

Healthy ATTITUDES

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SUMMER 2017

Camarillo Health Care District QUARTERLY MAGAZINE

The SILENT CRISIS

Loneliness In A World Full of People

INSIDE

**The Health Effects of
Loneliness & Social
Isolation**

**Social Media: Helpful,
Harmful, A Little of
Both?**

**Helping Break the
Loneliness Cycle**



Lonely...in a World Full of People

This has to rank pretty highly on the list of life's ironic twists...people who use social media to connect with others, may be some of the loneliest members of our communities!

When we started writing this issue of Healthy Attitudes on loneliness and social isolation, we looked into the many factors that can put people at risk of feeling lonely or being socially isolated. With no intent to make disparaging statements about social media, here is another ironic example: one social media company's mission is to "...give people the power to share and make the world more open and connected...to stay connected with friends and family..."; yet research has shown that overuse of that media can actually cause disconnection, anxieties, and overall feelings of dissatisfaction and inadequacies.

The Center for Research on Media, Technology and Health at the University of Pittsburgh has conducted a study with some surprisingly counterintuitive results. It seems that for young adults, age 19-32, heavy use of social media was associated with feelings of social isolation. In this study published in the *American Journal of Preventive Medicine*, it turns out that "the people who reported spending the most time on social media...had twice the odds of perceived social isolation."

And here's the ultimate irony. Young adults who use social media the most report a high sense of loneliness and social isolation, while older adults (age 65+) who are statistically the most at risk for loneliness and isolation are actually increasing their use of social media! What's going on?!

I guess we can feel some relief in hearing that this study couldn't really nail down the cause...what happens first, the loneliness or the social isolation? Does one cause the other? Or make it worse? The authors indicated that simply being on the "outside looking in" on everyone else's seemingly perfect lives can make you feel like you're missing out, or somehow inadequate in other ways.

What we took away from the research of this issue was that there really is no substitute for human interaction, human connection, and human kindness. I encourage you to read the articles in this issue. If you recognize someone, or even yourself, please call us...we would love to actually "speak" with you!

Kara

IN THE NEWS

District Named Ventura County Optimal Aging Organization

The Camarillo Health Care District (District) was named Ventura County's "Optimal Aging Organization" by the Ventura County Area Agency on Aging. The District was recognized for its successful history of supporting, serving and inspiring the community in maximizing health status and independent living, while optimizing aging. The District provides resources and education to support both the aging individual and the family/caregivers through a variety of services and programs, including Home Assessments, Hospital-to-Home Care Transitions Services, Case Management, the Building Hope Adult Day Center, the Wellness & Caregiver Center of Ventura County, Memory Cafés, a Senior Nutrition Program, and Care-A-Van Transportation Services. **Congratulations, District Team!**

Celebrity Guest Honors District Volunteers

Actor, comedian, author, and producer **Dick Van Dyke** was the surprise keynote speaker at the District's annual Volunteer Appreciation Luncheon. Mr. Van Dyke spoke about his life, career, and the aging process, referencing anecdotes from his book *"Keep Moving: And Other Tips & Truths About Aging"*. The District enthusiastically applauds the army of volunteers who make a difference in the community by changing lives. **Thank you, Volunteers!**



If you would like to hear more about volunteering at the District, please email Monica at Monicat@camhealth.com

District Hosts Event Dedicating First "Dementia Friendly Business Zone"

The District was honored to host a special community event June 23 in celebration of the official launch of Dementia Friendly Ventura County, an initiative by the Ventura County Area Agency on Aging. The event also served to recognize Old Town Camarillo as a "Dementia Friendly Business Zone". Attendees participated in a Virtual Dementia Tour, designed to educate individuals about the daily experience of someone living with dementia, and learned more about the local effort to bring dementia friendly practices to the community. **Way to go, Ventura County!**

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Testimonials



We SO VERY MUCH appreciate the monthly Stroke Support Group. It's such an important part of continuing recovery. Thank you!

—participant, Stroke Support Group

I have just completed three sessions of T'ai Chi Chih and am so pleased by the experience. The instructor, Barbara Freie, was very knowledgeable, patient and kind. This experience has not only been helpful to me but has renewed my interest in other offerings by the Health Care District.

—participant, T'ai Chi Chih class

The UCLA Memory Training class is awesome!

—participant, UCLA Memory Training series

The 6-week caregiving classes my brother and I took were outstanding, and helped us through a lot of issues with my dad and his dementia. I can't thank the Camarillo Healthcare District office and its staff enough!

—participant, "Tools for Caregiving" Series

Thank you for an outstanding Health Care District. Assistance [was] given to my legally blind friend by providing transportation for her.

—transportation program client

connect with us!

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



TWITTER

@changing_aging

FACEBOOK

Facebook.com/CamarilloHealthCareDistrict
Facebook.com/WellnessandCaregiverCenterVC

INSTAGRAM

@camarillo_health_care_district

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

ON THE COVER

Loneliness and social isolation occur across all ages and stages of life. The Camarillo Health Care District can help.



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THE OTHER SILENT KILLER

Lonel

A 2016 Harvard University study says loneliness is almost as deadly as smoking. Turns out loneliness and social isolation can significantly impact health status, even to the point of untimely death.

These two human experiences, loneliness and social isolation, have been deemed the next significant public health crisis by experts worldwide. An article published by the New York Times in December, 2016, stated that *"since the 1980s, the percentage of American adults who say they're lonely has doubled from 20 percent to 40 percent"*. The detrimental effects of loneliness and social isolation, especially in older adults, are approaching epidemic proportions.

It is important to note that although they are regular companions, and both can contribute to early mortality in older adults, there are distinct differences between loneliness and social isolation. A study by the University of Alabama at Birmingham summarizes that loneliness is a *feeling of being alone*, while social isolation is an *actual absence of contact/connection with other people*.

Evidence suggests, then, a person may have an abundance of social interaction, yet still identify as lonely if he perceives those relationships as unfulfilling. Conversely, a person lacking connection to others may not "feel" lonely, but will still be at risk for a whole host of health issues as a direct result of limited social interactions.

Loneliness

Have you ever been in a room surrounded by people, yet felt completely disconnected? This is the cunning thing about loneliness...one doesn't have to technically be alone to feel lonely. Simply perceiving oneself as being alone is enough to wreak havoc on one's health. It's quite a phenomenon, really. How does something intangible, like a feeling, manifest itself into something real, quantifiable, and so powerful that it can even become life-threatening? The Harvard University study demonstrated one scenario by which this can occur. It is known that feelings of loneliness can trigger the "fight or flight" response in the brain, the same reaction one experiences when anticipating pain. This process produces a protein called fibrinogen, which, in

iness

large quantities over prolonged periods of time, can be harmful to a person's health. Fibrinogen can cause high blood pressure and lead to increased risk for heart disease and cardiac arrest. The Harvard study arrived at a striking conclusion – people with fewer social connections had 20% higher levels of fibrinogen in their systems. But this is only one of many physiological effects produced by loneliness. Other studies reveal social isolation produces a direct link to impaired immune function and increased inflammation, thus making a person susceptible to diseases such as arthritis and Type II diabetes, Alzheimer's disease and high blood pressure. A study by UK researchers found that isolation increases the risk of heart disease by 29 percent and stroke by 32 percent.

Social Isolation

Social isolation is a close companion to loneliness and can contribute significantly to this health crisis. At first glance, social isolation appears to mimic loneliness in its capacity to depress, sadden, and rob hope from those who experience it, and certainly yields similar detrimental effects on one's health. Social isolation is actually being disconnected from others. While loneliness is perceived or, a "feeling of being alone", social isolation is a state of complete or near-complete absence of fulfilling/satisfactory interaction between a person and society. This leads to many of the same ailments as those produced by loneliness, including high blood pressure, heart disease, and stroke. The Right At Home Network provides this example of how older adults may become socially isolated:

"Baby Boomers are entering their later years having had fewer children, a lower marriage rate, and a higher divorce rate. They are without the usual sources and quantity of companionship and social interaction as previous generations. The American Geriatrics Society (AGS) has coined this phenomenon the "unbefriending" of older adults. The term refers to people who, because of social isolation, are without an identified "surrogate," such as a family member or friend, to assist in making important medical decisions. Further, should an "unbefriended" older adult develop a significant health issue, it is less likely someone will be available to lend assistance or help with a care plan moving forward. As you might imagine, this lack of connectivity and help contributes significantly to an increased risk for developing health issues, and makes managing existing health conditions all the more difficult."

... a person may have an abundance of social interaction, yet still identify as lonely if he perceives those relationships as unfulfilling.

(Continued on Page 4)



What Can You Do?

So, what can you do if you feel someone is suffering the effects of loneliness or social isolation?

Get involved in that person's life. Somehow. Even just a little bit. That might be easier said than done, but even by sharing this article with someone you think might be at risk for loneliness or social isolation, you have expressed a degree of concern and care. The rest of this article describes services at the Camarillo Health Care District developed to address these issues, but we encourage you to understand that there is no real substitute for human interaction, human compassion, and human kindness.

Ways to Help Older Adults Avoid Social Isolation

- Encourage an older adult to join a group activity, learn a new hobby, or volunteer for a favorite cause.
- Encourage older adults to maintain attendance at their place of worship
- Notify neighbors there is a vulnerable adult in the community so others can look out for anything concerning or out of the ordinary.
- Give extra support to seniors who have recently lost a spouse, as they may be at highest risk for social isolation.

Source: A Place For Mom

The Camarillo Health Care District (District) intentionally develops programs to meet a variety of health concerns, conditions and crises, including loneliness, depression, anxiety and social isolation. Professional staff are trained to address and develop care plans to improve quality of life for older adults, while optimizing health.

The District's Wellness & Caregiver Center of Ventura County operates the Senior Support Line, a toll free telephone number for residents age 60 and older who are living alone, feeling isolated, depressed, and have few connections to family and friends. Often callers are at risk of losing their independence, or have been recently discharged from a hospital or other care facility and are transitioning to the home setting. The Senior Support Line is staffed by clinically-trained interns and volunteers who are equipped to guide callers to appropriate resources, but please know that there does not need to be a specific request in order to call. The chief purpose of this resource is to foster compassionate and engaging connections between older adults in need and real people. The Senior Support Line toll free number is (800) 235-9800, and operates Monday through Friday, 8:00 am - 5:00 pm.

The District also provides Care Consultation Services facilitated by social workers who help identify a person's source of loneliness or depression, and cultivate a care plan to improve quality of life and optimize health.

Family caregivers are also a population susceptible to isolation and loneliness, as they often spend every ounce of energy and attention caring for their loved ones, leaving little time for social activities they once enjoyed. Caregiver Support Groups take place at the District once a week and serve as a place to interact with others and gain insight about balancing the caregiver role with maintaining personal wellness. (Please read more about caregiver isolation and supports offered at the District on page 7).

Some individuals may be putting off important to-dos as a result of not having a trusted family member to help navigate such matters, including estate planning, legal problems, financial planning, and health insurance issues. Industry professionals regularly host consultation sessions on these topics at the District at low or no cost. *(Learn more about these services in the Advocacy section of classes on page 9 of this issue.)*

Group exercise is a safe and nonjudgmental way to interact with others while gaining the psychological and physical benefits of being active. The District offers opportunities for a variety of mobility and ability levels including seated, beginning and standard Tai Chi Chih, Bone Builders, Jazzercise, and Gentle Yoga.

Many of the District's Evidence-Based classes and series foster social interaction while focusing on a specific health issue, such as the Arthritis Foundation's Walk with Ease Walking Program, Stanford University's Healthier Living series, UCLA's Memory Training, chronic pain management, and several Diabetes management and education programs.

Apple-A-Day Café, part of the District's Senior Nutrition Program, is a monthly community meal for adults age 60 and older to enjoy a nutritious meal while gaining the benefits of socialization. For details about these programs and more, see the Classes Section of this issue.

Again, there is no substitute for human connection to mitigate the health risks of loneliness and social isolation. It is our hope that whether you are an older adult who feels lonely in a crowded room, or have lost the relationships you once enjoyed, please know that we're here for you. Reaching out may seem an insurmountable first step, but perhaps we can help you connect with friends, family and community in a new way. And if you know someone you think might be at risk of loneliness or social isolation, we can help you with ideas and resources. It really is true...a kind word, a warm smile, a small gesture can change someone's day... and their life. 🌟

Human Connections

Arthritis Foundation's® Walk with Ease-Walking Group

Mondays, August 7 - September 18 | 9:30-10:30am

Customize a walking plan to boost energy, keep muscles strong and joints stable while controlling weight. Go at your own pace. Arneill Ranch Park, Sweetwater Avenue, in Camarillo.

Healthier Living 6 week series

Mondays, August 14 - September 25 | 1:30-4pm

Award-winning, Stanford University Chronic Disease Self-Management Program (CDSMP). Take the first step in managing ongoing health conditions, with easy methods to reduce fatigue, anxiety, and sleep loss.

Stroke Support Group

Sharon Bick, RN

3rd Wednesday of each month | 2-3pm

Join this group in an interactive, dynamic environment to learn and share your experiences. Accessible facility.

Caregiver Support Group

Samantha Carnell, MSW

2nd and 4th Friday of each month | 9:30-11am

Join other family caregivers come together to encourage, strengthen, support and learn.

Apple-A-Day Café

Third Thursday of every month | 11:30am

This friendly, educational setting is ideal for learning and socializing while receiving a nutritious warm meal. For individuals age 60 and older.

Care Consultations

Life transitions can be challenging and frightening. Schedule a consultation to create a personalized plan with vital links to community resources.

Memory Café

Saturday, August 19 | 11-12:30pm

Join us for a friendly gathering for people affected by dementia, along with their families and caregivers.

Tools for Caregiving 6 week series

Tuesdays, August 22 - September 26 | 9:30-12:30pm

Caring for a loved one can be overwhelming. Learn about the physical and emotional aspects of caregiving, and how to handle legal issues, personal care, stress management and more. Please ask about free respite care for your loved one while you attend class.

Senior Support Line

1-800-235-9980

This free phone number connects you with trained volunteers who can provide resources and friendly conversation for people at risk of social isolation and depression.

Drumming For Health

Brad Anderson

Wednesdays, July 26 & September 27 | 6-7:15pm

Group drumming can help reduce stress, chronic pain, anxiety, and tension while giving the immune system a boost. Fun for all ages! (No experience needed, drums provided.)

The Camarillo Health Care District recognizes that there is no substitute for human interaction and connectivity. Please enjoy these opportunities to meet and connect.

For more information
call 805-388-1952.





34%
OF AMERICANS
65 AND OLDER
USE SOCIAL
NETWORKING
SITES, UP FROM
27%
IN 2013*

While it may appear that being connected on social media makes someone a “social” being, research shows that it may actually have the opposite effect, especially amongst young adults, according to a University of Michigan study that tracked the responses of 18-32 year-olds as they engaged on social media over a period of weeks. Participants reported increased feelings of depression and loneliness as their engagement on social media increased.

Ironic, isn’t it? That too much “social” media would lead to increased isolation, feelings of loneliness, and the devastating residual effects such things can have on an individual?

However, other research shows that using social media may yield positive effects on older adults. In its inception, social media appeared to be reserved for the global-minded personalities of tech-savvy millennials. But clearly that has changed, and now it’s hardly uncommon for the parents and grandparents of millennials to engage with loved ones daily on one or more social media platforms.

Older adults who use social networking sites, such as Skype, Facebook, and Twitter, seem to avoid the pitfalls better than

younger adults because they use social media for different purposes.

Younger users tend to associate their own worth with the number of followers, “likes” and positive feedback received from social networks, and report feelings of inadequacy – assuming they’re not as happy, ambitious, or far enough down the perceived road to success as others their age – when engaging online. Older adults tend to use social media for its intended purpose – to connect with loved ones and network – and when done so in conjunction with “real-world” social interaction, can actually enhance their feelings of well-being and connectedness. However communal social networking might seem, studies like the one conducted by the University of Michigan suggest it’s a misnomer that having friends and followers on social media is a good substitute for real-life social interaction, and as such makes it another potential contributor to the surge in reports of isolation.

So, there is a marked difference in the effect social media can have on different age groups. But all age groups need the physical, sensory benefits of in-person connection to avoid isolation, loneliness, and the many resulting effects such things can have upon an individual’s health. There simply is no substitute for such things. 🐼

**STUDY CONDUCTED BY PEW RESEARCH CENTER*

askus

Isolation and Loneliness



By Samantha Carnell, MSW,
Caregiver Center Care Coordinator
samanthac@camhealth.com
(805) 388-1952 ext. 215

Lately, since my father suffered a stroke, I hear sadness in my mother's voice when we talk. She says she's lonely and misses her friends, but she's the full-time caregiver. How can she carve out some time for herself again, but still feel loyal and caring to Dad?

ANSWER: I'm so glad you've recognized this tone of sadness as it might reflect the effects of loneliness and isolation.

Barry Jacobs, a psychologist specializing in work with family caregivers, aptly states, "Most caregiving situations are not sprints. They are marathons." In keeping with the marathon analogy, in order to succeed it is critical that family caregivers receive similar specialized attention and training that marathon athletes receive. We know that becoming lonely or isolated does not happen overnight. In the face of a life-changing health condition or health status, and over the ensuing period of many months or years, your social world can shrink and life can become dominated by issues related to management of the illness. To compound this issue further, physical and emotional fatigue inevitably set in...for everyone involved including the caregiver, the person who has become ill (care receiver), and extended family and friends who can begin to distance themselves from the unrelenting the situation.

As social support is such an important source of sustenance, any diminishing of social sources to draw upon, combined with exhaustion, can set off a cascade of social withdrawal, sadness, and a pervasive sense for the caregiver that they are "going it alone."

Those on the receiving end of care can experience isolation and loneliness as well. Care receivers can experience frustration and resentment over diminishing independence as well as guilt over the toll their illness is taking on their family member. They may feel like a burden to others and avoid initiating social interactions with friends and family out of the belief that "they are too busy" or "have lives of their own." Illness can place a person at the mercy of others for receiving important social interaction and stimulation.

Another difficult conversation is how could a family caregiver and care receiver feel lonely or isolated when they have each other? The answer lies somewhere in the complexities of the fact that each person in the care relationship experiences a range of difficult feelings about the illness, and the diminishing independence. Illness or disability disrupts long-standing relationship rituals, and time that was once spent together on enjoyable activities – preparing breakfast, reading the newspaper over coffee – are often replaced by care-oriented tasks, such as attending medical appointments and adhering to medication schedules. In essence, the quality and meaning of the time spent together suffers.

Thank you for raising this question, and caring for your parents. We know it's not an easy journey, and we're here for you. 🐾

Loneliness Quiz

ASK YOURSELF
THESE QUESTIONS:

➤ **How often do you feel that you lack companionship?**

Hardly ever	Some of the time	Often
1	2	3

➤ **How often do you feel left out?**

Hardly ever	Some of the time	Often
1	2	3

➤ **How often do you feel isolated from others?**

Hardly ever	Some of the time	Often
1	2	3

Researchers have grouped people who score 3-5 as "not lonely", and people with a score from 6-9 as "lonely".

Least lonely → 3 4 5 6 7 8 9 → Most lonely

(UCLA 3-ITEM LONELINESS SCALE)

For more information on these and other services, please call us at (805) 388-1952.

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.

Online
camhealth.com

Phone
805-388-1952, Ext. 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 About Those Dreams Workshop Jane Ivey, Msc.D. (805) 388-1952x100
We all experience dreams, yet remember only about five percent of them. Your dreams are unique to you and created from personal life experiences. Join us for this three-part workshop discussing dream interpretation in a fun, interactive way.
Jul 17 | Jul 31 | Aug 14 (M) 7-8:30pm | R | \$30

Discover Mindfulness Danette Banyai (805) 388-1952x100
Hypnotherapist and Health Education Specialist Danette Banyai.
All classes include mindfulness meditation. Always practical, always simple.

NEW Overcoming Bad Habits Through Mindfulness (805) 388-1952x100
Habits are automatic actions taken without purposeful thought and we often want to stop or change some of them. Learning to be mindful can provide understanding about what motivates our habits and focus to let go of things that serve no positive purpose.
Sept 21 (Th) 6:30-8pm | R | \$20

NEW Overcoming Regret by Practicing Self-Compassion (805) 388-1952x100
Regrets can either weigh us down or propel us forward. Self-compassion is a gift that can help us accept and grow from actions or experiences we would like to erase.
Jul 20 (Th) 6:30-8pm | R | \$20

NEW Conquering Fears with Mindfulness (805) 388-1952x100
As human beings, we continually assess threats in an attempt to avoid discomfort. Practicing mindfulness can calm an anxious mind and alter perceptions of danger and fear. Learn to re-frame and change fearful thoughts to attain a peaceful mind, heart and body.
Aug 17 (Th) 6:30-8pm | R | \$20

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

FAMILY CAREGIVERS

Adult Day Program (805) 388-1952x111
Enjoy a complimentary half-day at our state-licensed, award-winning Adult Day Center that offers support, comfort and activity five days a week for those 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 to 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? Schedule a consultation to create a personalized plan with vital links to community resources.
A | NC

Caregiver Support Groups (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
Monday | 9:30-11am | Leisure Village (residents only)

NEW How to Communicate with Dementia Patients (805) 388-1952x100
Communication difficulties can cause agitation and emotional distress for a loved one with dementia and contribute to increased stress and burden in caregiving. This workshop is designed to teach communication strategies and techniques for caregivers who want to facilitate positive interactions with loved ones.
Aug 8 (T) 6-7pm | Aug 10 (Th) 10-11am | R | \$10

Memory Café (800) 900-8582
Join others affected by dementia, along with their families and caregivers, for a fun, understanding lunch gathering.
Aug 19 (S) 11-12:30pm | Registration required | NC | Adults only

NEW Origami Memory Gymnastic Workshop (3 Part Series) (805) 388-1952x100
Origami art therapy, designed for individuals of all ages with dementia and other neurological conditions, is a fun and creative way to enhance cognitive function. Origami Memory Gymnastics (OMG) is a curriculum of mental calisthenics created by Dr. Bi Jian Fan of the CSUCI Osher Lifelong Learning Institute, which combines origami art, arithmetic, and imagination in a social learning environment. Join this fun and relaxing activity with your loved one in this unique class. Materials provided.
Aug 2 - Aug 16 (W) 1-2pm | R | \$45 for series

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. Learn to handle 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.
Aug 22-Sept 26 (T) 9:30-12:30pm | 6 week series | A | \$40

Visit The Kroll Resource Library (800) 900-8582
The Kroll Library is a comprehensive library with specially selected resources related to caregiver duties and chronic disease. Enjoy our tranquil environment as you relax and learn how to manage your health or the health of a loved one.

ADVOCACY

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

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.
Jul 12 (W) 1-2:30pm | Aug 15 (T) 6-7:30pm | 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 guidance for Medicare-eligible individuals. Assistance available for Supplemental Medigap, Medicare Advantage, Prescription Drug Benefits, 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
How does a reverse mortgage work? Who is eligible? Is it the right choice for you? Patrick Krull from Movement Mortgage will discuss how a reverse mortgage differs from a home equity loan.
Jul 13 (Th) 3-4pm | Oct 12 (Th) 3-4pm | R | NC

NEW How Medicare Works (805) 388-1952x100
Join us for a free workshop, facilitated by Valley Care IPA, to learn the facts about Medicare benefits and Healthcare Choices. Health plan representatives will be available to answer your questions.
Jul 18 (T) 6-8pm | R | NC

NEW How Do Public Benefits Screenings Help You? (805) 388-1952x100
This workshop facilitated by HICAP community educators will discuss the Medicare Savings Program and Medicare Part D Plans. Qualification screenings for Cal Fresh, Social Security Insurance, and other programs are also available.
Aug 25 (F) 1:30-3pm | R | NC

NEW Medicare Changes for 2018 (805) 388-1952x100
Health Insurance Counseling and Advocacy Program (HICAP) community educators will discuss 2018 changes for Medicare and explain options. Learn how to save money on healthcare and avoid late-enrollment fees.
Oct 6 (F) 1:30-3pm | R | NC

NEW Married, Divorced or Widowed: Social Security Marriage Benefits (805) 388-1952x100
Social Security benefits are available to spouses, ex-spouses and widows/widowers. Paul Norr, CFP, will assist with a plan to help you maximize lifetime benefits by coordinating programs. The discussion will include the effects of remarriage, mistakes to avoid, changing benefits and more.
Sept 27 (W) 6-7pm | R | \$20

SCREENINGS

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.
Sept 7 (Th) 9-10am | 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.
Aug 25 (F) 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 about resources that may help.
Sept 7 (Th) 9-10am | 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

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.
Aug 17 (Th) 1:30-3pm | A | \$10

Stroke Aware Screenings (805) 388-1952x100
Do you know your risk for a stroke? Community Memorial Hospital Staff will provide a mini stroke screening to check blood pressure and cardiac rhythm. Educational material provided.
Aug 7 (M) 12-3:30pm | A | NC

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

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 brings residents a variety of seasonal produce at no cost. Attendees may also receive health screenings. First come, first serve basis. Please bring your own bag.
Second Thursday of each month | 11am-1pm | Donations appreciated

BODY, MIND & STRENGTH

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

NEW 10 Habits To Add Vitality to Your Life! (805) 388-1952x100

Ishara Bailis, LCSW, MA, UCLA gerontologist, will explore healthy habits, simple practices and strategies for feeling your best at any age, Aug 14 (M) 1-2pm | R | NC

NEW Aging & Weight Gain Steven Tenenbaum, MD (805) 388-1952x100

Do you find it harder to lose those extra pounds? Clothes a little snugger than you'd like? Exercise and portion control aren't effective? Dr. Steven Tenenbaum will discuss factors that contribute to weight gain and how to avoid "Senior Spread". Aug 14 (M) 6-7pm | R | \$10

NEW Advances in Radiation Therapy (805) 388-1952x100

Oncologist Dr. Jonathan Abelson, Coastal Radiation Oncology Medical Group, will discuss radiation therapy advances in prostate, lung and breast cancer. New technology and paradigms make treatment more effective, safe and convenient. Oct 19 (Th) 6-7pm | R | \$10

NEW Biggest Threat to Middle-Aged Men (805) 388-1952x100

Research indicates lack of social engagement is bigger threat to middle-aged men than obesity, cancer or heart disease. Jesse S. Esqueda, Psy.D, with Engage Psychological Services, will discuss the health benefits of personal connections and making simple changes could add years to your life. Sept 20 (W) 6-7:30pm | R | \$10

NEW Cholesterol Health & Vitamin Supplements (805) 388-1952x100

Dietary supplements claiming to lower cholesterol abound. What really works? Rajinder K. Rai, Pharmacist at All Med Drugs & Compounding Pharmacy will discuss different medications and potential medication interactions. Bring old prescriptions for safe disposal. Oct 19 (Th) 11am-12pm | R | NC

NEW Colorectal Cancer: New Treatments & Insights (805) 388-1952x100

Colorectal cancer affects far too many men and women, making it the third most common cancer diagnosed each year. Oncologist Milcah Larks, MD, will discuss the substantial strides in reducing the onset of colorectal cancer through screening programs. Learn how innovative treatments may improve and prolong the lives of those who live with this disease. Sept 25 (M) 6-7:30pm | R | NC

NEW Diagnosis Cancer: Challenges for Friends & Family (805) 388-1952x100

A cancer diagnosis affects not only the patient, but also family members and friends. Fear of the unknown may prevent patients and family from engaging in clear, open communication. Cheryl Beatrice, MS, LMFT, will explore some of the most common challenges, and provide suggestions for relating to loved ones in order to foster mutually supportive relationships during this challenging time. Oct 9 (M) 6-7pm | R | \$10

NEW Don't Lose Sight...Diabetic Eye Health (805) 388-1952x100

Diabetes is the leading cause of poor vision and blindness in working adults. Dr. Amundsen will discuss proper eye care and the partnership between you, your medical doctor, diabetes educator, and eye care provider to safeguard your sight. Aug 17 (Th) 2-3pm | Sept 19 (T) | R | NC

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. Fun for all ages! (No experience needed, drums provided.) Jul 26 & Sept 27 (W) 6-7:15pm | R | \$10

NEW Everything You Should Know About Dental Implants (805) 388-1952x100

Dr. Scholler will discuss why it is important to replace missing teeth and new techniques that make this procedure faster, less invasive, painless, and less expensive! Aug 11 (F) 12-1pm | Sept 22 (F) 12-1pm | R | NC

NEW Foot & Ankle Arthritis Dr. Timothy Rearick, M.D. (805) 388-1952x100

Arthritis, by definition, is painful inflammation and stiffness of the joints, caused by a breakdown of smooth cartilage. This typically starts with the big toe, the mid-foot, and the hind-foot. Dr. Rearick will discuss arthritic conditions in the foot and ankle, plus surgical and non-surgical treatments to help keep you on your feet and moving! Jul 28 (F) 1-2:30pm | R | \$10

NEW Headaches, Migraines & Aneurysms (805) 388-1952x100

Five to ten percent of individuals may have an aneurysm that reveals no symptoms. Pacific Neuroscience Medical Group Neurologist Dr. Sutton will discuss the difference between a headache, migraine and aneurysm. Learn who may be at risk, what treatments are available and when you need to seek medical advice. Oct 12 (Th) 6-7:30pm | R | \$10

NEW Heart Disease Update: UCLA Speaker Series (805) 388-1952x100

Andre Akhondi, MD, UCLA cardiologist, will discuss structural heart disease including aortic valve stenosis with a Trans Catheter Valve Replacement (TAVR) intervention. Learn the testing and treatment options involved for patients with various forms of structural heart disease. Jul 20 (Th) 6-7:30pm | R | NC

NEW Memory Gymnastic Workshop Intro (805) 388-1952x100

Origami art therapy, designed for individuals of all ages with dementia and other neurological conditions, is a fun and creative way to enhance cognitive function. Origami Memory Gymnastics (OMG) is a curriculum of mental calisthenics created by Dr. Bi Jian Fan of the CSUCI Osher Lifelong Learning Institute, which combines origami art, arithmetic, and imagination in a social learning environment. Take part in this unique, relaxing activity with your loved one. Materials will be supplied. Jul 26 (W) 1-2pm | R | \$20 for series

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

Lisa Ball, LMT provides therapeutic massages. Swedish, deep tissue, rehabilitative, pregnancy, and lymphatic massage available. Tuesdays, Thursdays, Saturdays | A | 1 hr session: \$70 - 1 1/2 hr session \$85

NEW Now I am Wise: A New Conversation on Aging (805) 388-1952x100

Eileen Gold, M.A., will discuss the importance of honoring the process of aging and embracing the beauty of slowing down. This shift in age perception can be liberating and life-affirming, helping individuals understand aging can be joyous, full of wisdom, and good things. Oct 26 (Th) 5:30-7pm | 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. Third Wednesday of each month | 10am-1:30pm | 1/2-hr sess: \$25 | 1 hr sess: \$45

NEW Stress Release Workshop (805) 388-1952x100

Imagine a non-invasive, no-cost means to alleviate fatigue, illness, and insomnia while improving long and short-term memory and increasing productivity. Eileen Gold, M.A., Owner of Paraclete Elder Care Services and Certified Stress Reduction Trainer will help you to access intuitive guidance and gain the capacity to walk through life's events. Aug 10 (Th) 2-3:30pm | R | \$10

NEW Vitamins, Supplements & Heart Health (805) 388-1952x100

CoQ10 is an essential, naturally-occurring antioxidant which supports the entire cardiovascular system. The body's natural production of CoQ10 diminishes as we age, which may require the use of supplements. Rajinder K. Rai, Pharmacist from All Med Drugs Compounding will discuss natural CoQ10, as well as CoQ10 supplements - how much is enough and interactions with other medications. Bring old prescriptions for safe disposal. Aug 23 (W) 11am-12pm | R | NC

NEW What Does Your Handwriting Say About You? (805) 388-1952x100

What does your handwriting reveal? What would you like to learn about others? This two-part workshop will discuss how to discover personality traits, emotions and thoughts by examining handwriting. Learn basic tools that handwriting experts use to analyze cursive writing. Linda Miller, Ch.T. is a certified handwriting expert. Jul 26 & Aug 9 (W) 6-7pm | R | \$40

EVIDENCE-BASED PROGRAMS

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

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 Arneil Ranch Park on Sweetwater Avenue in Camarillo.

Aug 7-Sept 18 (M-W-F) 9:30-10:30am | R | C

Chronic Pain Self-Management Program (CPSMP) (805) 388-1952x100

CPSMP is a 6-week series designed to teach practical skills for managing chronic pain in order 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.

Sept 20-Oct 25 (W) 9-11:30am | R | 40

Healthier Living (805) 388-1952x100

Do you have a chronic health condition 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.

Aug 14-Sept 25 (M) 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, preventing complications, and exercises specifically designed to help effectively manage your disease. Space is limited.

Aug 17-Sept 21 (Th) 2:30-4:30pm | 6 week series | R | NC

Diabetes Self-Management Program (DSMP) (805) 388-1952x100

An award-winning diabetes series, based on research conducted at Stanford University, 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 to a happier, healthier life.

Please call for date of next session.

Matter of Balance (800) 900-8582

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

Jul 26-Sept 13 (W) 2-4pm | 8 week series | R | NC

UCLA Memory Training (805) 388-1952x100

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

Aug 1-22 (T) 9:30-11:30am | 4 week series | R | \$40

Oct 11-Nov 1 (W) 10am-12pm | 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 Samantha Carnell, MSW (800) 900-8582

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

Nar-Anon Family Groups Carri (805) 479-8415

Thursdays 7-8pm

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 Robin (805) 701-9467

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

Babysitting 101 - Become More Qualified (805) 388-1952x100

Teens and tweens learn to care for children of all ages and to handle emergencies in preparation for becoming the best sitter on the block! Certificate is available upon completion.

Jul 24 (M) 6:30pm | Oct 23 (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.

Sept 18 (M) 5:30-9:30pm | Oct 2 (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 to advance babysitting skills. American Heart Association certificate is available upon completion of class. Jose Godinez, Certified Instructor.

Jul 10 (M) 5:30-8pm | Aug 7 (M) 5:30-8pm | R | \$45 | Materials \$15

NEW Personal Safety at Home (805) 388-1952x100

The news is full of frightening stories and yet personal violence is at its lowest level in 30 years. Senior Deputy Virginia Tinoco will go over what you can do to be safe while at home and tips to keep your home secure while you are away.

Jul 18 (T) 6-7pm | R | NC

FITNESS

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 placed on a wait list.

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 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.

Mon & Thu 5:45-6:45pm | Saturday 8:15-9:15am | R

Single class \$8 | 5 classes \$30 | 10 class \$50

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

Seated & Standing Beginning Ta'i Chi Chih® (805) 388-1952x100

Trouble standing? Wheelchair bound? This Seated and 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.

Aug 23-Oct 18 (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 four-week series.

Oct 25 -Nov 15 (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. First Tuesday of every month class includes a light aerobic walking session.

Tue 9-10am | single class \$10 | 10 classes \$80 | R

FALL PREVENTION

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..

Jul 26-Sept 13 (W) 2-4pm | 8 week series | R | NC

Seated & Standing Beginning Ta'i Chi Chih® (805) 388-1952x100

Trouble standing? Wheelchair bound? This Seated and 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.

Aug 23-Oct 18 (W) 5-6:15pm | 9 week series | R | \$90

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-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

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

Custom Care Consultations (800) 900-8582

Create 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.)

Lions Den for sports watching and card playing

GenerationUs pairs volunteers of all ages for interactive fun

Pet, Music, & Art Therapy

Ourmazdi Brain Fitness

Brain-Strengthening Programs & Computer Time
Dakim Brain Fitness is an interactive computer program that provides cognitive "exercise" to retain and strengthen memory and language abilities in older adults.

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 families

Imaginarium Wii, Skype and Facetime

Transportation available

ASK US

About a Complimentary Half-Day

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