

# Healthy ATTITUDES

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SPRING 2016

Camarillo Health Care District QUARTERLY MAGAZINE

## INSIDE



INTERVIEW WITH FORMER  
**FIRST LADY**  
Rosalynn Carter



# A MESSAGE FROM

KARA RALSTON, CHIEF EXECUTIVE OFFICER



"And it is still  
true, no matter  
how old you  
are-when you  
go out into  
the world, it is  
best to hold  
hands and stick  
together."

—Robert Fulgham,  
author,  
"All I Really Need to  
Know I Learned in  
Kindergarten"

I'm hoping you read the quote in the sidebar...because it's true. Everything **IS** better together...burdens are lifted when shared, fears can lessen when shared, and love grows when shared. That philosophy of "holding hands and sticking together" describes a foundational element of our Wellness & Caregiver Center of Ventura County.

The number of people in the US who are or have recently been caregivers for a family member are staggering. According to the *2015 AARP Caregiving in The U.S. Report*, nearly 43.5 million Americans were caregivers to someone in the immediate 12 months prior to their study. And the demographic results continue to amaze:

- 6 of 10 caregivers are female
- Caregiver average age is 49.2
- More than 60% in the study were White...20% were Hispanic
- More than 36% of the caregivers have a high-school education or less

In light of the rapidly growing caregiver issues surrounding this large segment of our population, we are so honored to share in this *Healthy Attitudes*, an exclusive interview with Mrs. Rosalynn Carter, former First Lady, and President of the Rosalynn Carter Institute on Caregiving (RCI). With a mission of establishing local, state, national, and international partnerships "committed to building quality, long-term, home and community-based services...[by]...providing caregivers with effective supports to promote caregiver health, skills and resilience", the RCI is an essential advocate for caregivers everywhere.

The District is very proud to be an RCI REACH (*Resources Enhancing Alzheimer's Caregiver Health*) provider in Ventura County. RCI REACH 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. The trained, certified and professional staff of the District are available to assist you.

Please let us know how we can be part of your life.

*Kara*

\*National Alliance for Caregiving, AARP Public Policy Institute, 2015 Caregiving In The U.S.

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## District Trustees Receive Top Honors

**Rodger "Rod" Brown, MBA**, President of the Board of Directors of the Camarillo Health Care District (District), was awarded **Director of the Year** by the Ventura County Special District Association (VCSDA) at its recent annual meeting. Mr. Brown's service to the District includes his elected position as Director, and extends 15 years prior to his election, as he served on the District's Finance and Investment Committee and Community Advisory Panel.

**Scott Packham, DDS** will be honored as **Oral Health Specialist of the Year** by the Ventura County Medical Resource Foundation (VCMRF) at the 23rd annual awards ceremony, which recognizes exceptional individuals for the work they do for clients and patients. In addition to his Camarillo dental practice, and serving on the District's Board of Directors, Dr. Packham and his dental team annually return to the orphanages in Romania to provide free dental services.

## District Receives Allied Health Partner Award

The Camarillo Health Care District has been selected as Ventura County's **Allied Health Partner**, by the Ventura County Medical Resource Foundation (VCMRF), and will be honored at their 23rd annual awards ceremony in recognition of the District's exceptional work toward bringing innovative solutions and partnerships to issues of care transitions from hospital to home, caregiving and overall patient empowerment and care management. *Congratulations to the entire team of the Camarillo Health Care District for the relentless pursuit of excellence, education and empowerment!* @changing\_aging #letsdothis

## District Receives \$10,000 SCAN Foundation Grant

Supported by a grant from The SCAN Foundation, the Camarillo Health Care District (District) is leading Ventura County participation in a statewide initiative called the Community of Constituents in California, to transform the system of care so that Californians can age with dignity, choice and independence. The District is partnering with the Hospital to Home Alliance, a unique body of hospitals, home health, and community-based organizations coming together to improve Ventura County patient health outcomes.

## Community Donors Support Award-Winning Adult Day Center

**Community Garden Sponsor:** David Beymer honored his parents, Janet & Ellis Beymer, by sponsoring \$5,000 to establish a Community Garden for the Center. The garden will provide hours of enjoyment at the Center. *Thank you, Mr. Beymer!*

**Herb Garden Sponsor:** Siblings John Gamble, Nancy Nguyen, Daniel Gamble and Thomas Gamble have sponsored \$5,000 to establish an herb garden in the Center honoring their parents, Don and Pat Gamble. Thank you, Gamble Family!

**Celebration Sponsor:** Thank you, Coastline Care Solutions for your \$2,500 Celebration Sponsorship in the Center. "Birthdays should be celebrated every year whether it's your 1st or 91st!" says Mary Ann Ratto, the Center's Director.



## ON THE COVER

INTERVIEW WITH  
"First Lady of Caregiving"  
Former First Lady Rosalynn Carter

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# First of Care

**You are highly-respected as the “First Lady of Caregiving”. Please share with us how that “title” came about, and what it means to you.**

I have been closely associated with caregiving for most of my life. I grew up in a caregiving household. My father was diagnosed with leukemia when I was twelve, and he died within a few months. Less than a year after my father died, my grandmother passed away unexpectedly, and my grandfather came to live with us. My mother cared for him at home for the next 25 years until he died at age 95. During the last few years of his life, he was bedridden and totally depended on her, me, and other family members, as well as neighbors and friends, for all his needs.

When Jimmy became governor of Georgia in 1971, after hearing from so many families struggling to care for loved ones living with mental illnesses, I adopted mental health as a cause and have been involved ever since. After we left the White House, Jimmy and I founded The Carter Center, and I established a program there to carry on my mental health work.

In 1987, I was honored by my alma mater, Georgia Southwestern College, which received a small endowment to start a program in my name. Since I already had a mental health program at The Carter Center, we decided to focus our efforts on helping those who were caring for people living with mental illnesses, and the Rosalynn Carter Institute (RCI) was born. We quickly expanded our mission to encompass all family and professional caregivers for those with chronic illness or disability across the lifespan.

I am proud of the RCI's accomplishments and humbled to be recognized for those efforts. My early vision of a way to help caregivers has now expanded into an international institution dedicated to education, research, service, and advocacy for caregivers.

If I am known as the “first lady of caregiving,” I would say it is because we have been working on this issue for so long and were one of the first organizations to focus attention on caregiver needs.

**In our Kroll Caregiver Resource Library, we have your book “Helping Yourself Help Others.” In it you write, “Caregivers give so much of themselves and sometimes receive very little in return.” What is the most important advice you offer to family caregivers on how to take of themselves?**

The person you care for benefits from your presence if you are available in a nurturing, loving, and supportive manner. You can offer this only if you provide yourself with the same nurturing and support. The healthiest way to care for another is to care for yourself first. So, we urge caregivers need to keep their health care appointments, get enough rest, eat nourishing meals, and allow others to help and provide respite.

**I understand that the Rosalynn Carter Institute’s (RCI) goal is to increase the use of “science that works” to support family caregivers. Since the District is an RCI REACH site, can you tell our readers why this is important?**

At the Rosalynn Carter Institute, our goal is to use caregiver support programs that have been proven to be measurably effective. With RCI's REACH program, for example, we have tracked hundreds of participants and actually charted how the program has benefitted them. We know that after completing RCI REACH, caregivers will see an improvement in their health and self-efficacy as well as reduced feelings of burden, stress, and depression. And we've learned that this program is particularly beneficial for caregivers for those with dementia.

**From the perspective of RCI, what family caregiver trends are taking place?**

I am pleased that caregivers are receiving more recognition and attention these days. And that is so important. Most people do not realize just how valuable family caregivers are. They are the backbone of the health care system in this country. The population of Americans over 65 is increasing dramatically, which translates to rising demands on families to provide care for their loved ones.

We know that older age can be accompanied with disabilities and chronic illnesses. The average senior today will spend two or more of their final years disabled enough to need someone to help with routine activities of daily living because of chronic illness.

RCI educates people about how to be effective problem solvers and how to manage their stress to help them lead happier lives while being the best caregivers they can be.



# Lady giving



[www.rosalynncarter.org](http://www.rosalynncarter.org)

## In the rapidly changing world of Caregiver Policy, what do you see on the horizon for family caregivers?

A key function the RCI fulfills is advocating for caregivers with policy makers. For almost 30 years now, we have worked to raise awareness of the importance of caregivers and the challenges they face, and to promote policy changes favorable to their circumstances. In order to perform what for many is a very difficult job, caregivers need training, guidance, knowledge, and access to programs available to assist them. Without these supports, individuals can be subject to overwhelming stress, financial hardship, and interpersonal conflicts that put their health at risk. We need legislators at all levels of government to do whatever they can to make life easier for our caregivers.

We are facing a caregiving crisis in the U.S. With smaller families more widely disbursed, it is harder for family members to provide the long term, home

based care that may be needed. Below are our recommendations for addressing this crisis:

- Involvement of national leadership. We recommend that a National Quality of Caregiving Task Force be formed by the Office of the President. This task force should be culturally diverse and include government and private sector leaders.
- Educate the public. We must help caregivers self-identify and recognize the importance of seeking assistance to protect their own health and well-being. When their health deteriorates, the quality of care they can give the care recipient is diminished.
- Assure that caregivers receive evidence-based and culturally appropriate support programs or services that target their identified needs. The term, "evidence-based" means "tested or proven in science". We believe that evidence-based caregiver programs have the greatest chance of improving the health and well-being of caregivers.

- Support the translation of evidence-based caregiver programs into community settings. We cannot afford for "proven" or "scientific" programs to sit on a shelf—they must be adopted by community agencies where caregivers can access them.
- Preserve family caregiving through tax and public policy changes. We recommend that a tax credit be offered to help family members offset caregiving-related costs associated with providing long-term care to their aging family members.
- Advocate for sustainable funding streams. We recommend increasing funding for The National Family Caregiving Support Program (established in 2000 as an amendment to the federal Older Americans Act of 1965) which has provided valuable funding for community agencies to offer services and programs to support family caregivers.

*The RCI has issued two policy papers. Both of these papers can be located at [http://www.rosalynncarter.org/caregiving\\_crisis/](http://www.rosalynncarter.org/caregiving_crisis/).*

## Why do you feel it is important to identify with the role of caregiver?


*When Helping Yourself Help Others* was published, I traveled around the country to promote it. This was very difficult when we began our work. I was surprised by how many people purchased the book for their loved ones who were *receiving* care; not for themselves, the ones who were *providing* care. They didn't seem to understand how important their contributions were, that I was speaking to them. They were entitled to get help, too. Over time, with things changing so much, women working, etc., it has become better accepted.

We still need a national awareness campaign to recognize the caregiver role and its value to individuals, families and society as a whole. People will seek out help in areas that they believe relate to them and their situation, so those who don't identify as caregivers will not take advantage of the resources that are available to assist them.

## What has been the most rewarding aspect of working to further education and resources for caregivers?

Being able to help others by bringing recognition to the role of caregiving is very rewarding. So is empowering caregivers to remain healthy in their valuable role serving the ones they love.

## What do you do for fun?

I love to read. At home, Jimmy and I enjoy long walks together on our farms. I love fly-fishing. Jimmy and I were recently in Argentina fishing with a group of long-time friends. Perhaps my favorite past time is getting together with family. We have 22 grandchildren, including 10 great grandchildren, and most of them live in the Atlanta area. We get together almost every month and have a wonderful time. 

# No One Told Me It Would Be Like This



As with most things, there are good ways to be a caregiver, better ways, easier ways, and sadly, bad ways. The nationally-recognized Wellness & Caregiver Center of Ventura County (Center) seeks to enhance the quality of life for caregivers and their loved ones by offering a quarterly educational series titled “Tools for Caregiving.” This particular series is intentionally designed for family caregivers, and presents credentialed community experts who discuss a broad range of topics over six weeks, equipping family caregivers with the tools required to improve quality of care, reduce their own stress level, and help family members thrive at home longer. The series notebook that participants take home remains useful long after for quick reference at home.


By creating an educational basis and support system for family caregivers, nursing home placement can be reduced or delayed, and as such can be a more cost effective alternative, according to a 2015 study by the National Alliance for Caregiving (NAC). Additionally, the kind of education and network provided by

## “Tools for Caregiving” can help decrease stress and depression levels.

Statistics directly from the District show that caregivers who attended “Tools for Caregiving” reported, on average, a 19% decrease in their stress levels after attending the class, as measured by the Zarit Caregiver Burden Scale, which is a pre and post series measuring tool.

The backbone of America’s long-term, home, and community-based care system is the family caregiver. As a family caregiver struggles with stress, depression and lack of preventive health maintenance for

themselves, the entire healthcare system becomes compromised as the level of care for the patient decreases. Not only are family caregivers prone to unreasonable stress and depression, they are also at increased risk for health, emotional, financial, and work-related problems, according to the NAC.

When assuming the role of caregiver, for all of the right and noble reasons, it is important not to overlook what can also be resulting emotional hardship, physical stress, and social isolation. In candid recognition of that reality, very good programs have been developed that include training, coping, support and education. We would encourage you, or your friends in the caregiving role, to come visit the Center, make an appointment or just drop in. You’ll be relieved to find these great services here in Ventura County. 

## “Tools for Caregiving” Series

**Tuesdays, July 12 - August 16, 9:00-11:30am, \$40**  
**Register Today! (805) 388-1952 ext. 100**

Topics include:

- Understanding dementia
- Normal aging and decline versus disease
- Communications and managing difficult behavior
- Long-term care options and how to select the right facility
- Technology for caregivers and family
- Legal and financial issues
- Hygiene, personal care and medication management
- End-of-life issues and hospice care
- Understanding caregiver burnout and ways to reduce stress

Onsite Respite Care available at no charge...Current TB Test and advance arrangement necessary.



# askus

*I've been caring for my loved one for many years. People say take a break. That's easy for them to say... what does it even mean? How do I trust someone to care for him the way I do?*


**ANSWER:** As hard as it is to take time away, caregiving requires so much physically and emotionally that regular breaks are critical in taking proper care of yourself. And yes, it is pretty easy to say "take a break," but your friends are well-meaning, and they're right! Reading that probably just raised your stress level, but I assure you we understand where you're coming from. In order to leave (take a break), you may have a long list of things to do...get medications ready, prepare food, make sure your loved one has had a bath, bathroom break and is dressed. By the time it's time for your break, you're exhausted from the preparation!

There is hope, and there is help. The most difficult step is the first one, in trusting help from friends, family, or other professional services and programs. You will want to evaluate friends and family, and that is appropriate to do. Some wouldn't trust anyone except another family member, and others wouldn't allow another family member to even come in the house. That's neither right nor wrong...it simply needs to be recognized so that there is not added stress. You, the caregiver, get to make the choices. There are also professional caregiving services and programs that can help bridge those needs, with highly trained and sensitive staff.

You asked what a "break" even means. I appreciate that question, and here are some "breaks" we've heard from our experience with caregivers:

- Keeping a medical appointment for yourself, and other preventive or health maintenance appointments (don't postpone those!)
- Getting the car serviced, going to the bank, getting a haircut, or other ordinary activities of daily living
- Catching up with friends, or seeing a movie, exercising, taking a walk
- And our favorites...just having "alone" time, take a nap, take a bath, garden, sit in the sun

It's a beautiful labor of love to be a caregiver. You're very strong and courageous, and we applaud you. You can get through this, and it's better together!

For more information about District services to reduce caregiver stress, please see page 11. For voucher for Respite Care, please see back cover. For the Wellness & Caregiver Center of Ventura County, please call (800) 900-8582. 



## Caregiver Burnout

**By Mary Ann Ratto, CSA**  
Director, Adult Day Center  
maryannr@camhealth.com  
(805) 388-1952 ext 111

## 10 Symptoms of Caregiver Stress

Source: Alzheimer's Association

- 1 Denial about the disease and its effect on the person who has been diagnosed.
- 2 Anger at the person or frustration that he or she can't do the things they used to be able to do.
- 3 Social withdrawal from friends and activities that used to make you feel good.
- 4 Anxiety about the future and facing another day.
- 5 Depression that breaks your spirit and affects your ability to cope.
- 6 Exhaustion that makes it nearly impossible to complete necessary daily tasks.
- 7 Sleeplessness caused by a never-ending list of concerns.
- 8 Irritability that leads to moodiness and triggers negative responses and actions.
- 9 Lack of concentration that makes it difficult to perform familiar tasks.
- 10 Health problems that begin to take a mental and physical toll.

If you experience any of these signs of stress on a regular basis, make time to talk to your doctor.

# Thank You for letting us shine

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CAMARILLO HEALTH CARE DISTRICT

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## Internet

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

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805-388-1952, Extension 100

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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

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May 9 (M) 6-7:30 | R | \$20

### NEW Guided Imagery Hypnotherapy (805) 218-5793x100

Danette Banyai, Certified Hypnotherapist, will guide you with imagery to help you find your way through whatever it is that causes you discomfort and prevents you from peace in your life. Experience support for mental, emotional, and physical health.

Please call for appointment. 1 hour sessions: \$50

### Mindfulness for Veterans (805) 388-1952x100

Mindfulness for Veterans is a core skills training for self-mastery. Designed to enhance awareness, compassion, attentiveness, responsiveness, and serenity.

Every Tuesday 6-8pm | NC | Drop-ins are welcome.

### NEW Relax with Reiki (805) 388-1952x100

Bea Lutterbeck, RN, Reiki Master Teacher

Reiki is a safe and gentle energy therapy that helps restore balance to body, mind, and spirit. With a light touch of the hand, Reiki elicits the "relaxation response" to help relieve stress, anxiety, and aches, support the immune system, and improve sleep.

Mondays 9am-6pm | A | Sessions are 1 hour | \$70

### NEW Mindfulness For Everyone (805) 388-1952x100

This series is beginner friendly and welcomes all ages to the benefits of a mindful way of life. Danette Banyai, CHT guides you toward serenity in this busy world.

Take 1 or enjoy all 5! Discounts available for multiple class registrations.

#### Part 1: Learning a Deeper Focus

Mindful focusing can give freshness to your life by bringing awareness to the everyday miracles of ordinary experiences. Take a fully conscious breath!

May 19 (Th) 6:30-8pm | R | \$20

#### Part 2: Being Present

We're looking so far ahead to the next thing, we often miss what's going on in the present. Mindfulness brings you more fully into the flow of the here and now.

May 26 (Th) 6:30-8pm | R | \$20

#### Part 3: A Sense of Peace

The simple practices of mindfulness are a proven way to ease stress. Anyone can learn skills for tranquility. Align your mind with your heart.

June 2 (Th) 6:30-8pm | R | \$20

#### Part 4: Finding Purpose

It is so easy to get lost in the chaos of life. Mindfulness helps you remember the real meaning of your own journey.

Jun 9 (Th) 6:30-8pm | R | \$20

#### Part 5: Aligning Mindfulness In Your Life

Brock Travis, PhD. helps you bring mindfulness into your own lifestyle, vocation, and relationships with inspirations, fulfillment, kindness and wisdom.

Jun 16 (Th) 6:30-8pm | R | \$20

## SAFETY &amp; FIRST AID

### NEW Babysitting Clinic 101 (805) 388-1952x100

Teens and tweens can learn to care for children of all ages and learn how to handle emergencies in preparation for being the best sitter on the block!

May 16 (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.

Apr 25, Jun 27, Jul 11 (M) 5:30-9:30pm | R | \$65 | Materials \$15

### 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. Provided by Jose Godinez, Certified Instructor.

May 23 (M) 5:30-8pm | R | \$45 | Materials \$15

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

## 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.  
May 19 (Th) 1-2pm | R | \$10

**NEW Consider the Conversation** Dr. Lanyard Dial, LMVNA (805) 388-1952x100  
An inspiring documentary film that examines how 21st century Americans live at the end of their lives. The film includes personal accounts from patients, family members, doctors, clergy and national experts on the physical, social and emotional issues related to dying.  
May 11 (W) 6:30-8pm | R | NC

**NEW Consider the Conversation Part 2- Directives & Dignity** (805) 388-1952x100  
Teri Helton from Livingston Memorial Visiting Nurse Association will discuss how to preserve dignity and provide peace of mind for you and your family. This interactive workshop is designed to facilitate conversation, when those you care about need you the most.  
Jun 1 (W) 6:30-8pm | R | NC

**Cyber Security: Who Has Eyes On You?** (805) 388-1952x100  
How knowledgeable are you about information shared on social media? How can posted photos be traced to the exact coordinates in your own home, with dates and times? Learn how to safely share. Discussion will include credit cards, passwords and best practices to help prevent identity theft.  
Apr 25 (M) 6-7pm | R | NC

**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.  
First Friday, Second & Fourth Tuesday of each month | A | 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.  
May 18 (W) 1:30-2:30pm | R | NC

**NEW Protect Yourself from Fraud Medicare Benefits** (805) 388-1952x100  
Health Insurance Counseling and Advocacy Program (HICAP) community educators will present free fraud preventative services.  
Apr 29 (F) 1:30-3pm | R | NC

**NEW Orange, Tan & Colored Letters from Social Security** (805) 388-1952x100  
HICAP community educators will explain the colors on the upcoming Medicare mailings and how to coordinate benefits with one's spouse, including divorced and survivor benefits.  
Jun 24 (F) 1:30-3pm | R | NC

**Taking Care of Tomorrow: Long-Term Care** (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.  
Third Tuesday of each month 10am-1pm | A | NC

**What Happens If I Don't Die?** Christopher P. Young, Attorney (805) 388-1952x100  
What happens when you don't die, but can no longer manage your own affairs due to health issues? What are your rights? Who will take care of you?  
Apr 11 (M) 6-7:30pm | R | \$10

## 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** Barbara (805) 558-2553  
Tuesday | 7:15-8:15pm

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

**Caregiver Support Group** Martha Shapiro, LCSW (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** Meg (805) 482-9623  
Monday 6-7pm | Thursday 5:30-6:30pm | Saturday 8:45-9:45am

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

**Life After Caregiving** Martha Shapiro, LCSW (800) 900-8582  
First Friday of each month 9:30-10:30am

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

**Parkinson's Disease Support Group** Art (805) 482-6382  
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



## EVIDENCED 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 Arneill Ranch Park (Sweetwater Ave.) No meeting Memorial Day or July 4th.  
May 23-Jul 6 (M-W-F) 9:30-10:30am | R | NC

**Healthier Living** (805) 388-1952x100

Do you have a chronic health concern or care for someone who does? This award-winning, Chronic Disease Self-Management Program (CDSMP) is based on research conducted at Stanford University. Take your first step to manage ongoing health conditions, with easy methods to reduce fatigue, anxiety, sleep loss and ensure a happier, healthier life.  
May 3-Jun 7 (T) 1:30-4pm | 6 week series | R | \$40

**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. 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** (800) 900-8582

Have you fallen? Are you worried about falling? Join us to learn that falls are controllable, discuss techniques to reduce concerns, and set goals for increasing activity.  
Apr 28-Jun 16 (Th) 2-4pm | 8 week series | R | NC

**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.  
Apr 6-27 (W) 10am-12pm | R | \$40

## SCREENINGS

**Dental Screening** Eric S. Yum, DDS (805) 388-1952x100

Come and have a dental consultation and get answers to your questions.  
Jul 20 (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.  
May 19 (Th) 9am-12pm | A | \$10

**Family Immunizations / TB Test** (805) 988-2865

Program hosted in cooperation with St. John's Regional Medical Center.  
Apr 12 (T) 3-5pm | May 10 (T) 3-5pm | Jun 14 (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.  
Apr 4 (M) 12-3:30pm | A | NC

**Hearing Screening** Lance Nelson, AuD (805) 388-1952x100

Do you say "what" more than you should? Do you hear better in one ear than the other? It may be time for a hearing screening. No cleaning available.  
Second Thursday of each month | 10:30-11:30am | A | \$10

**Memory Screening Day at the District** (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  
May 19 (Th) 1-2pm | A | \$10

**NEW Skin Cancer Screening** St. John's Dignity Health (805) 388-1952x100

Have you noticed any new, changing, itching, or bleeding moles, growths, or lesions? In the early stages of skin cancer development you are the best observer of any changes. Early detection is your best defense for treatment.  
Apr 20 (W) 10am-1pm | R | NC

**NEW Vision Screening** (805) 388-1952x100

Has your vision changed over the years, making everyday tasks more difficult? Dr. Michael Freeland, OD will check your visual acuity and check for glaucoma.  
May 6 (F) 2-3pm | A | \$10

## FALL PREVENTION

**NEW Check Your Balance**

Have an expert assess your balance and give you tips for ways to keep you on your toes.  
Apr 26 (T) 10-11:30am | R | \$10

**NEW Happy Feet** (805) 388-1952x100

All too often foot health is taken for granted. Learn essential tips in this interactive presentation that will help to keep your feet strong and healthy, read your own footprints to decrease pain, and increase balance.  
May 24 (T) 1-2:30pm | R | \$10

**Matter of Balance** (800) 900-8582

Have you fallen? Are you worried about falling? Join us to learn that falls are controllable, to discuss techniques to reduce concerns, and to set goals for increasing activity.  
Apr 28-Jun 16 (Th) 2-4pm | 8 week series | R | NC

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

This series will strengthen core muscles without impacting joints to improve strength, balance, energy and range of motion.  
Apr 13-Jun 8 (W) 5-6:15pm | 9 week series | R | \$90

## FITNESS

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

### **NEW 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 Dance Party Thursday** Brenda Sullivan, Instructor (805) 388-1952x100

A 4 week progressive dance class is designed to teach you the style of video and commercial dancing in an energizing cardio workout to jump start your day.

Thursdays 7:00am | Single class \$15 | 4 classes \$50 | R

### **NEW 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 music.

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

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

### **NEW Mat Pilates with Aromatherapy** (805) 388-1952x100

Brenda Sullivan, Instructor

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

### **Mommy, Me & The Deep Blue Sea Yoga** (805) 388-1952x100

Valerie Pike, Instructor

Introduce your child to the joy of Yoga while taking cues from the ocean. Children build a sense of accomplishment with every pose. Fun interactive yoga class will have them building a strong, flexible body and mind. Ages 3-6 years of age.

Thursdays | 10-11am | R | \$8

### **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 show you how to relax, stretch and focus on your inner-self while also improving balance and peace of mind, challenging yourself physically and spiritually. All ages are welcome to attend.

Apr 13-Jun 8 (W) 5-6:15pm | 9 week series | R | \$90

### **Yoga-Gentle** Mikal Rogers, Instructor (805) 388-1952x100

Health benefits include improved flexibility, muscle tone, and stress alleviation. On the First Tuesday of every month the class will include a light walking aerobic session.

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

**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 to make a reservation.

### **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** Martha Shapiro, LCSW (800) 900-8582

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

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

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

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

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

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

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

### **Memory Café** (800) 900-8582

A gathering for people affected by dementia, along with their families and caregivers.

May 14 (S) 11-12:30pm | Registration required | NC

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

Caring for a loved one can be overwhelming. In this series, learn from experts about the physical and emotional aspects of caregiving and the tools required to fulfill this demanding role, including legal issues, personal care, stress management and more.

Worried about care for your loved one while you are in class? Ask about free respite care.

Apr 12-May 17 (T) 1-3:30pm | Jul 12-Aug 16 (T) 9-11:30

6 week series | A | \$40

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

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

## BODY, MIND & STRENGTH

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

### Counseling for Life's Transitions

(800) 900-8582

Has a parent moved in with you? Looking to have better communication with your spouse? If you are having trouble managing life's transitions, short term goal-oriented counseling will help you learn the coping skills to realize your own resilience.

Call for appointment | 50 minute appointment | A | \$50

### Dealing with Neuropathy Pain

Michael Veselak, DC

(805) 388-1952x100

Those that suffer from peripheral neuropathy know that the pain, tingling, and numbness in extremities are part of daily life, or are they? What causes this? Discussion will explore diet, nutrition, and new at-home remedies.

Jun 1 (W) 12-1pm | R | NC

### Drumming For Health

Brad Anderson

(805) 388-1952x100

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

Apr 27 | May 25 | Jun 22 (W) 6-7:15pm | R | \$10

### Everything You Should Know About Dental Implants

(805) 388-1952x100

Times have definitely changed for dental implants! Dr. Scholler will discuss why it is important to replace missing teeth and the new techniques that make this procedure faster, less invasive, painless, and best of all, less expensive!

Apr 29 (F) 12-1pm | R | NC

### Facials & Body Treatments

Viviana Beltran, Esthetician

(805) 388-1952x100

Enjoy a customized facial, or choose from a variety of spa services including hydrating, AGE Smart, microdermabrasion or acne facial plus body waxing and aromatherapy massages.

Mondays, Wednesdays, and Fridays by appointment | A | Call for prices on body services 30 minute facial \$45 | 60 minute \$75

### NEW Genetics 23 & Me Testing

Michael Veselak, DC

(805) 388-1952x100

Your body comes with a complete set of instructions...through your DNA. What are you looking for? Can the clinical outcome change? Learn how the testing works and how you can influence your genes. Nutrigenomics is the medicine of the 21st century.

May 18 (W) 6-7pm | R | NC

### NEW Leg Veins, Ultrasound Screening & Results!

(805) 388-1952x100

Dr. Haimesh Shah

Leg cramps, swelling, aching and burning are all signs of poor vein circulation. Receive an ultrasound screening with instant results. Dr. Shah will discuss new treatments and the latest technology in venous disease with cosmetic benefits.

Treatments are minimally invasive with virtually no down time and have you ready for summer! Please wear loose fitting pant legs for ultrasound screening.

May 11 (W) 1-3pm | May 26 (Th) 6-8pm | Jul 28 (Th) 6-8 | R | \$10

### NEW Managing Urinary Tract Infections & Dehydration

(805) 388-1952x100

Learn techniques to prevent UTIs and the importance of adequate hydration.

May 3 (T) 10-11:30am | R | \$10

### Massage: Swedish, Pregnancy & Deep Tissue Release Therapy

(805) 298-3202

Lisa Ball, LMT has over 20 years of experience providing therapeutic massages to ease the pain of scar tissue, and sports related issues. Her expertise extends to Swedish massage, deep tissue, and rehabilitative massage, pregnancy massage, and lymphatic massages.

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

### NEW Mirror, Mirror On The Wall...

Dr. Daniel G. Kolder

(805) 388-1952x100

Say goodbye to the daily night creams and say hello to a facial rejuvenation! Dr. Daniel G. Kolder discusses upgrading your facial appearance during act three of your lifetime.

Following the presentation will be a Q & A, so don't be shy!

May 17 (T) 6-7:30pm | R | \$10

### NEW Osteoporosis & Bone Density Screening with Results!

(805) 388-1952x100

Would you like to find out if you are at risk of osteoporosis? St. John's Regional Medical Center will provide free bone density screenings, provide your results and explain how to prevent osteoporosis.

Apr 13 (W) 1:30-3pm | Jul 20 (W) 1:30-3pm | R | NC

### NEW Pain & Co-existing Disorders

Dr. Joseph Cabaret

(805) 388-1952x100

Humans are complex. We are physical, mental, emotional, social and spiritual creatures. Pain must be understood within this context in order to treat effectively. Learn how thoughts, emotions, urges and reactions interface with the experience of pain and begin the journey of hope that leads to freedom from suffering.

Jun 22 (W) 6:30-7:30pm | R | \$10

### Reflexology

Jane Ivey, Board Certified Reflexologist

(805) 388-1952x100

Discover the art of manipulating reflex points on ears, hands, and feet for deep relaxation.

First Wednesday of each month | 10am-1:30pm | A

1/2-hour session: \$25 | 1 hour session: \$45

### The Aging Brain

Michael Veselak, DC

(805) 388-1952x100

Discussion will focus on causes of brain inflammation, how to recognize the changes and how to improve this process. Learn how to perform your own neurological exam and slow down the degenerative and aging process.

Apr 20 (W) 6-7pm | Jun 29 (W) 6-7pm | NC

### NEW Thyroid Secrets, Energy & Weight Loss

(805) 388-1952x100

Fatigue, difficulty losing weight? Dr. Steven Tenenbaum, author of Thyroid Secrets for Youthful Energy and Metabolism will discuss the testing and treatment for age-related decline in thyroid function and disease. If thyroid medication is not making you feel better, find out why and what can help get you living your best life.

May 24 (T) 6:30-7:30pm | R | \$10

### NEW Treatment and Prevention of Strokes

(805) 388-1952x100

Dr. Muhammad Taqi, Neurologist

Suffering a stroke is the most common cause of disability and the fourth most common cause of death in the United States. Strokes are preventable, treatable and beatable. This presentation will discuss prevention and the advancement in the management of stroke treatments.

Apr 18 (M) 6:30-7:30pm | R | \$10

### What Happens If I Don't Replace My Teeth?

(805) 388-1952x100

Charles Scholler, DDS will discuss how you can have one or more teeth replaced quickly, painlessly and at less expense with the use of mini-dental implants.

May 20 (F) 12-1pm | R | NC

*Treat yourself to a therapeutic massage or facial! see page 12*





## NUTRITION

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

**Apple-A-Day Café**

(805) 388-1952x100

Warm lunch served in a friendly, social and educational atmosphere. This service is available for those age 60 and over. Please RSVP.

Third Thursday of every month | 11:30am | R | \$3 suggested donation

**Home Delivered Meals**

(805) 388-1952x168

Homebound residents, living in the greater Camarillo area, aged 60 and over, can have "ready to heat" meals delivered to their home. Call to apply.

Mon, Wed, Fri | 9:30-11:30am | R | \$3 suggested donation

**Produce Day**

In partnership with FOOD Share, participants can select from a variety of seasonal produce items, and receive health screenings. First come, first serve basis. Please bring your own bag. Check Facebook page for produce of the day.

Second Thursday of each month | 11am-1pm | Donations appreciated

**Meant To Impress Menus for 2016 -****Attn Foodies!**

(805) 388-1952x100

Amy Tyrrell, Professional Chef, Owner, Morsels As You Wish.

Generous samples provided. \* Register for two classes and receive \$5 off

**Swimsuit Season Count Down!**

Let Chef Amy show you how to stay satisfied throughout the day with healthy alternatives, starting with breakfast smoothies! Smoothies, delicious light soups and hearty salads will help you get ready for summer.

Apr 12 (T) 6-8:30pm | R | \$45\*

**So You Have Diabetes...Now What?**

Diagnosed with diabetes? Reading the new food labels can be daunting. Chef Amy will go over what you need to know before heading out with your grocery list. Learn how to construct a fabulous, healthy meal with 3-7 ingredients or less!

May 12 (Th) 2-3:30pm | R | \$45\*

**Farmers Market - Love Your Veggies!**

This time of year the veggies and fruits are at their peak! Enjoy a delectable array of produce recipes that will knock your socks off! It's officially time to take your produce up a notch by learning Chef Amy's healthy recipes that will wow the crowd.

Jun 16 (Th) 2-3:30pm | R | \$45\*

**New**

## PET CORNER

**NEW Are You Ready? Fleas Are on Their Way!**

(805) 388-1952x100

Dr. Battier and Dr. Garcia will discuss the importance of flea, tick, heartworm protection for your pets. Do shampoos work? What about natural remedies? Bring your pet for a complimentary nail trimming!

May 18 (W) 12-1pm | R | \$10

**NEW Pets: Arthritis & Allergies Q & A**

(805) 388-1952x100

Dr. Battier, DVM & Dr. Garcia, DVM

Does your pet's intense itching make him/her miserable? Arthritis & allergies are common problems in our four legged friends. Learn the latest treatment options to keep your pet healthy and happy.

Jun 29 (W) 12-1pm | R | \$10

## 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** .....(805) 388-1952 x133

Rigorously tested programs scientifically proven to show results

**Exercise Classes** .....(805) 388-1952 x100

Cardio, strengthening, 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

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