) (805) 388-1952x100
Diabetes Education Empowerment Program is an evidence-based series developed by the University of Illinois in Chicago. This series includes discussion on diabetes basics, self-blood sugar testing, meal planning, stress management, preventable complications and exercise to help you to effectively manage your disease. Space is limited. Please call for date of next session.

Diabetes Self-Management Program (DSMP) (805) 388-1952x100
This 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 (805) 388-1952x100
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 31-Dec 19 (M) 9-11am | 8 week series | R | NC

NEW Stepping On (805) 388-1952x100
At each session an expert will address ways to prevent falls. A physical therapist will provide suggestions to improve your balance and leg strength. A vision expert will address vision issues and offer tips on fall prevention. A public safety professional will speak about falls in public surroundings and a pharmacist will discuss medications that affect your risk for falls. This series is designed for those that have suffered a fall and are not reliant on a walker.

Oct 4-Nov 15 (T) 1-3pm | 7 week series | R | N | Space is limited

UCLA Memory Training (805) 388-1952x100
The techniques taught in this course, based on research at UCLA, include strategies of organization, association and imagery to make information easier to recall. Nov 1-Nov 22 (T) 2-4pm | 4 week series | R | \$40

SUPPORT GROUPS

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 Shirley (805) 824-7291
Tuesday | 7:15-8:15pm

Al-Anon Study Group Peter (805) 665-8382
Thursday | 7-8:30pm

Caregiver Support Group Jenica Polakow, MSW (800) 900-8582
Second and Fourth Friday of each month | 9:30-11am | District Offices
First & Third Wednesday of each month | 1:30-2:30pm | District Offices
Monday | 9:30-11am | Leisure Village (residents only)

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

Compulsive Eaters Anonymous—HOW Wendy (805) 437-6305
Monday 6-7pm | 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

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
Third Tuesday of each month | 2-4pm

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

SAFETY & FIRST AID

NEW Babysitting Clinic 101 (805) 388-1952x100
Teens and tweens can learn to care for children of all ages and to handle emergencies in preparation for being the best sitter on the block! Nov 7 (M) 5-6:30pm | R | \$25

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 17 (M) 5:30-9:30pm | Dec 5 (M) 5:30-9:30pm | R | \$65 | Materials \$18

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. Nov 14 (M) 5:30-8pm | R | \$45 | Materials \$15

BODY, MIND & STRENGTH

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

NEW **Advances in Joint Replacement Surgery** (805) 388-1952x100

Gregory Tchejyan, MD. voted best Orthopedic Surgeon in the greater Los Angeles Area, specializes in orthopedic surgery, sports medicine, knee, shoulder, joint replacement and minimally invasive surgeries. This presentation will focus on new technology and advances in surgeries to get you back in the game.

Oct 5 (W) 6-7:30pm | R | \$10

NEW **Conquering Clutter...Holiday Style!** (805) 388-1952x100

Lori Gersh, Professional Organizer will help you learn to simplify your life and reduce the stress with tips and tricks from the organizing pro! Whether you are moving, downsizing or just overwhelmed, this class is for you!

Nov 9 (W) 1-2:30pm | R | \$20

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)

Oct 26 | Dec 28 (W) 6-7:15pm | R | \$10

NEW **Leg Swelling and Risk to Heart Disease** (805) 388-1952x100

Heart disease is the leading cause of death in the United States. Dr. Shaun Patel will discuss the significance of leg and ankle swelling and varicose veins for diagnosing the various forms of heart disease. Learn the latest progress for advanced treatments.

Nov 3 (Th) 6-7pm | R | \$10

NEW **Lower Back Pain: Truths & Myths UCLA**

Dr. Najmeh Sadoughi (805) 388-1952x100

Lower back pain is the second most common, symptom-related reason for seeing a physician. UCLA pain specialist Najmeh Sadoughi, MD will focus on different causes and treatments of low back pain and cases that need immediate attention.

Oct 25 (T) 6:30-7:30pm | R | NC

NEW **Migraines - Not Your Typical Headache!** (805) 388-1952x100

Pacific Neuroscience Medical Group Neurologist Dr. Sutton will discuss how migraines are different from your average headache. Why are they usually followed by nausea, vomiting, blurred vision and confusion? Discover ways for relief.

Nov 9 (W) 6-7:30pm | R | \$10

NEW **Mommy & Me Dental: The First Year of Life** (805) 388-1952x100

Learn key information that can help protect his/her teeth for decades to come. Camarillo Children's Dental Group will discuss the importance of the first dental appointment, and what healthy habits you can do at home.

Nov 1 (T) 11am-12pm | R | \$10

NEW **Mommy & Me Dental: The Dental Emergencies** (805) 388-1952x100

Do you know what to do with a broken or knocked out tooth? Objects caught between teeth or a toothache? Camarillo Children's Dental Group will walk you through these situations and others. Receive a complimentary emergency card and dental kit!

Oct 20 (Th) 11am-12pm | R | \$10

NEW **Osteoporosis & Bone Density Screening with Results!** (805) 388-1952x100

Are you at risk of osteoporosis? Dignity Health St. Johns Hospital will provide free bone density screenings, provide your results and explain how to prevent osteoporosis.

Nov 2 (W) 1:30-3:00pm | R | NC

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-hr: \$25 | 1 hr: \$45

NEW **Skin Care with Dr. Daniel G. Kolder** (805) 388-1952x100

Learn the latest in skincare and laser technology and the newest addition to the laser family, Halo by Sciton! Learn how to achieve radiant skin with minimal downtime! Bring all your questions for Dr. Daniel G. Kolder.

Oct 20 (Th) 6-7pm | R | \$10

NEW **Structural Heart Disease** (805) 388-1952x100

Structural heart disease refers to congenital heart defects and abnormalities of the valves and vessels due to wear and tear. Dr. Gregory Fontana, Cardiothoracic surgeon, will discuss symptoms, as well as advanced new treatments for heart disease.

Oct 27 (Th) 6:30-8pm | R | \$10

Therapeutic Massage Lisa Ball, LMT (805) 298-3202

With over 20 years' experience, Lisa's expertise extends to Swedish, deep tissue and therapeutic, pregnancy and lymphatic massages, easing the pain of scar tissue and sports issues.

Tuesdays, Thursdays, Saturdays | A | 1 hr. session \$70 | 1-1/2 hr. session \$85

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 Transitions Services (Hospital to Home) (800) 900-8582

Supporting well-prepared transitions from hospital to home

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

Door-to-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

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 and immunizations

Lifeline Personal Help Button (805) 388-1952 x120

Enhanced safety and independence, at the touch of a button

Custom Care Consultations (800) 900-8582

A personalized plan with vital links to community resources

Senior Nutrition Program (805) 388-1952 x168

Nutrition and socialization for homebound and active residents age 60+

Senior Support Line (800) 235-9980

Trained volunteers provide resources and friendly conversation

Support Groups (800) 900-8582

A wide variety of groups available at various times of the day

Volunteer Opportunities (805) 388-1952x112

Join the Acts of Kindness movement...give of your time and talent

Wellness & Caregiver Center of Ventura County ... (800) 900-8582

Free resources for caregivers and their loved ones

Changing Aging.



Person-Centered Care

9:00 am – 5:30 pm

5 days a week

(Open until 5pm on Friday.)

Pet, Music, & Art Therapy

Lions Den for sports watching and card playing

GenerationUs pairs volunteers of all ages for interactive fun

Ourmazdi Brain Fitness
Brain-Strengthening Programs & Computer Time

Chef du Jour - 8 Guest Chef Program in the Kitchen

Health Screenings in the Wellness Room

Wellness & Caregiver Center offers support groups and classes for familie

Imaginarium
Wii, Skype and Facetime

Transportation available

ASK US

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put cancer where
it belongs –
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