

Healthy ATTITUDES

camhealth.com

WINTER 2016

Camarillo Health Care District QUARTERLY MAGAZINE

The *Living* ~~Aging~~ Process

PAGE 2

**EXCLUSIVE
INTERVIEW**



"It's never too late to start"

Lora Connolly, *Director*
California Department of Aging

A MESSAGE FROM

KARA RALSTON, CHIEF EXECUTIVE OFFICER



Louis D. Brandeis
"Most of
the things
worth doing
in the world
had been
declared
impossible
before they
were done."

Hopeful ~~Happy~~ New Year!

In light of the many struggles that can come with living and aging, the cover of this issue strikes us as hopeful! Considering this journey of life as the "living process", rather than the "aging process", infuses an altogether different perspective into our health circumstances.

Several years ago, we submitted a statement to the Administration on Aging about chronic illness which discussed the issue that 45% of the American population was dying of at least one chronic disease. We argued, rather, that 45% of the American population was **living** with a chronic disease. That concept remains true today, most likely with an even more impressive statistic.

It is true that we're all aging; each passing day is proof. But what if we could start a foundational shift in how we think about aging/living? What if we could take charge of those circumstances in our life which are within our control, through education, empowerment, and action, and literally make a difference in our health status?

The Centers for Disease Control and Prevention estimates that eliminating a poor diet, inactivity, and smoking, could prevent:

- 80% of heart disease and stroke
- 80% of type 2 diabetes
- 40% of cancer

As this New Year begins, I invite you to enjoy this "hopeful" issue, and discover the many evidence-based programs offered here that provide great resources and options to help you make lifestyle choices with a positive impact on your health.

Please also know, very sincerely, that with the use of the word "living" in this conversation, we are highly sensitive to the fact that aging and disease process can be very difficult, with circumstances that may leave little or no option for changing anything at all with regard to circumstances, resources or prognoses. We recognize those circumstances, and we are here for you, to meet you at the point of your need, and we remain resolute in our commitment to you, your family and our great community.

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

Kara

BOARD OF DIRECTORS

Rod Brown, MBA
President
(805) 388-1513

Christopher Loh, MD
Vice President
(805) 484-8479

Mark O. Hiepler, Esq.
Clerk of the Board
(805) 988-5833

Richard S. Loft, MD
Director
(805) 484-4651

Scott Packham, DDS
Director
(805) 484-1022

STAFF

Kara Ralston
Chief Executive Officer

Sue Tatangelo
Chief Resource Officer

Sonia Amezcua
Chief Human Resources Officer

Community Donors Continue to Support Adult Day Center

In celebration of the first-year anniversary of the renovated Building Hope Adult Day Center, community donors continue to support the District's award-winning Center through program sponsorships.

GenerationUs Sponsor

We are so grateful to an anonymous \$3,500 GenerationUs sponsor. This gift is donated in honor of Ma & Pa Macdonald, to celebrate a multi-generational familial link spanning four generations at family gatherings. *Thank you, friends...it is our honor to continue your family tradition!*

Happy Hour Sponsor

Thank you, Sharon Bick and Meditech Health Services, Inc. for your \$2,500 sponsorship of Happy Hour! "Everyone needs time in their day to relax and enjoy, so it was easy to support a fun, vivacious Happy Hour," says Bick, President and CEO of Ventura-based Meditech Health Services, Inc. "It brings me a lot of happiness to know that I can help provide that in someone else's day." *Thank you, again!*

Senior Nutrition Program Celebrates Serving 250,000 Meals

On October 15, 2015 the Camarillo Health Care District's Senior Nutrition Program served its 250,000th meal! Since the program's inception on April 1, 2005, the Camarillo Health Care District has been serving meals at its congregate site and to home-bound residents as part of the Senior Nutrition Program, which is partially funded through the Ventura County Area Agency on Aging and the City of Camarillo.

"This program provides vital links to community resources for some of the most frail and vulnerable members of our population," says Kara Ralston CEO. "We're proud to administer this program, and are amazed at the fast-paced growth in need for nutritional services."



To volunteer as a meal driver, or to serve meals at the congregate site, please contact Monica at (805) 388-1952 ext. 112.



ON THE COVER

This issue explores what *Changing Aging* means for health care, for the community, and for you!

contents



2

EXCLUSIVE INTERVIEW

California Department of Aging

4

We Take Your New Year Resolutions Seriously!



aaskus

5

Controlling the Sugar Monster

7

Victory Dance



6 Donor Acknowledgment

8 Advocacy
Body, Mind & Strength

9 Mindfulness

10 Evidence Based Classes
Screenings
Support Groups

11 Fitness
Caregivers

12 Body, Mind & Strength

13 Nutrition
Programs & Services



“Aging is a lifelong



**Lora Connolly, Director
California Department
of Aging**

Ms. Connolly, Director of the California Department of Aging (CDA), sat down with our CEO to grant an exclusive interview discussing trends in aging and changes in health care. In her role as Director of the CDA, Ms. Connolly advises the Governor, and the Secretary of the Health and Human Services Agency, on aging and long term services issues, for older adults, adults with disabilities, and family caregivers throughout the state.

America is considered a relatively young country, but that shouldn't be confused with our aging population!

ANSWER: By 2030, 20% of the population will be age 60+. This trend has far reaching implications in every arena and certainly within the health care delivery system. Today, two out of three older adults are likely to have multiple chronic health conditions. Among health care payers and providers, a lot of attention is being focused on preventing and managing chronic conditions. This is impacting every aspect of life as well, including employment and evolving workforce needs, housing design, accessible transportation, opportunities for community involvement, product design and new technological advances to support independent living. It's hard to think of any area that won't be affected.

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

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

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

ANSWER: Avoiding the avoidable is really important. Evidence-based programs are designed to fit the needs of people living in the community. Whether it's helping people come home from the hospital well prepared or developing new strengths and skills, there are various programs to help focus on awareness, self-management, and prevention. Programs that have the “evidence based” designation have gone through rigorous study and are proven to make a

process...it starts at birth”

—Lora Connolly

difference. In Ventura County, you’ve created a fantastic coordinated approach to adopting and promoting evidence-based health promotion programs...and that is unique.

Q What do you see as a major shift in how health care is changing?

ANSWER: One major shift is the emphasis on taking responsibility for managing our own health. 99% of chronic health management is the patient’s work...taking medications as prescribed, eating well and being physically active. Those behavioral changes aren’t easy and require daily commitments that happen outside of the doctor’s office. An effective multi-dimensional education system will also be essential as the health care system now expects us to be consumers who shop around for insurance and find the best values for ourselves. That requires a higher level of health literacy than most of us traditionally have had.

Q What role do you see community-based care, such as us, playing in health care transformation?

ANSWER: Access to emergency and in-patient hospital care will always be important, but having health services more available in the community is equally important. Patients may be more inclined to attend familiar and comfortable settings. Health care systems are realizing this, leading to new partnerships between health care and community organizations.

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

ANSWER: Quite frankly, we see entities such as you, who are willing to come to the table because you see the value of these pioneering initiatives, as significant partners in building bridges between health care systems and community based services. There is great enthusiasm for these changes, but there must also be great thought given to the development of new models for health care, timelines and milestones for

measuring success. If implementing these new models of care were easy, they would have been done long ago.

Q Family caregivers are the backbone of health care services. Families change their lives to help. It might save money but it sometimes comes at great personal cost.

ANSWER: This is such an important issue. Over the past 15 years, I’ve had some family caregiving experience myself, and know first-hand the heartaches and stress involved, and how it has made me grow as a person. It is a whole new world for the medical field to be told they need to be more engaged with family caregivers. This is another point at which our health care delivery system is in transition, better inclusion and support for family caregivers.

Q In this rapidly changing health care environment, what is the California Department of Aging’s (CDA) take on the emerging trends?

ANSWER: We’re seeing a major transformation in how we **do** health care. It is changing on nearly every level, from hospitalization, to acute care, to long-term care, to what physician office visits look like, to being asked to be more responsible for health choices. By collaborating with many community partners, we lead the nation in the number of people attending evidence-based programs. You were one of the early program adopters, and I appreciate your support for our collective efforts to make these programs so accessible in Ventura County and California.

Q Your job is so very “heavy”...always looking to the next 40-50 years...what do you do for fun?

ANSWER: Fortunately, fun for me includes physical activity. My dog holds me to twice a day walks and our cat also comes along. We get lots of smiles and waves from the neighbors as we make our rounds. I am an avid gardener, even at work where I have an orchid collection. And this year, I have delved into Genealogy...it’s a bit addictive...my family came to California in the Gold Rush!

Triumphant Journey

When Mary was diagnosed with heart disease last year she was devastated. Recently retired, she envisioned more free time, family activities and traveling with Michael, her sweetheart of 40 years. She pleaded with her doctor for more options to manage her disease on her own terms. He recommended she enroll in the Healthier Living Workshop Series at the Camarillo Health Care District.

"I really felt like I had exhausted all of my options, but this class opened my eyes to show me that I have so many tools in my tool box," she said. "You have no idea how this class has changed my life."



The class changed how she communicated with her husband, and two adult children who live nearby, about her needs so they could understand how to best help her.

By learning problem-solving steps, she honed in on what was blocking her path to where she wanted to be. "I could now see that I had multiple options to choose from," she said. "I no longer felt despair and hopelessness, but instead felt empowered despite my ongoing illness."

We Take Your New Year Resolutions Seriously!

A hundred years ago, infectious and parasitic diseases were the greatest mountain to climb in reaching longevity. Today, life expectancy in America is at a record high according to the Centers for Disease Control and Prevention's National Center for Health Statistics. Women tend to live 81.2 years, while the expectancy for men is 76.4 years.

Never before has longevity been so within our reach as a population. So what has caused this increase in life expectancy? The National Institute on Aging states *"These improvements are part of a major transition in human health...and a shift in the leading causes of death and illness...to non-communicable diseases and chronic conditions."* Further, the Centers for Disease Control and Prevention estimates that eliminating poor diet, inactivity, and smoking could prevent 80% of heart disease and stroke, 80% of type 2 diabetes, and 40% of cancer.

The Camarillo Health Care District is trained and certified in a variety of evidence-based classes designed to address chronic health conditions. These classes are rigorously tested to have scientific results and according to research by Stanford University, participants in evidence-based workshops showed improvements in exercise, communication with physicians, self-reported general health, and spent fewer days in the hospital.

Leading health agencies, such as the Administration on Community Living and the National Council on Aging, endorse evidence-based programs and encourage the adoption of this type of health program nationally. It is interesting to note that the California Department of Aging states that California leads the nation in providing evidence-based classes...Ventura County alone hosts 6% of all workshops offered statewide.

"This class opened my eyes to show me that I have so many tools in my tool box," she said. "You have no idea how this class has changed my life."

We take your resolutions seriously... will you join with us toward Changing Aging in this New Year? See page 10 for a full listing of our evidence-based classes! Hopeful New Year, to you and yours!

Chronic Disease



askus

Controlling The Sugar Monster

By Blair Craddock, MPH

blairc@camhealth.com

(805) 388-1952 ext 133

I have diabetes. I know if I don't make the changes my doctor recommended, my condition will worsen. I'm tired of being judged for my lifestyle choices, and am overwhelmed by so many changes. How can I really be successful with this?

ANSWER: First of all, please know that you're not alone in having diabetes, and you're not alone in hating it, not wanting to deal with it, and feeling overwhelmed about it. Managing a chronic medical condition isn't easy or fun...no one wants it.

There are some practical steps you can take to live your life in a manageable way. Of course, following your doctor's orders is the first step, but read below for three practical, evidence-based steps you can take to help you feel better about life with a chronic condition.



Action Planning

Whether your diagnosis is new or you've been dealing with it for a while, you need an action plan. By breaking down your goals into smaller tasks you can focus on achieving your goals without feeling overwhelmed.

For example, if you'd like to start walking a few times a week. You would write a goal that includes:

- What (specific action)
- How much (time, distance, etc.)
- When (time of day, day of the week)
- How often (frequency)

Your action plan may look like this...
This week I will **walk around the block 2 times before lunch.**



Communication Skills

How do you talk about something when it seems like a foreign language?! It is okay to ask questions about words, terminology, doses, equipment...get comfortable and familiar with the "stuff" surrounding your diagnosis. It will take some time (*and we know you're tired of it already!*), but knowing and stating your needs, in a way others can hear, and in the right timing, can help your support system (*remember those judgmental people?!*) understand your actions in a positive setting. Practice your words and goals out loud. For example, it's okay to say to your friend, "Happy birthday, your cake is beautiful and looks delicious, but I'll need to pass on it right now." Your new boundaries will impress everyone around, including yourself.



Problem-Solving

Identifying the problem is the first step to finding a solution. For example, individuals with diabetes may find it hard to eat healthy when out with friends or family.

While this may cause stress, the real **problem** isn't socializing (*because that's healthy!*). It's the temptation to eat too much, or the wrong foods.

One solution could be to find activities that don't involve eating, such as taking a walk. Another solution would be to eat a small healthy snack before joining the group. One more option, is to determine in your heart, ahead of time, to choose the healthiest options on the menu, to avoid being swayed by the moment.

Learn more about additional strategies to help you manage chronic health conditions. See full-listing of classes on page 10.

Thank You for letting us shine

HOPE SPONSORS \$10,000-\$20,000

Ventura County Credit Union

The Imaginarium
Somis/Pleasant Valley Lion's Club

The Lions Den

AlmaVia of Camarillo

The Kitchen

Gilbert & Aileen Chuck

The Wellness Room

Dorene & James Tsukida

The Activity Center

Behzad Ourmazdi, MD

Brain Fitness Center

Ventura County Homecare

Association

Dining Hall

Intergenerational Program

Anonymous

Happy Hour Sponsor

Meditech Health Services

HOPE SPONSORS \$5,000-\$9,999

Exercise Therapy

Atria Las Posas

Art Therapy

Michael & Charlotte Craven*

Musical Therapy

Tom & Jane Rozanski

IN MEMORY of Margaret M.

McAndrew

Pet Therapy

John Stenzel

IN HONOR of H. Carlotta "Ki"

Norton

HOPE BENEFACTORS \$1,000+

Intergenerational Program

Anonymous

IN HONOR of Ma & Pa

Macdonald

Happy Hour Sponsor

Meditech Health Services

Assisted Home Hospice

Foundation

Bank of the West

Roberta Baptiste*

Linda & Rod Brown

Buena Vista Hospice Care

Camarillo Council on Aging

Camarillo Healthcare Center

Hiepler & Hiepler

IN HONOR of Dr. Orville &

Florence Hiepler

Dr. Orville & Florence Hiepler

Richard & Marion Keiter

IN MEMORY of Cliff

Emanuelson

Sean L. Leonard

Dr. Richard Loft

Dr. & Mrs. Christopher Loh*

Mark & Sharon Mitchell

IN MEMORY of Sophie

Lebetkin

Montecito Bank & Trust

Lily Ng

Dr. Michael Potts*

Janna Visser

IN MEMORY of Bill Visser

HOPE FRIENDS \$500+

Anonymous

Patricia Bolland

Camarillo Women's Club

CBC Federal Credit Union

Clifford & Nancy Dice

David & Pat Gibson

Dr. Robert Improta

Lance & Maria King

Gina McLain

IN MEMORY of Marvel

Blanchard

MOM's Club of Camarillo West

Dad Press*

Joyce Shreve

Tom & Sue Tatangelo

IN MEMORY of Chick and

Patty Patterson

Craig & Sara Jane Underwood

Steve & Karen Valentine

IN MEMORY of Thomas Jr. &

Kathleen Munz

Toni Webster

HOPE SUPPORTERS \$250+

William & Katherine Anderson

Anonymous

Mary Lou Ash

Patty Bolland, Jazzercise

Margaret Buxkemper

Keith Chartier

Randy & Jennifer Churchill

Shay Collier

Commander Printed Products

Larry Davis

IN MEMORY of Helen Rose

Davis

Claire T. Day

Clifford & Nancy Dice

Dignity Health

Enns, Kristi

Anita Flood

IN HONOR of William

Flood

Sylvia Fulton

IN MEMORY of Jeri

Carol & Robert Goodkin

Eileen Gold

Dr. & Mrs. Hillary & Stella

Ling

Mary & Bill Little

Grace & Paul Martinez

Mitchell & Associates

Paraclete ElderCare

Services

Paschen Management

Corp.

Darrell & Kara Ralston

Scott & Ann Springer

Veronica Slavin

Photography Services

Christa Stiermelo

IN MEMORY of Joan

Stiermelo

Marilou Tan

Mr. Lester Tong and Mrs.

Mae Wan

Carol Yung

IN MEMORY of Ron

Yung

Wilhelmus Zwinkels

IN MEMORY OF

Roy Ash

Mary Lou Ash

Christine Bailer

Henrita Charleston

Bob & Ellen Bailey

Lois Denardo

Teresa Claudia Connell

Joseph Connell, Sr.

Darla

Doris Hunt

Allan Davies

Jeanne Davies

Helen Rose Davis

Larry Davis

George A. Denardo

Lois Denardo

James Edwards

Lina Edwards

Cliff Emanuelson

Richard & Marion Keiter

Lisa Fournier Erdman

Doris Fournier

Elmer Fontes

Katherine Pape

Kai Edwards Fournier

Doris Fournier

DeAnn Gabel

Sandra Hampton

Glenn Gatlin

Tom & Jane Rozanski

Alicia Hamilton

Mike & Nancy Brucker

Cheryl Dunham

Susan Joseph

Susan Renteria

Janice Thornton

Kenneth & Virginia Westerlund

Mickey Hand

Mary Hand

Kane Higa

Mr. and Mrs. Chas Nakama

Nicolas Kohagen

William Kohagen

George Kroll

Bob and Donna Lutz

Sophie Lebetkin

Sharon Mitchell

Kam Leong

Annie Leong

Helen Loucks

Therese Murphy

Margaret Maclean

Marsha Diamond

Ruth Rasch

Alan & Jean Scott

Jerome Sortomme

Claire Sortomme

Carolyn Staton

Jerry Staton

Charles Thomas

Wendy Thomas

Don Valiquette

Mary Valiquette

Bill Visser

Betty Gatlin

Judith Gerard

Audrey Purkiss

Daniel & Kristi Rodriguez

Tom & Jane Rozanski

Tom & Sue Tatangelo

Roberta Weaver & James R.

Hall Jr.

Cynthia Hall

John Willis

Stephany Dunfee

Tom & Jane Rozanski

Nancy Von Horn

Hazel E. Woodruff

Sherry Suzanne Woodruff

Ron Wright

Louise Sheets

Lily Yoshida

Judy Yoshida

IN HONOR OF

Helen Aguirre

Ron & Jill Beatty

W.B. Fenzkeys

Sherry Suzanne Woodruff

Doug & Lynn Jones

Nancy Mecozzi

Anne Ziemer

Dennis Jurcak

Quigley Insurance Agency

Hector Leal

Leal Family

Sharon Mitchell

Jan Smith

Jose and Efigenia Monteon

Maria Monteon-Ortiz

Chick & Patty Patterson

Tom & Sue Tatangelo

Jane Rozanski

Mary Lou Ash

Stuart & Sheri Avery*

Rita Faulders*

Sandra Fitzpatrick*

David & Pat Gibson

Carol & Robert Goodkin

Sandra Hampton

Corrine Madden*

Jane Sheehan*

Steve & Judy Sitko*

Lorna Stevens*

Terry & Monica Teverbaugh

Dennis & Margaret Travlos*

Jerry Zins*

Monica Teverbaugh &

dog Curley

Carol & Robert Goodkin

GRANTS & BEQUESTS

Alpha Zeta Beta Sorority

Camarillo Council on Aging

City of Camarillo

Kaiser Permanente

Partner In Care Foundation

Russell M. Fischer Trust

St. John's Healthcare

Foundation

The SCAN Foundation

Ventura County Area Agency

on Aging

Ventura County Community

Foundation

COMMUNITY SUPPORTERS

Barry's Automotive

Belmont Village Senior Living

Buena Vista Hospice Care

Camarillo Healthcare Center

Camarillo Republican Women

Federated

Camarillo Women's Club

Care Management From The

Heart

CBC Federal Credit Union

City of Camarillo

Commander Printed Products

Delta Kappa Gamma

Friends of the Camarillo

Library

Karen & Michael Quigley

Insurance Agency

Leisure Village Women's Club

Livingston Memorial Visiting

Nurse Association

Los Robles Homecare Services

We're #1!

*Thank you...
for trusting us
with your family,
your life and
your hope.*

When you win...
national recognition for
caregiving, are #1 in the
state for innovation, and
receive top honors in
your County, you do a
Victory Dance!



**View video at www.camhealth.com
or social media**

www.camhealth.com

**50%
OFF**
FIRST MONTH

Enroll your loved one in the award-winning Adult
Day Center and receive 50% off the first month.
Offer valid for new enrollment only.

Expires 1/31/16.

CLASSES



Pre-registration and payment is required to secure your reservation...we're happy to assist you over the phone, online, or in person. Notification 48 hours prior to the day of class is required to receive a refund. Class credit of equal value will be offered if cancellations are received less than 48 hours prior to the day of the class. No refunds are allowed for CPR and Cooking Classes.

HOW TO REGISTER

Internet

www.camhealth.com

Phone

805-388-1952, Extension 100

Walk-in

3639 E. Las Posas Road, Suite 117
Camarillo, California

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

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

ADVOCACY

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

NEW AARP Taxes Ed McHale (805) 388-1952x100
Free income tax assistance for seniors and low-to-moderate income earners. Bring 2014 tax return, including 2015 W-2s, 1099s and interest statements.
Feb 3 - Apr 13 (W) 12-3pm | R | NC

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.
Jan 28 (Th) 1-2:30pm | Feb 25 (Th) 6:30-8:00pm | R | \$10

NEW 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 practices to help prevent identity theft.
Feb 25 (Th) 12-1pm | R | NC

NEW Don't be a Target of Healthcare Fraud (805) 388-1952x100
Protect yourself from Medicare fraud, abuse and errors. Learn ways to take an active role in protecting your healthcare benefits, presented by Health Insurance Counseling & Advocacy Program.
Feb 26 (F) 1:30-3pm | 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 & Third Friday, Second & Fourth Tuesday of each month | A | NC

NEW 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.
Feb 24 (W) 1:30-2:30pm | R | NC

NEW Living Within Your Means Workshop 2016 (805) 388-1952x100
Would you like guidance with your spending plan? Representatives from Ventura County Credit Union will provide the necessary tools to assist seniors in creating a budget to help you live within your means on a fixed budget.
Jan 12 (T) 1-2pm | R | NC

NEW Mindfulness & Your Money Paul Norr, CFP (805) 388-1952x100
Making smart money decisions is as much about managing your mind as it is about managing your money. This seminar reviews the common mental and emotional money traps which lead to bad financial decisions and introduces mindfulness as a proven technique to help calm the mind and avoid these cognitive and emotional mistakes.
Feb 22 (M) 6-7:30pm | R | \$10

NEW Social Security: The Straight Scoop Paul Norr, CFP (805) 388-1952x100
Social Security will continue to be a significant source of future income for those who are in their 50's and 60's. The right choice could easily add \$10,000 or more to your lifetime Social Security Income. Learn the mechanics of Social Security, when to apply, when to delay, and how to coordinate benefits with one's spouse, including divorced and survivor benefits.
Mar 22 (T) 6-7:30pm | R | \$10

Someone Died! What Now? Christopher P. Young, Attorney (805) 388-1952x100
Imagine that your parents or grandparents die, leaving you in charge to administer their estate. Would you know what to do? This class will discuss estate administration, related California laws and estate value determination.
Mar 21 (M) 6-7:30pm | R | \$10

Taking Care of Tomorrow: Long-Term Care HICAP (800) 900-8582
Long-Term Care counseling is designed for individuals concerned about planning, providing, and paying for long-term care for themselves, spouse, parent or loved one.
Third Tuesday of each month 10am-1pm | A | NC

NEW Technology & Living Independently For 2016 (805) 388-1952x100
Discover how you or a loved one can achieve greater independence through technology. Independent Living Resource Center assists people in accomplishing daily tasks with the newest assistive technology. Information will include home modifications, blind and low-vision devices and apps, mobility assistance, and resources for funding and training for all devices.
Feb 18 (Th) 1-2pm | R | 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

MINDFULNESS

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

NEW Art: Zentangle Essentials Megan McTavish, CZT (805) 388-1952x100

The Zentangle method of drawing is a fun, easy-to-learn and relaxing way to create beautiful images by drawing structured patterns. Zentangle is an artistic activity that leads you down the road of focus, relaxation and self-confidence. No prior drawing skills are necessary.

Intro Class | Feb 4 (Th) 6:30-8:30pm | R | \$55

Additional Classes | Feb 11 & 18 (Th) 6:30-8:30pm | R | \$55 each class

*Register for two classes and receive \$5 off. Materials will be supplied.

NEW Art: Zentangle Family Night Megan McTavish, CZT (805) 388-1952x100

Enjoy this night of family creativity! The entire family will be creating beautiful images of their own. Materials will be supplied. No prior drawing skills are necessary.

Jan 29 (F) 6:30-8:30pm | R | \$90 (Family of four, ages 8 years and above)

Dreams and Energy Jane Ivey, Msc.D. (805) 388-1952x100

Do your recurring and vivid dreams leave you wondering what the hidden meaning might be? Join us in discussing dream interpretation in a fun, interactive way, all you need is a curious mind and a collection of dreams.

Feb 22 (M) 6-7:30pm | R | \$20

NEW Introduction to the Healing Energy of Reiki (805) 388-1952x100

Preeti Malik, Master Reiki instructor, will explain how this spiritually guided meditative energy practice brings healing in all aspects of an individual's life. This healing energy can be given to anyone or anything we touch through the palms of our hands. Reiki's health benefits include better sleep, lower blood pressure, pain relief, and a balanced and harmonious body. Learn about burning bowl and blessing ceremonies that end with meditation.

Jan 26 (T) 10-11am | R | \$10

NEW How to Prepare for the Camino Pilgrimage (805) 388-1952x100

Walking the El Camino is a magical experience that leads to physical and spiritual transformation. Learn what it takes both mentally and physically to walk this famous 500 mile pilgrimage across Spain leading to Santiago de Compostela. Kim Kolb, Empowerment Coach will explain what to bring, how to train, and what to expect along the way.

Feb 18 (Th) 6-8pm | R | \$25

NEW Guided Meditation Danette Banyai, Certified Hypnotherapist (805) 388-1952x100

Participants will be guided through practical exercises and meditation that focus on the body-mind-emotion and spirit connection. Deep relaxation and mindful meditation in everyday life situations can help break destructive patterns that block our path to emotional and physical well-being.

Second Thursday of each month 6-7pm | R | \$20

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 Mindfulness Training - Four Part Workshop (805) 388-1952x100

Certified hypnotherapist, Danette Banyai, will guide participants through basic meditation practices that can be replicated during stressful moments.

Take 1 or Enjoy All 4. Discounts available for multiple class registrations.

► **Part 1: Meditation for the Busy Person**

Too busy to breath? Do you know you need to slow down to de-stress, but don't know how to find the time? This 1.5 hour class will teach you 1.5 minute techniques to bring calm and peace in any situation, anywhere, anytime.

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

► **Part 2: Conscious Breath and Healing**

Take your mindfulness practice to new levels. Find out why taking a conscious breath has powerful healing potential.

Feb 18 (Th) 6-7:30pm | R | \$25

► **Part 3: Mindful Communication**

Learn how to truly communicate with others and increase peace in your relationships.

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

► **Part 4: Conscious Living and Mindfulness Practice**

Awaken to your truth, your highest good and find your path to love, peace and wisdom.

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

Positive Thoughts & Gratitude Jane Ivey, Msc.D. (805) 388-1952x100

Gratitude increases energy, optimism, empathy, and affects every facet of our lives. Learn visualization techniques to put gratitude and positive energy into your daily life.

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

NEW Reiki Meditations & Ceremonies (805) 388-1952x100

Preeti Malik, Master Reiki Instructor, will assist you in finding spiritual growth and emotional healing, while assisting with chronic problems. Ceremonies and meditations are part of each session. Beginning February 9.

Second & Fourth Tuesday each month 10-11am | R | \$20



The **Wellness and Caregiver Center of Ventura County** is honoring caregivers by hosting "TAKE HEART," an event designed to support and nurture family caregivers with relaxation activities, delicious refreshments, and gift bags, at NO CHARGE.

Respite care available at no charge...current TB test and advance arrangement necessary.

9:30 am – Noon

Wellness & Caregiver Center of Ventura County
3687 E. Las Posas Rd., Suite 188, Camarillo

RSVP

Call 800-900-8582 to place your reservation

Space limited to first 25 reservations

EVIDENCED BASED PROGRAMS

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

Arthritis Foundation's® Walk with Ease-Walking Group (800) 900-8582

Developed by the Arthritis Foundation to create a customized walking plan to boost energy, keep muscles strong and joints stable, while controlling weight. Go at your own pace. Held at Arneill Ranch Park (Sweetwater Ave.) Please call for date of next session.

Healthier Living (805) 388-1952x100

Do you have a chronic health concern or care for someone who does? This award-winning, Chronic Disease Self-Management Program (CDSMP) is based on research conducted at Stanford University. Take your first step to manage ongoing health conditions, with easy methods to reduce fatigue, anxiety, sleep loss and ensure a happier, healthier life.
Jan 27-Mar 2 (W) 9:30am-12pm | 6 week series | R | \$40

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

Chronic Pain Self-Management Program is a 6-week series designed to teach practical skills to help people with chronic pain better manage their symptoms and provide motivation for the challenges of daily living. This program is for adults living with any ongoing pain due to illness or accident. 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.

Feb 18-Mar 24 (Th) 9-11:30am | 6 week series | R | \$40

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.

Feb 2-Feb 25 Tuesdays & Thursdays 9:30-11:30 am | 4 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.

Please call for date of next session.

SCREENINGS

Balance Screening

Have an expert assess your balance and give you tips for ways to keep you on your toes.
Feb 18 (Th) 10:30-11:30am | R | \$10

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

Come and have a dental consultation and get answers to your questions.
Feb 17 (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.
Feb 18 (Th) 9am-12pm | A | \$10

Family Immunizations / Shots (805) 988-2865

Program hosted in cooperation with St. John's Regional Medical Center.
Jan 12 (T) 3-5pm | Feb 9 (T) 3-5pm | Mar 8 (T) 3-5pm | A | Fees vary

Health Aware Screenings (805) 388-1952x100

Do you know your blood sugar levels, cholesterol level, blood pressure, and stroke risk? Screenings for these health related issues are performed by CMH staff at no charge.

Feb 1 (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

Mar 2 (W) 1-3pm | A | \$10

Tuberculosis (TB) Testing (805) 988-2865

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

Second Tuesday of each month | 4-5pm | A | \$20

SUPPORT GROUPS

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

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

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

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

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 | Second Friday of each month 2-3 pm

Scleroderma Foundation Support Group Arline (805) 987-8236

Second Saturday of each odd numbered month (no meeting in July) | 10am-12pm

Stroke Support Group Sharon Bick, RN (805) 388-1952x100

Third Wednesday of each month | 2-3pm

FITNESS

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

NEW 6 Weeks to A Healthier You!

(805) 388-1952x100

Kick start your nutrition and fitness goals in 2016! Join our 6 week program which includes 18 evidence-based walking sessions, a private nutrition counseling session with a Registered Dietician, and a pre- and post-program problem-solving session.
Jan 20-Mar 2 (W) 9:30-10:30am | R | \$100 | (\$10 off when signing up for two).

Bone Builders Sylvia Fulton, Certified Instructor

(805) 388-8333

Designed to improve balance, increase muscle strength, and bone density.

Mon & Wed | 9:30-10:30am | 11am-12pm | 12:30-1:30pm

Tue & Fri | 10:30-11:30am | Tue & Thu | 5:30-6:30pm | R | NC

Jazzercise Patty Bolland, Certified Instructor

(805) 746-3025

Jazzercise combines dance-based cardio with strength and balance training in one, fun and effective 60 minute workout.

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

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

NEW 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.

Thursday, beginning Jan 28 | 10-11am | R | \$8

Ta'i Chi Chih® Barbara Freie, Instructor

(805) 388-1952x100

Slow down and focus on your inner-self while improving balance, muscle strength and peace of mind. Challenge yourself physically and spiritually.

Jan 20-Mar 9 (W) 5-6:15pm | 8 week series | Beginners | R | \$80

Mar 16-Apr 6 (W) 5-6:15pm | 4 week series | Intermediate | R | \$40

Yoga—Gentle Mikal Rogers, Instructor

(805) 388-1952x100

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

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

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

NEW Memory Café

(800) 900-8582

A gathering for people affected by dementia, along with their families and caregivers.
Mar 5 (S) 11-12:30pm | Registration required | NC

NEW 6 Ways to Regain Balance in Your Life!

(805) 388-1952x100

Martha Shapiro, LCSW and Jenica Polakow, MSW will help family caregivers learn how to gather resources, set priorities, and regain control over your day.

Jan 28 (Th) 10-11am | R | \$10

NEW Take Heart - Honoring Family Caregivers

(800) 900-8582

This event is specially designed to nurture and support family caregivers with relaxation activities, refreshments and gift bags.

Feb 10 (W) 9:30-12pm | R | 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.

Jan 19-Feb 23 (T) 9am-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. 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.



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



BODY, MIND & STRENGTH

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

NEW ALS One Blink At A Time

(805) 388-1952x100

Ismail and Cheryl have been devoted to one another for the past 44 years despite Ismail's diagnosis of ALS (Amyotrophic Lateral Sclerosis), also known as Lou Gehrig's disease. Learn the daily challenges, courage, resilience, and unwavering love, hope and devotion that keeps this couple living a happy productive life.

Feb 23 (T) 6-7:30pm | R | \$10

NEW Check Your Balance

(805) 388-1952x100

Not feeling as steady on your feet as you used to? Wonder if your medication or other issues are affecting your balance? A physical therapist will teach you the factors that put you at risk of falling and how you can reduce your risks.

Mar 22 (T) 10-11am | R | \$10

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.

Jan 20 (W) 12-1pm | R | NC

NEW Disc, Stenosis, and Non-Surgical Treatment Options

(805) 388-1952x100

Degenerative disc disease, sciatica and spinal stenosis have several non-surgical treatment options. Michael Veselak, DC will discuss underlying causes, conservative approaches and management of these chronic conditions and why past treatments may not have worked.

Feb 17 (W) 6-7pm | 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. (No experience needed, drums provided)

Jan 27 & Mar 23 (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!

Feb 19 (F) 12-1pm | R | NC

NEW Facials & Body Treatments Viviana Beltran, Esthetician

(866) 960-9755

Enjoy a customized facial, or choose from a variety of services including hydrating, express cleaning, AGE Smart, or microdermabrasion. Treat your teen to the specialized acne facial or make-over to help them feel pampered and confident! Body treatments, waxing and aromatherapy massages are available.

Mondays, Wednesdays, and Fridays by appointment | A | Call for prices on other services
30 minute facial \$45 | 60 minute \$75**NEW Functional Medicine - New Approach to Better Health**

(805) 388-1952x100

Functional Medicine addresses the root cause, not just the symptoms. Michael Veselak, DC will discuss natural solutions to conditions such as allergies, acid reflux and food sensitivities.

Jan 13 (W) 6-7pm | R | NC

NEW Is Your Home Tripping You Up?

(805) 388-1952x100

A fall prevention expert will teach practical, easy ways to make your home safer and lower your risk of falls. A physical therapist will also evaluate your fall risk and provide tips for better balance as part of STEADI, an evidence-based program aimed at reducing falls.

Jan 21 (Th) 9-10am | R | \$10

NEW I've Fallen... Now What?

(805) 388-1952x100

A Physical Therapist will guide you in ways to prevent falls, teach you techniques to get up from a fall and help you to train your brain to feel confident again.

Feb 9 (T) 2-3pm | R | \$10

NEW 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 1/2 hr session \$85

NEW Natural Solutions to Chronic Pain Michael Veselak, DC

(805) 388-1952x100.

Chronic pain is defined as ongoing pain lasting longer than six months. Explore the brain-gut relationship, and how inflammation and autoimmunity can impact how you feel. Learn optional methods to decrease pain in your body and live your best life.

Feb 3 (W) 6-7pm | R | NC

NEW Newest Beat on Heart Disease Dr. Sharon Norling

(805) 388-1952x100

Are you suffering from heart disease or high blood pressure? Are stress and cholesterol the only culprits? What are your activity limitations? Discuss the latest information in preventing and correcting heart disease.

Feb 2 (T) 6-7:30pm | R | \$10

NEW Prosthodontist Dental Art Dr. Saj Jivraj

(805) 388-1952x100

Dr. Saj Jivraj is an award-winning Prosthodontist who specializes in restoring optimum oral function, as well as the aesthetic restoration and replacement of teeth. If you have lost teeth due to illness, traumatic injury, or oral cancer, learn what can be done to help you regain your confidence and improve your overall health.

Jan 21 (Th) 3:30-5pm | R | NC

NEW Psoriasis & New Therapies Dr. Jacob Lau

(805) 388-1952x100

Psoriasis is a chronic autoimmune condition that affects 7.5 million people in the United States. Learn the basics of psoriasis, traditional systemic therapy, light therapy and the newest biological treatment available to help you manage this chronic condition.

Feb 29 (M) 6-7pm | R | \$10

Reflexology Jane Ivey, Board Certified Reflexologist

(805) 388-1952x100

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

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

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

NEW Skin Cancer 101 Ryan Wells, M.D.

(805) 388-1952x100

What exactly is skin cancer? Discussion will focus on the most common types of skin cancer, and how genetics and the environment can increase an individual's risk factors. Learn how skin cancer is detected, diagnosed, and treated with various options.

Mar 23 (W) 6-7:30pm | R | \$10

Take Your Brain for a Jog Burt Williamson, MBA, CFP

(805) 388-1952x100

Keep your mind sharp, have fun and learn financial secrets that will allow you to maintain your comfortable lifestyle. This fun interactive presentation will have you laughing, solving riddles and learning things about retirement and your money.

Jan 28 (Th) 6-7:30pm | Feb 11 (Th) 11-12:30 | Mar 3 (Th) 12-1:30pm | R | NC

NEW 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.

Mar 2 (W) 6-7:30pm | R | NC

NEW Thyroid & Weight Loss Dr. Sharon Norling

(805) 388-1952x100

Are you tired, depressed, cold, and having trouble losing weight? The thyroid gland controls how quickly our body uses energy, makes proteins, and affects moods, sex drive, mental function and our general physical well-being.

Apr 20 (W) 6-7:30pm | R | \$10

NEW Tremors & Shaky Hands Dr. James P. Sutton, Neurologist

(805) 388-1952x100

Do you suffer from shaky hands when eating? Presentation will discuss the various causes and available treatment options if tremors have started to affect daily life activities that were once enjoyable.

Mar 30 (W) 3:30-5pm | R | \$10

NEW Understanding End-of-Life Decision Making

(805) 388-1952x100

Adam Cavallero, MD UCLA internal medicine physician will discuss the essentials of end-of-life decision making. Discussion will include Advance Directives, Power of Attorney and Physician Orders for Life-Sustaining Treatment (POLST). Special attention will be on demystifying topics such as code status, artificial nutrition, palliative care and hospice.

Mar 8 (T) 6:30-8pm | R | NC

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.

Mar 18 (F) 12-1pm | R | NC

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

NEW Meant To Impress Menus for 2016 - Attention all Foodies! (805) 388-1952x100

Amy Tyrrell, Professional Chef, Owner, Morsels As You Wish.
Generous samples provided. * Register for two classes and receive \$5 off

► Soups On!

Chef Amy will take the chill out of January with four homemade soups, paired with a variety of baked cornbread that will add warmth and comfort to any wintery night.
Jan 21 (Th) 6-8:30pm | R | \$45*

► Scrumptious Sweethearts (805) 388-1952x100

Why not make this your Valentine's date night? Join Chef Amy with an amazing menu that will leave you feeling like a professional chef...and sweetheart! Menu includes an appetizer, salad, entrée and a dazzling dessert!
Feb 9 (T) 6-8:30pm | R | \$45*

► Luck of the Irish (805) 388-1952x100

You don't have to be Irish to be lucky enough to enjoy Chef Amy's menu! Enjoy hearty samples of an Irish soup, fresh fish with sides, and a pub-style lunch, topped off with a decadent dessert!

Mar 16 (W) 6-8:30pm | R | \$45*

► Swimsuit Season Count Down!

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

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

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.

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

SAFETY & FIRST AID

CPR, First Aid & AED Jose Godinez, Certified Instructor (805) 388-1952x100

This basic course follows the American Heart Association guidelines.
Certificate is available upon completion of class.

Feb 29 (M) 5:30-9:30pm | Apr 25 (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.

Mar 21 (M) 5:30-8pm | R | \$45 | Materials \$15

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

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

Variety of screenings and immunizations

Lifeline Personal Help Button (805) 388-1952 x120

Enhanced safety and independence, at the touch of a button

Custom Care Consultations (800) 900-8582

A personalized plan with vital links to community resources

Senior Nutrition Program (805) 388-1952 x100

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

CALL NOW
to take advantage of
FREE
ACTIVATION

805-388-1952
ext. 120

PHILIPS
Lifeline
OF VENTURA COUNTY

Not valid with other promotions or offers.
Coupon Expires: 3/31/2016

CAMARILLO
HEALTH
CARE
DISTRICT
For your health & wellness

CAMARILLO
HEALTH
CARE
DISTRICT



For your health & wellness
3639 E. Las Posas Road, Suite 117
Camarillo, CA 93010
www.camhealth.com



Put Breast Cancer Behind You.

RADIATION
ONCOLOGY



If you or a loved one has breast cancer, take action as quickly as possible. Our UCLA-trained doctors will create a unique radiation treatment plan that targets cancer cells while preserving healthy tissue. We offer a 5-day treatment option for certain types of breast cancer. Let us help you put cancer where it belongs – behind you.



The cancer team
you can trust.



Timothy A.
O'Connor, M.D.



Henry Z.
Montes, M.D.

LEADING THE WAY IN VENTURA COUNTY SINCE 1979.

www.rocvc.com ■ *Se habla Español.*
OXNARD CENTER 805-988-2657 ■ CAMARILLO CENTER 805-484-1919