

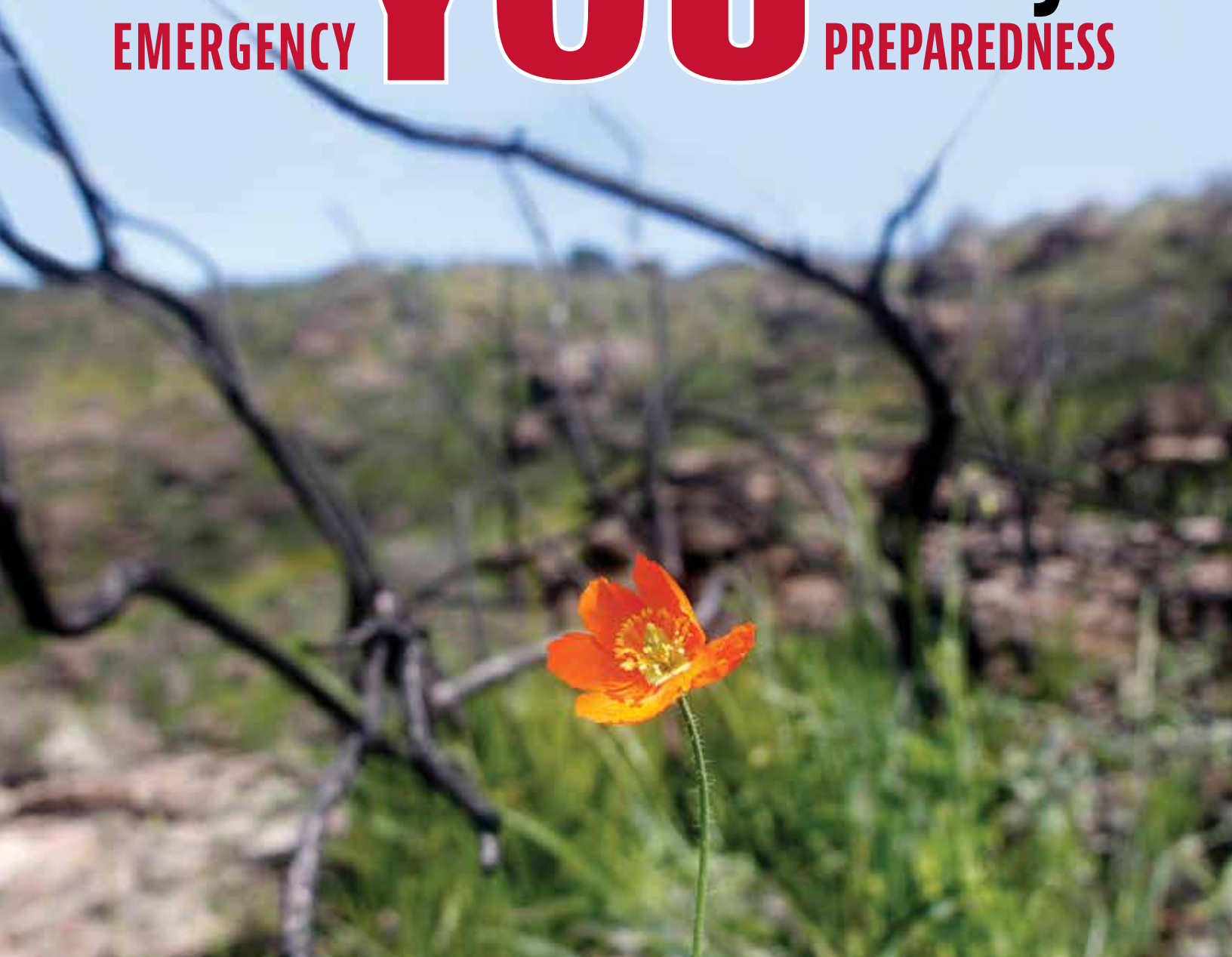
Healthy ATTITUDES

camhealth.com

JULY, AUGUST, SEPT. 2019

Camarillo Health Care District QUARTERLY MAGAZINE

Are **YOU** Ready?
EMERGENCY PREPAREDNESS





Are You Ready!?

As I began thinking about this topic of emergency preparedness, I started looking at the “are you ready” question a little differently. Emergencies or disasters most often happen suddenly and without much notice, if at all, so it’s hard to be really, fully ready. Denial can be difficult to overcome as well.

No one wants to have or be in a disaster, so contemplating it and actually preparing and practicing for it can seem overwhelming.

As I write this, it’s tornado season in Oklahoma where I grew up and where my family still lives. I stayed up all last night vicariously “with” them as the tornado sirens went off, texted with them while they were in the shelter, and am worried still today as the flood risk significantly rises as the Corps of Engineers had to release millions and millions of gallons of water from overflowing lakes. Many people have evacuated and are implementing whatever emergency preparedness plans they had in place.

In November of 2018, Ventura County was devastated by a cowardly shooting at the Borderline Bar & Grill that killed 12 people, and a few hours later the deadly Woolsey Fire began and burned 96,000+ acres across two counties. Emergency preparedness and response from national, state and local agencies, along with thousands of evacuations and situations put personal emergency preparedness plans to the ultimate test. The year before that, as I drove home from work on a Monday evening in December, I had no idea I wouldn’t be able to leave again til the following week as the Thomas Fire raged.

So...are you ready? What does that mean for you and your family? Are you ready to be awakened in the night and told to leave? Do you have a bag with important items ready to grab...there might not be time to run around the house trying to think of things? Are your glasses right where you can get them? Medications? Are you the caregiver for someone? Do you have their medications as well as yours? Are they immobile? Is there a plan for evacuating them? Do you rely on wheelchair transportation, oxygen or electricity for their care? Do you have shoes right by your bed? Any pets?

The list can go on and on and seem overwhelming, especially for caregivers who plan for themselves as well as their loved one. Our hope is that you’ll continue reading through this issue as we attempt to share resources and ideas for being as prepared as possible. If you’re always ready, you never have to “get” ready. May we always have it and never need it.

Kara

IN THE NEWS

District Partners in Community Needs Assessment

Camarillo Health Care District is pleased to join the Ventura County Community Health Needs Assessment Collaborative to help build partnerships between Ventura County Public Health, area hospitals, healthcare providers, and health systems to improve population health outcomes in Ventura County. The work will focus on a comprehensive community health needs assessment in order to focus resources to the identified priorities. Partners include Adventist Health Simi Valley, Clinicas del Camino Real, Dignity Health’s St. John’s Regional Medical Center and Pleasant Valley Hospitals, Community Memorial Health System, Ventura County Health Care Agency and Ventura County Public Health.

CEO Named Health Champion in Aging & Alzheimer’s Care

Camarillo Health Care District’s Kara Ralston, Chief Executive Officer, was named as the tri-county Champion in Health Care for Aging and Alzheimer’s Care at a recent Pacific Coast Business Times event. As reported in the Pacific Coast Business Time (May 24-20, 2019) Ralston *‘expressed gratitude for the ongoing work done by her team and the groundwork laid out by other county leaders in years prior to make the community dementia-friendly..’* The goal of a dementia-friendly community is to educate and train all sectors of that community in recognizing the signs and symptoms of dementia, so that they can provide specific support and compassion to that population. The District is also recognized nationally by the Rosalynn Carter Institute for Caregivers and is certified in their REACH program (Resources Enhancing Alzheimer’s Caregiver Health). Please contact the Caregiver Center for more information at 800-900-8582.

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Testimonials



*I've been very **impressed** with every class I've taken*
—Class attendee

*I think that what you do is so **valuable** to so many people.
Congrats on 50 years of service. Thank you.*
—Caregiver Center client

*I attended the class on sleep apnea. It was well done and **very informative**. This is a very important topic and I believe there should be more classes like it.*
—Class attendee

*I loved the meeting about understanding dementia. It gave me so much **information and resources**. Unfortunately my husband has passed away but I highly recommend your classes.*
—Caregiver Center client

*Food delivery is very **helpful!** Excellent, Thank you !*
—Home Delivered Meals client

*The class on dementia was very **informative and useful**.
The handout/booklet will be very helpful.*
—Class attendee



ON THE COVER

This photo was taken by Jorgen Gulliksen, Land Trust of Napa County. The beautiful poppy reflects survival, strength and regrowth. Printed with permission.

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connect with us!

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



FACEBOOK
CamarilloHealthCareDistrict

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@changing_aging

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@camarillo_health_care_district

Are **YOU** Ready?

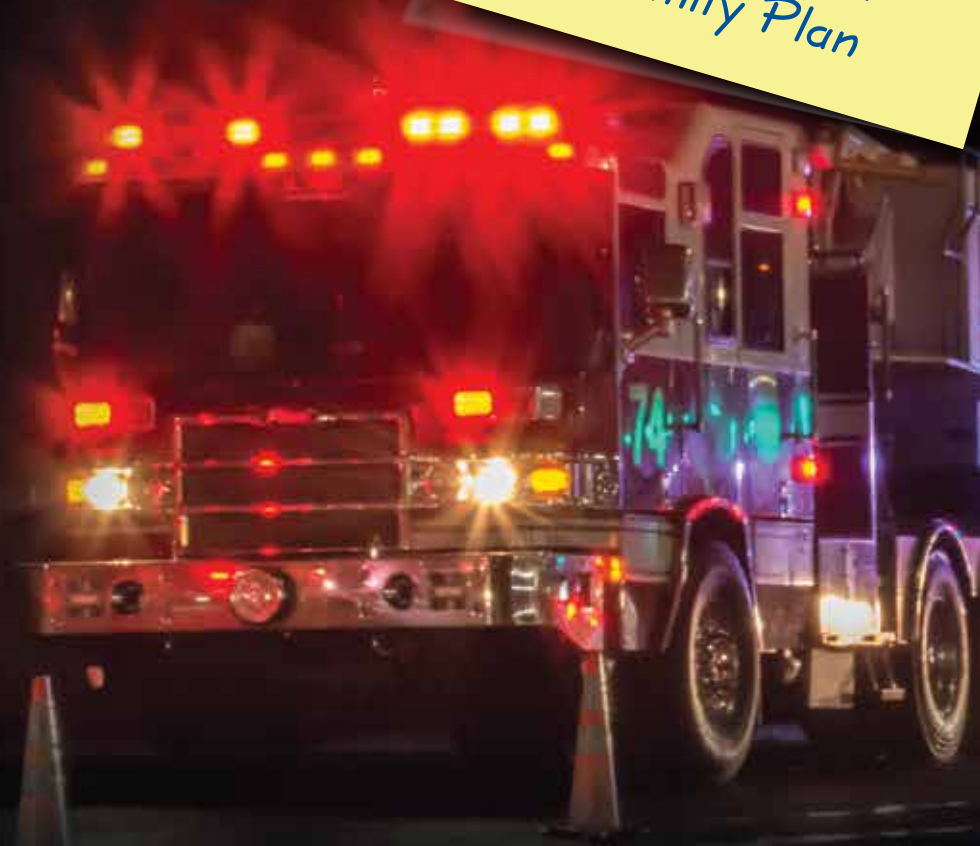
EMERGENCY PREPAREDNESS

The last issue of the Healthy Attitudes magazine opened with exactly this same sentence...

Each issue of the Healthy Attitudes magazines is created with the hope that lives will be touched in a powerful way.

That sentence still very appropriately fits into this article about emergency preparedness. Emergencies of any type can change the course of our lives forever, and recovery can be a slow and frustrating process. As you read through this, you're encouraged to review your preparedness level and make adjustments, and you are encouraged to continue reading.

(Continued page 4)





✓ Create a
Supply Kit



✓ Have a
Place to Go



✓ Be informed



Develop an emergency plan for you and your loved one

For You



Personal Go-Bag
Water & Food
Important Documents
Medications & Glasses
Pets & Pet Food

For Families



Needs of Children & Infants
Special Needs Children
Meet-Up Spot & Messaging
Older Adult Needs

For Caregivers



Immobile Loved Ones
Oxygen/Electricity Needs
Medications
Evacuations
Special Diet/Food

Emergency Preparedness

Disastrous or catastrophic events of any type are so shocking that they become sealed in our minds perhaps forever. We can easily recall details about the disaster such as where we were at the very moment it happened, what we were doing, and what time it was. In Southern California we live with the threat of multiple types of natural disasters daily, as well as pandemic emergencies, environmental disasters or collapses, even disasters of terrorism

The Federal Emergency Management Agency (FEMA) has set aside September as National Emergency Preparedness Month. Although no amount of preparedness and planning can cover every contingency, some of the resources and tools discussed in this story can help begin to increase preparedness and awareness.

Preparedness begins with a reality-based review of your personal and family circumstances, with the understanding that things change. Families change, physical abilities change and circumstances change that can significantly alter a previously established emergency plan. One example could be a young couple in their late 20s whose emergency preparedness plan for the past several years has been to keep good supplies and be ready to hike or camp or otherwise “rough it” to take care of themselves. A couple of years later, they will need to significantly adjust their planning and supplies to accommodate the birth of their first child, and then further adjust it when a family member moves in with them after experiencing failing health. And then several more years later, they might need to also review and understand the emergency plans of the living facility where that loved one now resides. As you can see, a solid emergency plan is fluid, dynamic and adaptable to life’s changes.

Where It Happens

Preparedness and response to emergencies should also reflect the setting or location(s) you and your family are in when the emergency occurs. As you might imagine, the scenarios can be endless, and timing is rarely ideal. Being all together, at home, with all of your readiness supplies when it happens sounds ideal, but a more likely scenario is that your family may be spread out in multiple locations (school, work, shopping, on the roadways, away on travel) attention to preparedness and the thoroughness of your plan can help ease some of the anxieties. Family caregivers, who take care of loved ones with varying degrees of illness, frailties, and medical and mobility challenges face additional planning strategies that are necessarily highly customized.

Many services and utilities that family caregivers need in the course of a day may be comprised, not available at all, and/or not available for some time after the emergency.

Some family caregiving situations are very complex, and require planning to include situations such as a bed-bound person, dependency upon electricity to operate lifts, oxygen services, or other life-sustaining medical devices. Caregivers for those who live alone but are frail, and even those who might live in a facility, require special thought and planning. Regardless of the situation, and with the understanding that we’re going to do the best we can, the purpose of preparedness is be safe, evacuate safely, and reunite safely. Keep reading for some ideas and motivation to get your plan “packed and ready”.

A Personal Plan

Perhaps you've heard people say "you should never say never", and we're routinely cautioned against heavy-handed, over-generalizing statements using "every" and "always" just to make a point. But this article is going to make a heavy point. Everyone should always be prepared! Seriously, we should all make a responsible effort to prepare ourselves and our families as well as we can to be as safe we can during an emergency, understanding that help may not be able to reach us. That means thinking ahead, planning strategically and personally, and then actually putting the plan into action with packing and practicing. When considering a personal preparedness plan, you'll want to think about the places where you spend the most time, which for most is at home, at work, or in your car (school preparation for students should also be discussed with the school). A Go-Bag is the go-to essential that can be adapted for all three situations.

Your **Go-Bag** is a preparedness essential. A Go-Bag is a packed bag, kept in a handy place at home, at the office, or in your car, that has necessary supplies to support you for at least three days. When packing a Go-Bag consider that you will need to be able to carry it or at least move it to a vehicle so consider weight and ease of mobility. Many Go-Bags resemble a backpack, a shoulder-strap duffel, or a bag on wheels. Keep in mind that rolling a suitcase may be difficult over rough or altered terrain during natural disasters.

Advance planning and pre-packing your Go-Bag is critical, as there may be no time to stop and look for medications or important documents. Each person in a household should have their own Go-Bag with items specific to their needs. The following are some industry standards for home Go-Bag contents:

- Necessary **medications** for a minimum of 3 days
- **Eyeglasses/content lenses**; some recommend keeping an old pair if having two pair of your current prescription isn't possible
- **Bottled water**; 1 gallon per person per day for at least 3 days
- **Non-perishable foods** for 3 days such as energy bars or granola bars, trail mix, etc
- **Clothing** for 3 days, planned for layering, sturdy shoes, coat and work gloves
- Travel size **toiletries** that you use every day, including toilet paper and moist towelettes
- **Cash** in small bills and rolls of quarters
- **Pets** with leash, food, medications, and water
- **Water proof bag** (plastic sandwich bags work nicely) with photocopies of important documents
- Battery powered or hand crank **radio**
- **Cell phone charger** as well as a portable battery pack charger
- **Flashlight** and batteries
- **First aid kit**

As you can see, the general Go-Bag concept can be adapted and customized for the office and your vehicle. Even if you find yourself at work or on the road during an emergency, many techniques for survival at home apply, with the same survival priorities of shelter, water and food. Some places of employment may have specific areas designed and stocked to accommodate "sheltering in place" but if not, you'll want to be as self-sufficient as possible. If the situation is appropriate, a car can also provide a good starting point for shelter.

There are car-specific Go-Bags available for purchase as a kit or you can assemble one yourself and customize it specifically to your needs. Car Go-Bags will differ slightly from the home or office kit and are usually geared toward self-sufficiency in the event the roadway system is compromised. In addition to basic food, water, medications, heavy coat, work gloves and sturdy, practical shoes, a car Go-Bag may include a working spare tire and jack, flashlight and batteries, a blanket, heavy duty rope, fix-a-flat, signal flares, or other signaling devices (whistle or mirror). You will also want to think about never letting your fuel tank get below half full. Let's become as worried about dropping below half a tank as we are about getting too close to empty! If you have to evacuate in your vehicle, you'll be relieved not to be hoping for a functioning gas station, or in a long waiting line.

(Continued page 6)

✓ Blankets can also be used to assist in moving others or as a splint/sling for a broken limb.



Many car Go-Bags are an excellent option for sheltering at your place of employment in that you'll have your water and food and a change of clothes. However, you'll still need to plan for supplies in your direct work area in the event your exit from the building is blocked or your vehicle is inaccessible. A quick pack with some food, water, sturdy shoes and coat, a working flashlight and whistle will be very beneficial while you regroup with your co-workers and understand the scope of the emergency.

A Communication Plan

Another consideration is to plan for ways to communicate. There is no telling where we might be when an emergency of any sort happens and sometimes family members can be in multiple locations...school, work, airport, stuck in traffic. Also, our usual "check in" methods can be disrupted either through power outages, damage or system overload. Establishing a plan for alternative ways to communicate can help reassure each other and help facilitate reunification. Experts agree that a good plan is to have an out-of-town (in the event that the area affected by the disaster won't have power or cell service) contact that all family members know to call. That out-of-town contact would then be able to relay location and safety status information as family members call. Other options include "mark me safe" features on various apps and internet websites, listing your name on a town hall billboard, or leaving messages at your last location.

A Family Caregiver's Plan

During an emergency, family caregivers can find themselves in an immediately critical situation, and are faced with considering some uncommon topics such as special evacuation assistance for elderly or disabled, medical and life-sustaining devices, and even the emergency plans for assisted living and other health facilities that might be housing a loved one. Caregivers who live with the one they're caring will want to plan and pack for any medical needs, prepare medical supplies and needed equipment,

or request special evacuation assistance. If your loved one lives in a living facility, you will want to consider the emergency plans of that facility, and review their evacuation routes and plans. If your loved one lives alone but requires assistance you may also consider organizing a support network of people in close proximity to your loved one who will agree to go and lend a hand in an emergency, if you are not able to be there. There are many valuable resources available on the internet regarding preparedness and the Emergency Preparedness booklet available at www.wfm.noaa.gov/workplace/pdfs/Emergency%20Preparedness.pdf provides checklists, ideas and special tips specifically for family caregivers. In addition to standard items of survival, the booklet recommends that family caregivers also include a list of the style and serial number of medical devices, operating instructions, special medical and hygiene supplies, and copies of medical insurance cards. Emergencies, disasters and crises of any type are frightening and disruptive...every time! Planning for emergencies can be overwhelming and we encourage you to reach out to the resources available to help you get started. 📱



Stay Informed

- ✓ Register to receive emergency notifications from VC Alert.
- ✓ During emergencies, check www.vcemergency.com for incident information, closures and evacuations.
- ✓ Get emergency preparedness tips at www.ReadyVenturaCounty.org.
- ✓ Visit the National Weather Service website for area information at www.weather.gov.



askus

Ready...
or Not?



By Lynette Harvey, RN, BSN
Clinical Services Director
lynetteh@camhealth.com
(805) 388-1952 ext 111

Every time there is a disaster, I get concerned about emergency preparations for my mother. She lives alone and is not very mobile. What can I do to help her be as prepared as possible?

ANSWER: Disasters of any type are very frightening and can cause great loss and disruption. You are wise to think about these things ahead of time, especially as the caregiver of someone who would need extra assistance. The Department of Health and Human Services offers a comprehensive 8-page booklet that specifically addresses issues that family caregivers should think about and plan for, such as what type of disasters are likely in your area, how will your loved one be warned of an emergency, what are the evacuation routes, and is there special assistance in her area for elderly or disabled. That booklet can be found online at www.wfm.noaa.gov/workplace/pdfs/Emergency%20Preparedness%20for%20Caregivers_FOH.pdf.

The National Institute on Aging includes specific emergency preparedness ideas for families caring for those with Alzheimer's disease, whose memory impairment and reasoning limit their ability to act appropriately in crises. Along with the usual preparedness items, they also suggest supplies for incontinence, a pillow or something comforting to hold onto, recent photos, hearing aid batteries, and always medications. This list can be found at www.nia.nih.gov/health/disaster-preparedness-alzheimers-caregivers.

In many emergency situations, neighbor helping neighbor turns out to be a very effective system as local emergency response teams may be delayed in reaching you. Enlisting neighbors or

nearby friends who could check on your mother, or be the primary responder to assist in evacuation in the event of an emergency, is also a great way to build depth to your preparedness plan. Posting your evacuation, reunion and communication plans somewhere easily accessible (such as the refrigerator door), and rehearsing the plans regularly are also essential to being prepared. Some local emergency management offices offer a registry for people with disabilities who need special assistance during an emergency. It is always helpful to contact your local emergency management agency to see if these services exist in your mother's area, or visit www.ready.gov to find links to government offices in your area. Articles on pages 4-6 also include other resources, checklists and Go-Bag ideas.

There is so much to think about in emergency preparedness! As you consider the elements needed for you and your family, remember what the experts tell us... prepare to be as self-sustaining as possible for at least 72 hours. 🧰



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

How to Register for Classes



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

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

Online
camhealth.com

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

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

Tips for Successful Class Registration & Attendance

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

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

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

Mindfulness

Discover Meditation Series with Danette Banyai (805) 388-1952x100

Led by Hypnotherapist and Health Education Specialist, Danette Banyai.
All classes listed below include mindfulness meditation. Always practical, always simple.

NEW Meditation 2-Part series

Part 1: Meditation from the Beginning (805) 388-1952x100

Take the mystery out of meditation. The beauty of meditation is that it is practical with simple techniques that you can use anytime and anywhere. It doesn't require a special place, a certain position, or a set amount of time. Learn how to achieve an internal calm and quiet that you can take with you wherever you go.
Jul 18 (Th) 6:30-8pm | R | \$40 for 2 part series

Part 2: Beginning Meditation Continued... (805) 388-1952x100

Get healthy with your meditation. Learn to reduce stress, increase immune function, improve sleep, reduce anxiety and depression. All meditation is helpful and in a group setting, it can enhance the experience and build a foundation of shared goals. Simple and practical.
Jul 25 (Th) 6:30-8pm | R | \$40 for 2 part series

*More information and registration available at
camhealth.com*

NEW Meditation Trio: Expanding Your Meditation Experience

Part 1: Meditation Practice: The Next Step (805) 388-1952x100

This series is designed for beginning and intermediate meditators. Learn and reinforce the truths of meditation. There is no mystery to meditation, it is basic, natural and practical. The simple foundations that are taught in these classes will ensure that you succeed. This path realigns body, heart, mind and heals wounds.
Aug 15 (Th) 6:30-8pm | R | \$55 for 3 part series

Part 2: Continuing the Practice (805) 388-1952x100

Perseverance. Practice. Discipline. Acceptance. Non-judgement. This session will discuss these principals, how they become part of our daily practice and how they can change our lives. Healing practice will be presented and discussed.
Aug 22 (Th) 6:30-8pm | R | \$55 for 3 part series

Part 3: Healing Body, Heart, Mind and Soul (805) 388-1952x100

How do we thrive with the chaos of our humanity? Healing practice is a way that not only heals self, it allows for spiritual transformation, integration and alignment providing a path to live in peace, with the reality of our humanness.
Aug 29 (Th) 6:30-8pm | R | \$55 for 3 part series

Hypnotherapy - Mindfulness Healing:

Heart, Mind, Body & Soul (805) 218-5793

Led by Hypnotherapist and Health Education Specialist, Danette Banyai.
Receive help with healing anxiety, sadness, and stress. Resolve physical, emotional or mental issues. Private healing sessions 1 hour | A | \$50

Volunteering

Building Compassion through Volunteering

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

Adult Day Center

Volunteers needed to assist with arts and crafts, activities, coloring and puzzles. Engage in conversation with clients and share your skills or talents. Volunteering with our participants is an opportunity to give back and expand your horizons while helping others.

Meal Delivery to Homebound Senior Citizens

ROUTE DRIVER

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

Senior Support Line 1-800-235-9980

SENIOR SUPPORT LINE LISTENER

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

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

Screenings

Caregiver Wellbeing Screening

(805) 388-1952x100

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

Aug 7 (W) 9-11am | Sept 12 (Th) 1-3pm | Oct 23 (W) 1-3pm | A | \$10

Depression Screening

(805) 388-1952x100

Speak with a qualified counselor to learn if you show symptoms of depression. Understand more about your mood and learn about resources that may help. Screenings are 30 minutes.

Aug 7 (W) 9-11am | Sept 12 (Th) 1-3pm | Oct 23 (W) 1-3pm | A | \$10

Hearing Screening

Lance Nelson, AuD

(805) 388-1952x100

Do you say "what" more than you should? Do you hear better in one ear than the other? Lance Nelson, AuD, of West Coast Hearing and Balance Center will conduct a hearing screening. No cleaning available.

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

NEW Skin Cancer Screening

Michael Trauner, MD

(805) 388-1952x100

Skin cancer is the most common cancer in the United States. Having your skin examined by a physician and checking your own skin frequently can help detect skin cancers early. If detected early and treated appropriately, most skin cancers can be cured. Appointments are 10 minutes.

Sept 10 (T) 4-6pm | A | NC

Support Groups

Al-Anon Family Groups, Men's Group

Dino (818) 720-1462

Mondays | 6-8:15pm

Al-Anon Fourth STEP Study Group

Larry (805) 844-2079

Wednesdays | 7-8pm

Al-Anon: How It Works

Shirley (805) 824-7291

Tuesdays | 7:15-8:15pm

Al-Anon Study Group

Michelle (805) 484-5027

Thursdays | 7-8:15pm

Caregiver Support Group

(800) 900-8582

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

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

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

Compulsive Eaters Anonymous—HOW

Thursdays 5:30-6:30pm | Saturdays 8:45-9:45am

Gerri (310) 633-3915

Conejo Ventura Macintosh User's Group

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

Susan (805) 504-3610

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

Primer sábado de cada mes | 9-10am

Michelle (805) 377-2130

Nar-Anon Family Groups

Thursdays 7-8pm

Carri (805) 479-8415

Pain Management Support Group

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

(805) 388-1952x100

Parkinson's Disease Support Group

Third Tuesday of each month | 2-4pm

Art (805) 482-6382

Stroke Support Group

Third Wednesday of each month | 2-3pm

(805) 388-1952x100

Evidence-Based Programs

Arthritis Foundation's® Walk with Ease-Walking Group

(800) 900-8582

Learn to customize a walking plan to boost energy, keep muscles strong and joints stable while controlling weight. Go at your own pace. Held at Arneill Ranch Park (Sweetwater Ave.) in Camarillo.

Please call for date of next session.

Chronic Pain Self-Management Program (CPSMP)

(805) 388-1952x100

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

Jul 25-Aug 29 (Th) 1:30-4:30pm | 6-week series | R | NC

Chronic Disease Self-Management Program (CDSMP) "Healthier Living"

(805) 388-1952x100

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

Please call for date of next session.

Diabetes Empowerment Education Program (DEEP)

(805) 388-1952x100

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

Please call for date of next session.

Diabetes Self-Management Program (DSMP)

(805) 388-1952x100

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

Aug 6-Sept 10 (T) 9:30am-12pm | 6 week series | R | NC

Matter of Balance

(800) 900-8582

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

Aug 7-Sept 25 (W) 9:30-11:30am | 8 week series | R | NC

Tai Chi for Arthritis

(800) 900-8582

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

Jul 29-Oct 7 (M & W) 2:30-3:30pm | 10 week-series | R | NC

UCLA Memory Training

(805) 388-1952x100

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

Please call for date of next session.

Body, Mind & Strength

NEW Avoid Brain Downsizing

(805) 388-1952x100

Come learn the fascinating and surprising conclusions of the latest research on cognitive decline. Spoiler alert: the results of this research empower the individual to avoid, inhibit and in some cases reverse all types of brain downsizing. The protocol changes the prognosis of all who have a loved one who has been diagnosed with common dementias. Facilitated by Eileen Gold.

Oct 16 (W) 5:30-7pm | R | \$10

NEW Brain Supplements - Do They Work?

(805) 388-1952x100

Ask the Pharmacist! Studies show that a Mediterranean diet along with exercise is the best way to avoid brain aging. Yet there is an abundance of brain supplements on the market and online claiming they help retain memory, are they FDA approved? Rajinder K. Rai, Pharmacist at All Med Drugs will discuss vitamins and supplements and if anything works for optimizing brain health.

Sept 19 (Th) 12-1pm | R | NC

NEW Benefits & Side Effects of Cannabidiol Oil (CBD Oil)

(805) 388-1952x100

CBD oil is gaining momentum in the health and wellness world while studies show that it does help manage a variety of health conditions like chronic pain, sleep disorders and anxiety. Chelle Goodfriend, Health Educator and Herbalist, will discuss how it works, the benefits, and the side effects. Bring your questions.

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

NEW Chronic Kidney Disease Update - UCLA Speaker Series

(805) 388-1952x100

Igor Kagan, MD, UCLA nephrologist, will discuss chronic kidney disease treatments, kidney transplantation and dialysis, including home dialysis options.

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

NEW Dealing with Neuropathy Pain

(805) 388-1952x100

Those who 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.

Sept 18 (W) 6-7:30pm | R | \$10

Drumming for Health

Brad Anderson

(805) 388-1952x100

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

Jul 10 | Sept 11 (W) 6-7:15pm | R | \$10

Massage: Swedish, Pregnancy & Deep Tissue Therapy

(805) 298-3202

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

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

NEW Parent & Community - Opioid Prevention Program

(805) 388-1952x100

Do you know how to talk to your adolescent about drug use? How about emotional well-being? Join us for this one hour workshop designed to encourage and support adults in talking to teens about emotional well-being, learn the signs of emotional suffering and how they contribute to substance use. Provided by Give an Hour California and Ventura County Behavioral Health Department.

Aug 8 (Th) 6-7pm | R | NC

NEW Reach Your Peak: The Pursuit of Greatness

(805) 388-1952x100

Learn how to identify your personal value system to improve life satisfaction. Learn to access more of your emotional intelligence to provide clarity with tough decisions. Dr. Morris Jensen, Psy.D., will provide you with tools to be able to relate, communicate and participate in life in a deeper, more effective way, so you can reach your peak with a stronger sense of meaning and purpose in life.

Sept 19 (Th) 6-7:15pm | R | \$10

Reflexology

Jane Ivey, Board Certified Reflexologist

(805) 388-1952x100

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

First Wednesday of each month | 10am-1:30pm | 1/2-hr: \$25 | 1 hour: \$45

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

NEW The Benefits of Emotional Self-Regulation

(805) 388-1952x100

Would you like to ease your pain, increase your energy, lose weight, and improve your golf game? This interactive workshop, facilitated by Eileen Gold, MA, will explore the practice of emotional self-regulation. You will come to understand the scientific basis for easy to learn techniques that result in optimal physical and mental performance.

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

NEW Virtually Pain Free Dental Implants

(805) 388-1952x100

Dental implants have come a long way from their painful beginnings. Now the procedure is minimally invasive and can be completed in as quickly as 10 minutes. Dr. Scholler, DDS, will discuss how dental implants can be done without stitches and post-op pain.

Sept 27 (F) 12-1pm | R | NC

NEW Youth & Young Adult - Opioid Prevention Project

(805) 388-1952x100

How we feel is important and can play a key role in substance use. To decrease the stigma around mental health, this hands on, and interactive workshop will teach youth the healthy habits of emotional well-being, the signs to look for in others so that those who need help get the support they deserve, and the healthy coping skills to make the right choice. High school aged participants will learn the basics of opioid overdose recognition and effective response to an overdose. Provided by Give an Hour California and Ventura County Behavioral Health Department.

Aug 5 (M) 1-2pm | R | NC

Safety & First Aid

CPR, First Aid & AED

Jose Godinez, Certified Instructor

(805) 388-1952x100

This basic course follows the American Heart Association guidelines.

Certificate is available upon completion of class.

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

Sept 16 (M) 5:30-9:30pm | \$65 | R | Materials \$18 | No refunds available

First Aid & CPR for Teens & Tweens

(805) 388-1952x100

Jose Godinez, Certified Instructor

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

Aug 12 (M) 5:30-8pm | R | \$45 | Materials \$15 | No refunds available.

Fitness

Bone Builders

Sylvia Fulton, Certified Instructor

(805) 388-8333

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

Seated & Standing Beginning Ta'i Chi Chih®

(805) 388-1952x100

Strengthen your core muscles with zero impact and maximum benefit! Accredited Instructor, Barbara Freie will challenge you physically and spiritually by showing you how to relax, stretch and focus on your inner-self while improving balance and peace of mind.

Aug 21-Oct 16 (W) 5-6:15pm | 9 week series | R | \$90

Ta'i Chi Chih®

Intermediate Barbara Freie, Accredited Instructor (805) 388-1952x100

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

Oct 23-Nov 13 (W) 5-6:15pm | 4 week series | R | \$40

Yoga-Gentle

Mikal Rogers, Instructor

(805) 388-1952x100

Health benefits include improved flexibility, muscle tone, and stress alleviation. Classes do not meet in sessions, you may join anytime.

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

Family Caregivers

Adult Day Center

(805) 388-1952x111

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

Care-A-Van Transportation Services

(805) 388-2529

Care-A-Van offers door-through-door, non-emergency medical transportation service throughout Ventura County for medical visits and other activities of daily living. Call for additional information regarding service area, fees, and reservations.

Care Consultations

(800) 900-8582

Are you or a loved one in a life transition and don't know where to turn? Schedule a consultation to create a personalized plan with vital links to community resources. A | NC

Caregivers CAN (Connect, Adapt, Navigate)

(805) 388-1952x100

Engaging, experienced guest speakers are featured each week to present topics such as self-care, aging, elder law, and long-term care. Participants will gain an understanding of community resources and strategies to successfully navigate their role as caregivers. Need care for your loved one in order to attend the class? Ask about our free respite services. Please call for date of next session.

Caregiver Support Groups

(800) 900-8582

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

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

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

Visit The Kroll Resource Library

(800) 900-8582

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

NEW Dealing with Dementia

(805) 388-1952x100

The Dealing with Dementia Program was developed by the Rosalynn Carter Institute as an evidence informed educational support program for caregivers of people living with dementia. This 4-hour workshop highlights topics such as: the caregiving experience with an easily understandable explanation of dementia, best practices in caregiving, and problem solving with dementia behaviors. Learn tips for caregivers to find time for self-care and stress management. Completed workshop participants will receive a comprehensive manual for dementia caregivers.

Jul 30 (T) 12:30-4:30pm | R | NC

Aug 21 (W) 8:30am-12:30pm | R | NC

Sept 26 (Th) 8:30am-12:30pm | R | NC

NEW Dementia Live

(805) 388-1952x100

Dementia Live is a high impact, dementia simulation experience that immerses participants into life with dementia, resulting in a deeper understanding of what it's like to live with cognitive impairment and sensory change. Participants are outfitted in specialized gear and given a series of tasks to perform, the challenges and struggles one face become very real to the participant, triggering heightened empathy and understanding, creating a catalyst for meaningful communication and improving quality care.

Aug 6 (T) 9am-4pm | Sept 18 (W) 9am-4pm | R | NC

NEW Legal and Financial Planning for

Alzheimer's Disease

(805) 388-1952x100

The diagnosis of Alzheimer's Disease makes planning for your future more important than ever. Concern about care provision and programs that can help offset costs mean that families need accurate information specific to the disease. Discussion will include making legal plans, legal documents and what they mean for all of you, finding legal and financial assistance, tax deductions, credits and government programs that can help pay for care.

Aug 15 (Th) 10am-12pm | R | NC

NEW Memory Café

(800) 900-8582

Join others affected by dementia, along with their families and caregivers, for a fun, supportive lunch gathering.

Aug 24 (Sat) 11am-12:30pm | Registration required | NC | Adults only

Nutrition

Apple-A-Day Café

(805) 388-1952x168

Warm lunch served in a friendly, social, and educational atmosphere for individuals age 60 and up. Please RSVP.

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

NEW Craving Cuban Cuisine? Us Too!

(805) 388-1952x100

Traditional Cuban cooking is a blend of several different cultural influences. Chef Raymond Acuna will demonstrate popular Cuban dishes and introduce you to the flavors, ingredients and cooking techniques of Cuba. Learn to cook perfect Cuban dishes that combine textures, aromas and flavors that will amaze your family and friends. Recipe handout and generous samples provided.

Sept 17 (T) 6:30-8:30pm | R | \$45

NEW Healthy Mediterranean Cooking = Heart Love

(805) 388-1952x100

Join Chef Raymond Acuna as he shares classic techniques on preparing homemade Mediterranean dishes. Enjoy learning how to make a heart healthy & satisfying meal that is perfect for summer! Recipe handouts and generous samples provided.

Jul 16 (T) 6:30-8:30pm | R | \$45

Home Delivered Meals

(805) 388-1952x168

Provides "ready to heat" meals to home-bound residents of Camarillo and Somis age 60 and up.

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

NEW Italian Classics - Fresh & Easy

(805) 388-1952x100

Chef Raymond Acuna will demonstrate authentic Italian cooking starting with a fresh Italian pasta topped with a scrumptious white wine and roasted tomato sauce and finishing with a homemade bruschetta. Best of all, you will go home with new skills, a recipe handout, and generous samples will be provided.

Aug 6 (T) 6:30-8:30pm | R | \$45

NEW Meet Up at The Farmers Market & Cooking Class!

(805) 388-1952x100

Chef Raymond Acuna, CEO and Instructor at the Academy of Culinary Arts, will meet participants at the Camarillo Farmers Market at 8:00am located at 2220 Ventura Blvd, Camarillo. This trip will equip you with skills on what to look for in nutrition, taste and sustainable values of purchasing local foods. Participants will return to the Camarillo Health Care District to learn how to creatively use the seasonal produce. Come with an open mind and empty stomach as you browse for ingredients! Recipe handout, and generous samples provided.

Aug 10 (Sat) 8am -12pm | R | \$70

Produce Day

A collaboration with FOOD Share of Ventura County to bring residents a variety of seasonal produce at no cost. First come, first serve basis. Please bring your own bag.

Second Thursday of each month | 11am-1pm

Advocacy

NEW Advance Health Care Directive Workshop (805) 388-1952x100

Advance Health Care Directives are a legal document in which a person specifies a family member, agent, or physician on what actions should be taken for their health if they are no longer able to make decisions for themselves due to illness, leaving a clear understanding of their wishes. At this free workshop you will receive assistance in completing your Directive and have it notarized at no charge. Space is limited.

Aug 17 (Sat) 10am-12pm | R | NC

Elder Legal Services (800) 900-8582

Schedule a confidential appointment with an elder law and estate planning expert.

Mondays | 1-4pm | A | NC

Financial Planning Robert Harrell, Financial Planner (805) 388-1952x100

Consult with a financial planner on budgeting, retirement planning, and financial problem solving. Discuss how to put all the finance pieces together to solve problems or reach goals in a confidential session.

Third Monday of each month | 1-4pm | A | NC

Health Insurance Counseling &

Advocacy Program (HICAP) (805) 388-1952x100

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

NEW Discover Plans & Programs That Can Help You Stay Healthy!

(805) 388-1952x100

Health Insurance Advocacy Program (HICAP) trained counselors will discuss Medi-Cal versus MediCare, Medi-Cal eligibility, share of cost, Long Term Medi-Cal, resource limitations and how the durable medical equipment program works in Ventura County. Jul 12 (F) 1:30-3pm | R | NC

NEW Health Care Expenses in Retirement

(805) 388-1952x100

Tom Cronley, Certified Financial Planner™ professional and Edward Jones Financial Advisor, will discuss how to plan for your health care expenses during your retirement years. Learn about how important the dates for enrolling in Medicare are, what the cost is for Long Term Care and what they cover, and how to estimate your out of pocket expenses. Aug 14 (W) 6-7:30pm | R | \$10

NEW HICAP Open Enrollment for 2020 (805) 388-1952x100

A counseling opportunity for all Medicare concerns, including pre-Medicare, Medicare disabled, Medicare beneficiaries, and changes to Medicare prescription Part D.

Oct 18 (F) 10am-2pm | Nov 1 (F) 10am-2pm | Nov 22 (F) 10am-2pm | R | NC

How Does Reverse Mortgage Work? (805) 388-1952x100

Is it the right choice for you? Who is eligible? What is the difference between a reverse mortgage and a home equity loan? Patrick Krull from MLD Mortgage will answer these, and other questions.

Aug 7 (W) 3:30-4:30pm | R | NC

NEW Medicare Changes for 2020 (805) 388-1952x100

Health Insurance Counseling and Advocacy Program (HICAP) community educators will discuss changes to Medicare in 2020. Learn how to save money on healthcare and avoid late enrollment fees.

Oct 11 (F) 1:30-3pm | R | NC

NEW Social Security: Your Questions Answered (805) 388-1952x100

Social Security is a significant source of income for aging adults. Tom Cronley, Certified Financial Planner™ professional and Edward Jones Financial Advisor, will discuss ways to maximize your Social Security benefit amounts based on age, life expectancy, employment and future needs.

Sept 12 (Th) 6-7:30pm | R | \$10

NEW What the Social Security Letters Mean to You (805) 388-1952x100

Health Insurance Counseling and Advocacy Program (HICAP) community educators will discuss the importance of what the Social Security colored mailed correspondence means to you. Learn the updates on Medicare changes and how to manage your personal information.

Sept 13 (F) 1:30-3pm | R | NC

*More information and registration available at
camhealth.com*

Important Numbers

The District focuses on maximizing health and wellness through evidence-based, effective and innovative services, including:

Adult Day Center & Support Services (805) 388-1952 x111

Award-winning, person-centered day program

Care Management Services (Hospital to Home) (800) 900-8582

Supporting well-prepared transitions from hospital to home

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

Door-through-door non-emergency service throughout Ventura County

Caregiver Respite, Education & Training (800) 900-8582

Training, resources, respite and options for family caregivers

Counseling Services – Legal, Financial, & Emotional (800) 900-8582

Confidential sessions with certified experts

Custom Care Consultations (800) 900-8582

Create a personalized plan with vital links to community resources

Evidence-Based Programs (800) 900-8582

Rigorously tested programs scientifically proven to show results

Exercise Classes (805) 388-1952 x100

Cardiovascular, strength and flexibility classes for all levels

Fall Prevention & Home Modifications (800) 900-8582

Home safety through resources and education

Health Education, Promotion & Advocacy Classes (805) 388-1952 x100

Changing Aging through hundreds of classes offered each year

Health Screenings (805) 388-1952 x100

Variety of screenings

Lifeline Personal Help Button (805) 388-1952 x120

Enhanced safety and independence, at the touch of a button

Senior Nutrition Program (805) 388-1952 x168

Nutrition and socialization for home-bound and active residents age 60+

Senior Support Line (800) 235-9980

Trained volunteers provide resources and friendly conversation

Support Groups (800) 900-8582

Choose from a wide variety of groups available at various times of the day

Volunteer Opportunities (805) 388-1952 x112

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

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

No-cost resources for caregivers and their loved ones.



SPEND THE DAY **YOUR WAY**

Adult Day Center — Empowering Wellness Together

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



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