

# Healthy ATTITUDES

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WINTER 2019

Camarillo Health Care District QUARTERLY MAGAZINE



DEMENTIA  
*friendly*  
COMMUNITIES

## A MESSAGE FROM KARA RALSTON, CHIEF EXECUTIVE OFFICER



According to the Alzheimer's Association, Alzheimer's disease is the 6th leading cause of death in the United States. In Ventura County, it is the 4th leading cause of death. Every 65 seconds, someone is diagnosed with the disease. These data shifts are compelling reasons for the expansion and development of Camarillo Health Care District's dementia specialty programs.

As you might be aware, Ventura County joins leaders in other states (and internationally!) in developing a proactive approach to implementing elements of the Dementia Friendly America initiative. The

Dementia Friendly America (DFA) movement began in 2015 following the White House Conference on Aging. The premise is to develop communities that are equipped to support people living with dementia and their caregivers, and foster their ability to remain in the community and engage and thrive in day to day living. According to the DFA definition, a dementia friendly community is "a village, town, city or county that is informed, safe and respectful of individuals with the disease, their families and caregivers and provides supportive options that foster quality of life."

Camarillo Health Care District was proud to participate in the leadership efforts of Ventura County Area Agency on Aging (VCAAA), as the organization became a certified partner of DFA, and was tasked with implementing Ventura County's dementia friendly movement. As the DFA movement got underway, the VCAAA began by focusing on the training modules specific to each sector of Ventura County. Camarillo Health Care District became part of the core leadership team to help draft, develop, launch, and implement training for business, financial services, health care, and faith-based sectors of Ventura County. As the movement continues to move forward, training for public safety, government, planning, libraries and other sectors are developing.

I'm also pleased to share with you the news of a significant grant from the Arthur M. Rupe Foundation in support of the Camarillo Health Care District's **Dementia Friendly Caregiver Engagement Project**. This project is designed to engage dementia caregivers early in their journey, through new programs and best practice approaches. One such best practice is the Dealing with Dementia Program, developed by the Rosalynn Carter Institute on Caregiving. It is a four-hour workshop specifically created for caregivers of people dealing with dementia. Topics include insights into the caregiver experience, easily understood explanations of dementia, caregiving problem-solving, and strategies for stress management and self-care. *Dealing with Dementia* attendees demonstrate a reduction in caregiver burden, and the program has earned designation by the National Council on Aging (NCOA) as a Tier I evidence-based best practice.

Camarillo Health Care District will also launch its DementiaLive® program in the new year. Developed by the AGE-u-cate® Training Institute this program 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. This triggers a heightened empathy and understanding, builds new bridges to person-centered care practices, and a catalyst to meaningful communication resulting in improved quality of care. As a result, caregivers report positive changes in quality time, improved relationship with their loved."

For more information about these programs, please contact Blair Craddock, Care Services Director, at 805-388-1952, extension 133.

Standing strong with you,

*Kara*

## IN THE NEWS

### CEO Selected as General Manager of the Year

Camarillo Health Care District CEO Kara Ralston, MBA, SDA, was selected as California's **General Manager of the Year** by the California Special Districts Association (CSDA). The General Manager of the Year award recognizes the statewide special district leader who demonstrates exceptional experience, effectiveness and leadership, bringing benefit to the community in which his/her District serves. The CSDA promotes good governance and improved core local services through professional development, advocacy, and other services for all types of independent special districts.

### CRO Named Optimal Aging Innovation Champion

Sue Tatangelo, Camarillo Health Care District Chief Resource Officer, was selected as the recipient of the Ventura County Area Agency on Aging's (VCAAA) **2018 Optimal Aging Innovation Champion**, for her work and dedication to improving the lives of older adults living in Ventura County. Sue leads the District's efforts in developing programs and services dedicated to maximizing health and improving the quality of health outcomes.



### District Receives Grant for Dementia Live Services

Camarillo Health Care District is honored to receive a \$50,000 grant from the Arthur N. Rupe Foundation to support the Dementia Friendly Caregiver Engagement Project, which informs, educates and supports family caregivers throughout their journey of caring for a loved one with dementia. The Dementia Live experience includes, Dealing with Dementia workshops, Memory Cafés, training and engaging businesses to help create a dementia-friendly community, and the development of dementia care plans that also support the caregiver's well-being.

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Chief Resource Officer

**Sonia Amezcua**  
Chief Administrative Officer

*Changing Aging.*

# Testimonials

I have **enjoyed** so many classes at the Camarillo Health Care District from gardening, senior informative lectures to cooking classes. Each and every **class has been exceptional** in every way. I have never been disappointed. Thank you for your excellence!  
—class attendee

I really **appreciate the support group** and resource library. Wonderful facilitators and offerings. Thanks!  
—family caregiver

Each **staff is very kind to my wife**, and professional. She looks forward to go to the Adult Day classes. Thank you.  
—adult day center family

I am so **happy with the CPR class** and the instructor is very professional and very good at explaining how and why to help others in need! He is great! And the reminder call was awesome as well! I love the CHCD! MaryAnn Ratto is so good at what she does to help the family and their family members that need help to cope with age issues that come up!!!  
—class attendee

Kara, you are doing Camarillo **proud!** Congratulations.  
—public member



## ON THE COVER

More than 5 million Americans and 15 million caregivers are living with Alzheimer's disease. Dementia Friendly communities are where all people can live, age and thrive.

## contents



2

Living, Together

5

CHCD  
Awarded  
\$50,000 Grant

Thank  
You



6

Dementia and  
Alzheimer's  
Programs and  
Services

8

Screenings  
Family Caregivers

9

Screenings  
Fitness  
Evidence-Based Programs

10

Volunteering  
Mindfulness  
Support Group

11

Body, Mind & Strength  
Nutrition

12

Advocacy  
Important Numbers

## connect with us!

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



### FACEBOOK

CamarilloHealthCareDistrict  
WellnessandCaregiverCenterVC

### TWITTER

@changing\_aging

### INSTAGRAM

@camarillo\_health\_care\_district





# *Living Together*

*In Ventura County alone, an estimated  
14,000 people over age 65 have  
Alzheimer's Disease.  
That number is expected to increase  
to more than 25,000 by 2030.*

*Ventura County Area Agency on Aging*





## Dementia Friendly **Communities**

Have you ever had an occasional moment of disorientation or confusion... maybe couldn't recognize where you were, or feeling lost in a familiar environment? It's a frightening enough sensation for just those few moments. Now imagine experiencing that all day, every day. Disorientation and confusion goes hand in hand with memory loss related to dementias and Alzheimer's disease. Frequent or constant fear and anxiety can be a reality for those diagnosed with dementia or Alzheimer's disease. It's also a reality for their family, friends and other loved ones. How to live life with a sense of belonging and value, feeling safe and supported, is something Camarillo Health Care District's multiple programs and services can help with.

# DEMENTIA IMPACTS EVERYONE

Throughout the world, approximately 50 million people are living with dementia — and another 10 million cases are diagnosed each year. Alzheimer's disease is the sixth leading cause of death in the U.S., and someone new is diagnosed with the disease every 65 seconds.<sup>ii</sup> In Ventura County, Alzheimer's disease is the fourth leading cause of death.<sup>iii</sup>

A past issue of this magazine introduced the Dementia Friendly movement, which is a concept grounded in creating communities that foster support, respect and access to resources for individuals with dementia, as well as their caregivers and families. The article further discussed actions being taken on national, local, and then personal levels...Dementia Friendly America, Dementia Friendly Ventura County, Dementia Friendly District, and Dementia Friendly You. It is valuable to share this information again, with some updates on the progress of the movement.

## Dementia Friendly **Worldwide**

Every nation, regardless of size, location, history, culture or stability, includes people diagnosed with dementia, and people who are caring for those with dementia and/or Alzheimer's disease. According to the 2016 World Alzheimer Report, there were an estimated 46.8 million people worldwide living with dementia and this number is projected to reach 131.5 million in 2050.

Alzheimer's disease, one of the most common forms of dementia, was the seventh-leading cause of death worldwide in 2015. In high-income economies (because they do not experience the pandemic diseases that devastate developing countries), it was the third-leading cause of death. When compared to the same data from just 15 years earlier, Alzheimer's disease does not even appear among the top ten causes of death worldwide (World Health Organization, 2017).<sup>i</sup>

## Dementia Friendly America

Dementia Friendly America (DFA) was launched at the July 2015 White House Conference on Aging. The initiative has developed into a robust and ever-growing coalition of cities and counties throughout the United States, including Ventura County.

Over 80 communities have now signed on to be part of the DFA initiative ([dfamerica.org](http://dfamerica.org)). The task of transforming entire communities is challenging and to address this, the DFA team has developed an array of sector-specific strategies that can be utilized as guides for achieving dementia-friendly status within a particular industry. For example, a guide has been created that encourages business owners to keep clutter to a minimum, provide well-lit aisles and large, legible signs in order to make navigating the store more manageable for people with dementia. To learn more about Dementia Friendly America, visit [dfamerica.org](http://dfamerica.org).

## Dementia Friendly Ventura County

Ventura County is one of only five communities in California to achieve official recognition as a dementia-friendly community! As a dementia-friendly community, Ventura County:

- Values and respects people with any form of cognitive impairment
- Listens to and respects the feelings and needs of community members with dementia
- Is educated to know the signs of dementia, and responds accordingly
- Supports those providing care for individuals with dementia

Dementia Friendly Ventura County (DFVC) was established to educate Ventura County about the importance of becoming dementia friendly and implementing dementia friendly practices throughout its communities. The Ventura County Area Agency on Aging (VCAAA), Ventura County's coordinating organization, started by focusing on the health care sector, and Camarillo Health Care District became part of the core leadership team to help draft and implement a plan for training health care industry partners, including emergency medical service staff and first responders, hospitals, clinics, and senior living communities.

## Dementia Friendly Health Care District

Camarillo Health Care District remains a committed advocate for changing aging (follow us on Twitter @changing\_aging), across a wide variety of health and aging issues, which includes working with, and providing resources for, people living with dementia and their families and caregivers. Certified staff are trained in a variety of Tier-1 evidence-based services, care transitions services, and care management services, including the Rosalynn Carter Institute's REACH program, to help maximize the health and well-being of those with dementia and their families and caregivers. Many of the programs at Camarillo Health Care District intentionally incorporate dementia sensitivity and training in order to provide excellent and effective services, including:

- **Home Assessments** to evaluate the safety, mobility, medication schedule, activity level, dietary needs, and social interaction of the individual.
- **Hospital-to-Home Care Transitions Services** facilitates safe, thoughtful transitions from hospital to home through long-term supports and services (LTSS).
- **Case Management** provides guidance and coordination between care partners, and oversees progression of care.
- **Adult Day Center** engages in a safe, interactive environment that stimulates cognitive activity and provides caregivers respite.
- **Caregiver Center of Ventura County** provides resources including counseling, screenings, support, education, and evidence-based training to improve caregiving skills and personal wellness.
- **Memory Cafés** facilitate social interaction and build support networks for individuals with dementia and their caregivers and families.
- **Senior Nutrition Program** provides home delivered meals to home bound individuals age 60 and over, and offers a community meal site in an engaging, social environment.
- **Care-A-Van Transportation Services** provides door-through-door, non-emergency transportation with drivers certified in CPR, First Aid and sensitivity training.





## Dementia Friendly You

So, how does one take an international movement and apply it to everyday life? The following steps can make a significant difference in someone's life, and in the life of their caregiver.

### How Can I Become Dementia Friendly?

- Slow your pace slightly and allow time for person to process and respond.
- Use shorter, simple sentences, and ask one question at a time.
- Speak clearly and calmly; be patient and understanding; listen.
- Avoid arguing with or embarrassing the person.
- Treat the person with dignity and respect.
- Be aware of your body language; smile and make eye contact at eye level.
- Seek to understand person's reality or feelings.

Camarillo Health Care District proudly continues our role in expanding the dementia-friendly movement to our communities. Several members of our staff have earned certification in DFVC business training, and we are thrilled to see more and more businesses beginning to respond to the challenges those with dementia may face in a retail setting.

## Become a Dementia Friend!



*You can help those with dementia in our community, by becoming a certified dementia friend. All you need to do is watch a series of videos, earn your certificate of completion and commit to take action. Visit [dementiafriendsusa.org](http://dementiafriendsusa.org).*

The District also offers the Dementia Live program, a simulation experience that immerses participants into life with dementia, resulting in a remarkable, inside-out understanding of the cognitive impairment and sensory changes that those with dementia face. Participants are outfitted in specialized gear and given a series of tasks to perform within an enclosed "experience" area. The challenges and struggles become very real to the participant, fostering a heightened sense of empathy and understanding.

## Join the Movement

While Ventura County has made tremendous strides toward becoming dementia friendly, there is still so much more that we can do to help those living with dementia feel safe, respected and comfortable in our community.

Want to help make a difference? When you're out and about, keep your eyes open for older adults who seem confused, disoriented or frightened. If you see someone who may be struggling with symptoms of dementia, introduce yourself and ask politely how you can help.

When you are talking to someone with dementia — whether they are a friend, loved one or stranger — it is important to remember that although their memory and communication skills may be hindered, their feelings are not. Here are a few suggestions for how to facilitate positive conversations:

Talk directly to the person with dementia, rather than communicating only with their family members, friends or caregivers.

- ▶ Don't pre-judge the person's level of understanding — let the conversation help you form a clearer picture of their needs.
- ▶ Focus on conveying respect and empathy, and never patronize.
- ▶ Create an environment with minimal distractions.
- ▶ Seek to understand the person's reality and feelings.
- ▶ Make eye contact, and speak clearly and calmly.
- ▶ Slow your conversational pace, allowing time for the person to process what you've said and respond.
- ▶ Use shorter sentences, and provide information in smaller chunks.
- ▶ Only ask one question at a time.
- ▶ Avoid starting arguments or embarrassing the person.
- ▶ Be patient and understanding.

*(Continued on Page 6)*



## Caring for Those With Dementia

If you are caring for someone with dementia, you are not alone in facing the challenges this may bring. In 2017 alone, 16.1 million family members and friends provided 18.4 billion hours of unpaid care to people living with dementia.<sup>v</sup>

Call  
**800-900-8582**  
to speak with  
a trained  
REACH staff

To each and every person providing care for someone with dementia in our community, Camarillo Health Care District extends our most sincere, heartfelt gratitude. And, we want you to know that we are here to serve as your partner in this journey.

The district is proud to be California's only organization certified by the Rosalynn Carter Institute (RCI) to provide the REACH program. REACH stands for Resources Enhancing Alzheimer's Caregiver Health, and the program is designed to offer education, support and skill-building for caregivers to help you provide the best possible care while also maintaining your own health and well-being. This FREE six-month program:

- Supports overall caregiver health and helps reduce feelings of stress, fatigue, depression and burnout from caregiving
- Offers an individualized support, education and skills-building plan with the help of a dedicated, trained coach
- Helps you implement coping strategies and tools for your specific challenges
- Provides encouragement, compassion, understanding and confidence-boosting support as you work through the difficulties of caregiving

In addition to the REACH program, Camarillo Health Care District provides a variety of other resources for those caring for someone with dementia, including Dealing With Dementia workshops, caregiver support groups, customized care management programs and the Caregiver Center of Ventura County, which offers counseling, education, training, screenings and beyond. Please call us at 1-800-900-8582 or visit [camhealth.com](http://camhealth.com) for more information.

## Improving Life With Dementia

For those living with dementia, daily life can bring a variety of challenges. At Camarillo Health Care District, we are here to help make things easier. We offer numerous classes, programs and resources to assist our friends with memory loss. For more information about these services, please call 1-800-900-8582 or visit [camhealth.com](http://camhealth.com), and be sure to check out the class schedule in this magazine for additional dementia-related programs.

- **Memory Cafés** – The district frequently hosts Memory Café gatherings, where individuals with dementia and their caregivers can enjoy a meal in a safe, comfortable, dementia-friendly environment and socialize with others who understand what it's like to live with dementia.
- **Adult Day Center** – The award-winning Adult Day Center offers a caring environment where people with dementia can socialize and engage in a variety of activities. The center is open Monday through Friday from 9 a.m. to 3 p.m., giving caregivers an opportunity to relax and take some time off as well.
- **Senior Nutrition Program** – Once a month, the district hosts the Apple-a-Day Café, where older adults can enjoy lunch together in a social setting. For those who qualify, we also offer healthy, home-delivered, ready-to-heat meals.
- **Care-a-Van Transportation** – The Care-a-Van provides door-to-door, non-emergency transportation, with drivers who are certified in CPR and first aid. Each vehicle is equipped with lifts that can accommodate standard wheelchairs, oxygen canisters and other assistive devices.
- **Senior Support Line** – Older adults who are feeling lonely or depressed, or just want someone to talk to, are encouraged to call the toll-free Senior Support Line at 1-800-235-9980.
- **Lifeline of Ventura County** – Lifeline of Ventura County is a life-saving alert service that, with the simple push of a button, connects you to an emergency-trained operator who will immediately contact a neighbor, caregiver or emergency service provider depending on your specific need.

As we continue to collaborate with community partners to improve life with dementia, please know that you are heard, valued and respected. To those caring for someone with dementia, please know you are not alone and resources are available. And to the community as a whole, please know you have the power to make a meaningful difference in the lives of friends, loved ones and fellow community members with dementia. We've made significant progress...your participation will accomplish even more!

i "Dementia," World Health Organization, accessed October 22, 2018 [www.who.int/news-room/fact-sheets/detail/dementia](http://www.who.int/news-room/fact-sheets/detail/dementia).

ii "Facts and Figures," Alzheimer's Association, accessed October 23, 2018 [www.alz.org/alzheimers-dementia/facts-figures](http://www.alz.org/alzheimers-dementia/facts-figures)

iii Ventura County Public Health, Community Health Assessment 2017 [www.healthmattersinvc.org/content/sites/ventura/PH\\_CHA\\_Booklet\\_DIGITAL\\_4\\_2017-05-12\\_2.pdf](http://www.healthmattersinvc.org/content/sites/ventura/PH_CHA_Booklet_DIGITAL_4_2017-05-12_2.pdf).

iv "California Facts and Figures: County Data Report," Alzheimer's Association, accessed October 22, 2018 [www.caalz.org/2017%20CA%20Facts%20and%20Figures%20Report%20with%20county%20data.pdf](http://www.caalz.org/2017%20CA%20Facts%20and%20Figures%20Report%20with%20county%20data.pdf)

v "Fact Sheet," Alzheimer's Impact Movement, accessed October 23, 2018. [act.alz.org/site/DocServer/caregivers\\_fact\\_sheet.pdf?docID=3022](http://act.alz.org/site/DocServer/caregivers_fact_sheet.pdf?docID=3022)



# Thank You

**Camarillo Health Care District** is pleased to share that we were recently awarded a **\$50,000 grant from the Arthur N. Rupe Foundation** to support our Dementia Friendly Caregiver Engagement Project, which aims to inform and educate caregivers throughout their journey.

## **This grant will help support:**

- The Dementia Live experience
- Dealing with Dementia workshops
- Memory Cafés
- Training and engaging businesses to help create a dementia-friendly community
- The development of dementia care plans that support caregivers' well-being

## **Dementia and Alzheimer's Programs and Services**

Dementia can be very frightening... for both the person diagnosed and the families. The following programs and services are specially noted here to assist you and your family in learning about, living with, and loving through the journey of dementia and Alzheimer's disease.

### **Adult Day Center**

Director Mary Ann Ratto (805) 388-1952 ext. 111

Spend the day your way! The Adult Day Center at the Camarillo Health Care District is state-licensed, award-winning, and intentionally designed to provide a safe, respectful, compassionate option for adults who could benefit from additional care during the day due to processes such as Alzheimer's disease, Parkinson's disease, stroke, brain injury, decreasing mobility, isolation and loneliness. Trained staff provide a range of planned activities and socialization to include many interests and ability levels. Call to take advantage of a complimentary half-day experience. Call for more information, to schedule a tour, or to enroll in the complimentary half-day experience.

### **Healthy Habits for a Healthier You**

*Thursday, January 24 from 1-2:30pm*

As part of the Confident Caregiver Series, which provides free monthly educational opportunities for family caregivers to learn about resources and strategies in providing quality care for their love ones, this program will discuss lifestyle habits to help maintain or improve health.

Please register at (805) 388-1952 ext. 100

### **Memory Cafe**

*Saturday, February 2 from 11am-12:30pm*

Join others affected by dementia, along with their families and caregivers, for a fun, supportive lunch gathering. Over age 18 only please.

Please register at (805) 388-1952 ext. 100

### **Memory Screening Day at the District**

*Wednesday, February 13 from 1-3pm*

Does your memory loss affect your daily life? What is normal age-related memory loss? Screenings take 15 minutes and are conducted by Community Memorial Health Systems staff.

Please register at (805) 388-1952 ext. 100

### **Understanding Alzheimer's**

*Tuesday, February 19 from 1-2pm*

Join Monica Schrader of the Alzheimer's Association, for an educational program discussing the basics of dementia and Alzheimer's disease for people a diagnosis, as well as for those who wish to be informed. Topics include, what happens in a brain affected by Alzheimer's disease, risk factors for the three general stages of the disease, FDA-approved treatments, and what is on the horizon for Alzheimer's disease research.

Please register at 805-388-1952 ext. 100

### **Dealing With Dementia**

*Thursday, Feb 28 from 8:30am-12:30pm*

*Thursday, Apr 25 and Thursday, May 2 from 1:30-3:30pm*

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 includes such topics as, an understandable explanation of dementia, best practices in caregiving, and problem solving with dementia behaviors. Learn caregiver tips to find time for self-care and stress management. Completed workshop participants will receive a comprehensive manual for dementia caregivers.

Please register at  
(805) 388-1952  
ext. 100

# 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.*

## 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.  
Jan 28 (M) 5:30-9:30pm | \$65 | R | Materials \$18 | No refunds available.  
Mar 25 (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 those looking to advance their babysitting skills. American Heart Association certificate is available upon completion of class.  
Feb 25 (M) 5:30-8pm | R | \$45 | Materials \$15 | No refunds available.

## 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.

**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.

**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

**Caregiver Support Groups** (800) 900-8582  
For primary caregivers of loved ones. Stephanie Lee, MD, will be teaching meditation as a self-care practice to help reduce stress and create balance in one's life.  
Second and Fourth Friday of each month | 9:30-11am | District Offices  
Monday | 9:30-11am | Leisure Village (residents only)

**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.  
Feb 28 (Th) 8:30am-12:30pm | R | NC  
Apr 25 & May 2 (Th) 1:30-3:30pm | R | NC

**NEW Effective Communication Strategies** (805) 388-1952x100  
Communication is more than just talking and listening - it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's. Learn to decode the verbal and behavioral messages delivered by someone with dementia and identify strategies to help you connect and communicate at each stage of the disease.  
Apr 18 (Th) 1-2:30pm | R | NC

**NEW Healthy Habits for a Healthier You** (805) 388-1952x100  
The Alzheimer's Association® will discuss lifestyle habits that we can adopt now to help maintain or potentially improve our health. This is part of the Confident Caregiver series that provides free monthly educational opportunities for family caregivers to learn about resources and strategies in providing quality care for their loved ones.  
Jan 24 (Th) 10am-12pm | R | NC

**Memory Café** (800) 900-8582  
Join others affected by dementia, along with their families and caregivers, for a fun, supportive lunch gathering.  
Feb 2 (Sat) 11am-12:30pm | Registration required | NC | Adults only

**NEW Understanding Alzheimer's** (805) 388-1952x100  
In the United States alone more than 5 million individuals are living with Alzheimer's and 16 million are serving as their unpaid caregivers. The Alzheimer's Association® has created an education program covering the basics of dementia and Alzheimer's to provide an overview for people who are facing a diagnosis, as well as for those who wish to be informed. Monica Schrader, Ventura County Regional Director, will discuss what happens in a brain affected by Alzheimer's, risk factors for the three general stages of the disease, FDA-approved treatments and what is on the horizon for Alzheimer's research.  
Feb 19 (T) 1-2pm | R | NC

**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.



## Screenings

### Caregiver Burnout 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.  
Please call for date of next session.

### 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.  
Please call for date of next session.

### 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 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 take 15 minutes and are conducted by Community Memorial Health Systems staff.

Feb 13 (W) 1-3pm | A | NC

## 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.

Jan 30-Mar 27 (W) 5-6:15pm | 9 week series | R | \$90

Feb 1-Mar 29 (F) 10-11:15am | 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 with this intermediate 4 week series.

Apr 3-24 (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. On the first Tuesday of every month, class includes a light walking aerobic session.

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

## Evidence-Based Programs

### 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.

Jan 31-Mar 7 (Th) 1:30-4pm | 6-week series | R | NC

Apr 2-May 7 (T) 1:30-4pm | 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.

Feb 4-Mar 18 (M) 9:30am-12pm | 6 week series | R | \$40

### Diabetes Empowerment Education Program (DEEP)

(805) 388-1952x100

DEEP is an evidence-based series developed by the University of Illinois at Chicago.

The program includes discussion on diabetes basics: self-blood sugar testing, meal planning, managing stress, and preventing complications. Participants learn exercises specifically designed to help effectively manage the disease. Space is limited.

Mar 20-Apr 24 (W) 9:30-11:30am | 6 week series | R | NC

### Diabetes Self-Management Program (DSMP)

(805) 388-1952x100

This 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.

Feb 6-Mar 13 (W) 9:30am-12pm | 6 week series | R | NC

Apr 15-May 20 (M) 1:30-4pm | 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.

Feb 1-Mar 22 (F) 10am-12pm | 8 week series | R | NC

Apr 18-June 6 (F) 10am-12pm | 8 week series | R | NC

### NEW Stepping On

(805) 388-1952x100

At each session an expert will address ways to prevent falls. For example, a physical therapist will provide suggestions to improve your balance and leg strength, a vision expert will address vision issues, a public safety professional will speak about falls in public surroundings, and a pharmacist will discuss medications that may affect your balance. This series is for those who have suffered a fall and are not reliant on a walker.

Apr 19-May 31 (F) 9:30-11:30am | 7 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!

Jan 28-Apr 8 (M&Th) 9-10am | 9 week series | R | NC

Apr 16-Jun 20 (T&Th) 9-10am | 9 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.

May 1-22 (W) 10am-12pm | 4 week series | R | \$40

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

## 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.

### Facilitator of Health Improvement Classes

#### HEALTH SELF-MANAGEMENT WORKSHOP LEADERS

Free training required and provided. Utilize innovative, evidence-based learning models to help others improve and maximize their health status. Topics include fall prevention, diabetes, chronic pain, memory impairment or similar illnesses.

### 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 Camarillo Health Care 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](mailto:monicat@camhealth.com)

## Mindfulness

### Discover Mindfulness 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 Mindfulness Trio: Mindfulness is the awareness of your true self

#### Part 1: Being Present in 2019 (805) 388-1952x100

Realize your highest potential by being present for your own life. Danette Banyai will show you how living in the now releases attachments from your past and concerns about the future. Get to the best of who you are now.

Jan 24 (Th) 6:30-8pm | R | \$55 for 3 part series

#### Part 2: A New Year of Mindful Living (805) 388-1952x100

Start this year by learning how easy it is to integrate mindfulness into your everyday life. Being open to the experience is to awaken your senses and realizing what is happening inside your mind and your body. Mindfulness can keep you in touch with your hopes and goals for the new year by keeping you in the present.

Jan 31 (Th) 6:30-8pm | R | \$55 for 3 part series

### Part 3: Mindfulness: Improving Emotional and Physical Well-Being (805) 388-1952x100

Life is busy and it's easy to lose your focus on the present while anticipating what you must do tomorrow. Being mindful and paying close attention makes it easy to enjoy the pleasures of the present moment while lowering anxiety, relieving stress, depression and improving sleep and memory. Practice turning your daily tasks to mindful moments for a happier, healthier life.

Feb 7 (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

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

## Support Groups

### Al-Anon Family Groups, Men's Stag Group

Monday | 6-8:15pm

Dino (818) 720-1462

### Al-Anon Fourth STEP Study Group

Wednesday | 7-8pm

Larry (805) 844-2079

### Al-Anon: How It Works

Tuesday | 7:15-8:15pm

Shirley (805) 824-7291

### Al-Anon Study Group

Thursday | 7-8:15pm

Peter (805) 665-8382

### Caregiver Support Group

Second and Fourth Friday of each month | 9:30-11am | District Offices  
Monday | 9:30-11am | Leisure Village (residents only)

(800) 900-8582

### Compulsive Eaters Anonymous—HOW

Monday 6-7pm | Thursday | 5:30-6:30pm | Sat | 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

### 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 Sharon Bick, RN

Third Wednesday of each month | 2-3pm

(805) 388-1952x100



## Body, Mind & Strength

**NEW Dermatology 101: Common Skin Conditions** (805) 388-1952x100  
Taking care of your skin is an important aspect of your health, but what are the most common skin diseases and conditions, how can you recognize them, and how are they treated? Join Board Certified Dermatologist, Dr. Larissa Larsen for an informative session discussing skin conditions including skin cancers, benign skin lesions, dry skin, and more!  
Feb 7 (Th) 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. Fun for all ages! (No experience needed; drums provided)  
Feb 27 | Mar 27 (W) 6-7:15pm | R | \$10

**NEW Get the Dirt on Summer Planting: Master Gardeners** (805) 388-1952x100  
As cool weather comes to an end, now is the time to switch things up in the garden and prepare for the warm summer season ahead. Ventura County Master Gardener, Judith Januszewski will discuss warm weather plants, irrigation, fertilization and how to prepare your garden for nature's summer bounty.  
Feb 7 (Th) 1-2:30pm | R | NC

**NEW How Exercise & Diet Benefit Your Health - UCLA Speaker Series** (805) 388-1952x100  
UCLA hospitalist, Tina Kapadia, DO, MPH, will discuss specific benefits and the science behind the importance of exercise and diet on your body. Learn how it impacts cardiovascular health, diabetes, cholesterol and more!  
Mar 19 (T) 6:30-8pm | R | NC

**NEW Integrative Body Medicine** Dr. Cathy Kim (805) 388-1952x100  
Dr. Cathy Kim, founder of Integrative Body Medicine, will speak about her root cause approach of a wide range of ailments including planter fasciitis, painful periods, digestions problems, vertigo, orthostatic syncope and many others. In her practice, she provides insights and education to help patients learn how to heal themselves with clean nutrition and practical exercises.  
Jan 22 (T) 6-7:30pm | R | NC

**Massage: Swedish, Pregnancy & Deep Tissue Therapy** (805) 298-3202  
Lisa Ball, LMT, provides therapeutic massages. Her expertise extends to Swedish, deep tissue, rehabilitative, pregnancy, and lymphatic massages.  
Tuesdays, Thursdays, Sundays | A | 1 hour: \$75 - 1 1/2 hour: \$95

**NEW Optimism & Positive Aging** Eileen Gold, MA (805) 388-1952x100  
What if you did not know the date of your birth? How old would you feel? Positivity is more than feeling optimistic; it is full range of emotions and social connections coming together to affect your body, mind, and heart. Eileen Gold, MA, will discuss how adjusting your focus to positivity with an expanding, growing and learning mindset can increase your life span by up to 10 years.  
Jan 30 (W) 5:30-7pm | R | \$10

**Reflexology** Jane Ivey, Board Certified Reflexologist (805) 388-1952x100  
Discover the art of manipulating reflex points on ears, hands, and feet for deep relaxation.  
First Wednesday of each month | 10am-1:30pm | 1/2-hr: \$25 | 1 hour: \$45  
Third Wednesday of each month | 12pm-2:00pm | 1/2-hr: \$25 | 1 hour: \$45

**NEW Spring Planting with Green Thumb!** (805) 388-1952x100  
Time to dig in and get dirty! Join the discussion as David Nichols from Green Thumb Nursery will discuss spring planting, soil improvement, plant selection and irrigation. Bring your questions!  
Mar 5 (T) 1-2:30pm | R | NC

**NEW The Power of Bacteria in the Gut** (805) 388-1952x100  
Not all bacteria is bad. The human body is home to a variety of microbes that help keep us healthy. Sabine Hazan-Steinberg, M.D. will discuss the types, quantity and balance of microbes in your unique microbiome and how it affects your susceptibility or resistance to a wide variety of health issues, including allergies, autoimmune diseases, intestinal conditions, cancer, and more.  
Feb 21 (Th) 6-7:30pm | R | \$10

**NEW What is Cannabidiol Oil (CBD)?** (805) 388-1952x100  
Cannabidiol oil is used for health purposes... but it is controversial. Recently approved by the FDA, CBD has become popular with people suffering from various health issues including chronic pain, arthritis, sleep disorders, and many more. Chelle Goodfriend, Health Educator and Herbalist, will discuss how it works, the benefits, and side effects. Bring your questions.  
Feb 12 (W) 6-7:30pm | Mar 14 (Th) 6-7:30pm | R | \$10

## 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 Diabetic Cooking Made Delicious** (805) 388-1952x100  
Join Chef Gill as he demonstrates savory cooking for those with diabetes and pre-diabetes. Learn to experiment with new flavors while keeping your carbs, fat, sugar and salt under control. By making simple changes to your cooking you can make delicious meals that are satisfying down to the last bite. Recipe handouts and generous samples provided.  
Apr 23 (T) 6:30-8:30pm | R | \$45

**NEW Farm to Table Spring Dining** (805) 388-1952x100  
We all realize that eating fresh fruits and vegetables is essential to our daily diet and buying locally is good for the environment, local economy and our health. Chef Gill will demonstrate how to create a delicious meal by making the most of what's in our own Ventura County backyard. Recipe handouts and generous samples provided.  
March 26 (T) 6:30-8:30pm | R | \$45

**Home Delivered Meals (60+)** (805) 388-1952x168  
Provides "ready to heat" meals to home-bound residents of Camarillo and Somis.  
Mon, Wed, Fri | 9:30-11:30am | R | \$3 suggested donation

**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 | Donations appreciated

**NEW Rustic Italian Cooking with Chef Gill** (805) 388-1952x100  
Discover Italian cooking that is delectable in taste and seasoned with beautiful fresh herbs to create a simple delicious meal. Chef Gill will share his techniques as he demonstrates a meal rich in tradition that will impress your family and friends. Recipe handouts and generous samples provided.  
Feb 26 (T) 6:30-8:30pm | R | \$45

**NEW Soups, Chowders & Dunkers!** (805) 388-1952x100  
You'll warm right up this winter with these delicious recipes from Chef Gill as he demonstrates soups, chowders and easy dunkers for a complete and satisfying meal. Recipe handouts and generous samples provided.  
Jan 29 (T) 6:30-8:30pm | R | \$45

## Advocacy

**ABCs of Estate Planning & Trusting Your Trustee** (805) 388-1952x100  
Regardless of your net worth, it is important to have a basic estate plan in place. Attorney, Annette Dawson-Davis will discuss estate planning, wills, trusts and probate. Learn tips for selecting a trustee, avoiding family conflicts, and protecting your assets.  
Feb 20 (W) 4:30-6pm | R | \$10

**NEW Advance Health Care Directive Workshop** (805) 388-1952x100  
How is Advance Health Care Directives different from a Durable Power of Attorney for Health Care? 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.  
Feb 23 (S) 1-2:30pm | 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, and Part D Prescription Drug plans. HICAP provides help with billing problems, benefits screening and enrollment. One-on-one counseling provided.  
First Friday, Second & Fourth Tuesday of each month | A | 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 Movement Mortgage will answer these, and other questions.  
Feb 21 (Th) 3-4pm | May 8 (W) 3-4 | R | NC

**NEW Income Tax Assistance with AARP** (805) 388-1952x100  
No-cost income tax assistance for seniors with low-to-moderate income. Bring a copy of your 2017 tax return, 2018 W-2's, interest statements and 1099's. Current identification and Social Security card must be presented at time of appointment.  
Feb 6-Apr 10 (W) 12-3pm | A | NC

**NEW Inheritance - How to Help (not Burden) Your Beneficiaries** (805) 388-1952x100  
Leaving an inheritance to someone is a personal and private matter with so many variables that it can seem overwhelming. Learn why it is crucial to leave nothing vague or open to interpretation, and to give or not give inheritance while you are living. Attorney, Christopher P. Young will discuss how you can minimize the possibility of a legal battle after you are gone and ensure your final intentions are carried out.  
Jan 29 (T) 6-7pm | R | \$10

**NEW Legal Information for Elders (L.I.F.E.)** (805) 388-1952x100  
This presentation is designed for those 60 and older to better understand legal information, assist in filling out documents, and help identify individual legal needs. The workshop is followed by one hour of assistance in filling out forms. Sponsored by Ventura County Area Agency on Aging & Grey Law of Ventura County.  
Mar 26 (T) 10am-12pm | R | NC

**NEW Someone Died! What Now?** Christopher P. Young, Attorney (805) 388-1952x100  
Dealing with the death of a loved one is not only emotionally difficult, it's stressful sorting out someone's affairs after he or she has passed. Not knowing how to navigate this process can become an additional burden. Learn about estate administration, California law, what happens in the absence of a will or trust, and what steps can be taken to alleviate the burden for the loved ones left behind.  
Feb 6 (W) 6-7pm | R | \$10

## Important Numbers

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

**Adult Day Center & Support Services** ..... (805) 388-1952 x111  
Award-winning, person-centered day program

**Care 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

 **CAMARILLO HEALTH CARE DISTRICT**

3639 E. Las Posas Road, Suite 117, Camarillo, CA 93010  
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**Timothy A.  
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**Henry Z.  
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