

# Healthy ATTITUDES

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Take One

**Camarillo Health Care District** QUARTERLY MAGAZINE

## EVERYONE EVERYWHERE

The Dementia Friendly Movement



It Takes A Planet – Building a  
Dementia Friendly World

Things You Can Do TODAY To  
Become Dementia Friendly

Staying Social After  
Dementia Diagnosis

## A MESSAGE FROM KARA RALSTON, CHIEF EXECUTIVE OFFICER



Can an entire neighborhood...city... nation... become aware, trained and compassionate toward the millions of Americans who have dementia?

Crazier things have already happened! NASA emailed a wrench to a space station which, when printed on a 3-D printer, becomes fully functional. Doctors have developed mind-controlled prosthetics, and driverless cars

exist. So creating a community, and even a nation, where everyone is trained for, and compassionate toward, those with dementia and their families, really doesn't sound all that outrageous. In fact, it's got to be far easier than landing a robot from earth onto a moving comet (true story!). We just have to change the human heart. It can be done.

In 2014, 46 million people in the U.S. were age 65 and older. By 2025, the number of people age 65 and older with Alzheimer's disease and other dementias is estimated to reach 7.1 million—a 40 percent increase from the 5.2 million affected in 2015 (dementia.org). The Baby Boom Generation began turning age 65 in 2011 and continues to do so at more than 8,000 per day. This aging of our nation has been projected and discussed for years, and has even been given the moniker of the Silver Tsunami. It continues to dramatically change the American population... both in how we live and in how we use our communities.

The District remains an excited and committed partner of the Dementia Friendly America Initiative. This is one of those impossibly crazy ideas. It could create an environment that is safe, respectful, and welcoming for people living with dementia. Business owners and companies would dedicate time to train their staff in recognizing the signs of dementia; restaurants would create safe haven sections to preserve dignity and promote independence; paradigm shifts in county, municipal and local services would work together to promote acceptance and have specially trained customer service departments; teachers and retired people and students... everyone, everywhere... would feel empowered to offer help if they recognized someone struggling with dementia. It could happen!

Please join us...

*Kara*

## IN THE NEWS

### Students Explore Careers in Health Care

The Camarillo Health Care District (District) was pleased to host National Job Shadow Day with 11th and 12th grade students from the Youth and Educational Services (YES) Academy at Hueneme High School, as part of the Alliance for Linked Learning program in the Oxnard Union High School District. This job shadowing project introduces young people to a variety of potential career paths; the students shadowing at the District were interested in becoming physicians, dentists, social workers, pediatricians and nurses.

The students' shadow visit included a tour of the District's Adult Day Center, Caregiver Center, library and exercise rooms, and provided opportunities for them to conduct one-on-one interviews with staff members based on the students' fields of interest. The District looks forward to many more shadow day projects in effort to highlight the many and varied professions in health care.

### District Assists with FOOD SHARE "Senior Kits" Program

During its monthly Produce Day event, the District served as a local enrollment station for FOOD Share of Ventura County's recently-launched food assistance program for older adults.

The Commodities Supplemental Food Program provides boxes of food, more popularly known as "Senior Kits", at no cost, to low-income older adults in Ventura County. Each box, weighing 25-30 pounds, contains an assortment of staple items, including canned fruits and vegetables, canned meat and fish, cheese, and pasta.

Approximately 50 Senior Kits were distributed to attendees in two hours, surpassing the target for the day. District staff was pleased to support FOOD Share in its important effort to bring supplemental healthy food to older adults in need.

### Supporting Oral Health for Older Adults

The Building Hope Adult Day Center (Center) at the District participated in a statewide project with the Center for Oral Health (COH) to collect information on the condition of the teeth and mouths of older adults. COH staff came to the Center on March 16th to conduct brief, minimally-invasive screenings for individuals enrolled in the Adult Day program.

The data obtained will be used to illustrate the oral health status of older adults throughout the state, from which recommendations for future action will be shared with those in a position to influence policies, funding, and program development.

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*Changing Aging.*

# Testimonials

*Anyone who has delivered a meal to me has been so kind, gracious, and thoughtful. I really look forward to my delivery days. Thank you so much.*

—Recipient, Home Delivered Meals Program

*Wow – an eye-opener. A great way to begin the program.*

—Participant, “Tools for Caregiving” Series

*I most enjoyed spending time with family, the art therapy activity, and safe environment. I'm happy to see my grandfather has this resource to better understand his situation. Staff was extremely friendly.*

—Attendee, Memory Café

*Overall, impressed with all speakers and staff. Very grateful for this program and all services offered!*

—Participant, “Tools For Caregiving” Series

*Very tasty meal – great service too!*

—Attendee, Congregate Meal

*I enjoyed quality family time, seeing and sharing others' experiences in similar circumstances, and interaction with staff was most welcoming. The Mandala coloring was a great exercise!*

—Attendee, Memory Café

## connect with us!



**TWITTER**

@changing\_aging

**FACEBOOK**

Facebook.com/CamarilloHealthCareDistrict  
Facebook.com/WellnessandCaregiverCenterVC

**INSTAGRAM**

@camarillo\_health\_care\_district

*“You guys are awesome!”* ROXANNE D., FACEBOOK FAN



### ON THE COVER

Dementia Friendliness Is Going Global.  
See p. 2 to learn how this effort is changing the world's heart.

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# EVERYONE

## The Dementia F

# EVERYWHERE

Walk with us for a moment through this short story...one that plays out every day. Maybe you've seen it happen before, or maybe you haven't noticed. And that's perhaps the goal of this story... to bring awareness and "make you notice" things in a different way. After you read this story, visit our Facebook page and let us know if you can identify with any of the roles being played. We are so excited to see your responses!

*You've just begun your morning walk when the scene begins to unfold. A woman, looking a little frail but well overall, has just stepped onto the sidewalk and begins walking the same direction you're headed. You think she's probably going to the corner store a few blocks away... same as you. An ear-splitting siren suddenly wails down the street and you see it startle her so badly that she drops her purse on the sidewalk. As she struggles to collect it, a young skateboarder rushes past and startles her again. As you watch, you sense something's a little off but can't quite put your finger on it, so you decide to just keep an eye on her. She appears quite frazzled by the time she arrives at the store. Inside, she's rather frantically digging through her purse... presumably for her shopping list, almost flinching as carts and people move past her. She seems to wander without purpose through the aisles, putting items into her cart now and then. You can see her glancing from the list to the shelves, confused. No one else seems to notice her increasing level of distress.*

*You are now wholly concerned, and as she moves to the checkout line, you intentionally take the position right behind her. She is proceeding awkwardly through the transaction with the clerk repeatedly stating the amount she owes. As she struggles to retrieve her money, you step in. You smile warmly and quietly say, "Hi, my name is \_\_\_\_\_. May I help?" There is immediate relief in her eyes. She says she's feeling confused and anxious and just wants to go home.*



## Riddle

What happens all around us that you can't see unless you know how to look, and you can't even look unless you know how to see?

**Answer: Confusion caused by dementia**

Confusion caused by dementia happens every day, all around us, but if we don't know what to look for, we don't see it. This is perhaps one of several basic premises of the dementia friendly movement...to bring awareness to this issue and to promote communities where all people can live, age and thrive.

As this movement begins to roll out in Ventura County, you will understand in the following pages, that there are many efforts underway worldwide, as well as locally, that demonstrate how small steps can become great strides in preparing communities to recognize and respond to the signs of dementia. Please continue with us on this journey, and enjoy learning about the many highlights of the dementia friendly philosophy, from worldwide efforts, to the American movement, to the Ventura County initiative, to your Camarillo Health Care District.

# Friendly **Movement**



The dementia friendly concept is grounded in creating communities that foster support, respect, and access to resources for individuals with dementia, as well as their caregivers and families.

## Dementia Friendly **Worldwide**

Every nation, regardless of size, location, history, culture or stability, includes people who are entering the later stages of life. As a result, every community on earth is potentially grappling with the same unyielding question: How do we take care of people with dementia? On page 5 of this issue, you can see the variety of innovative ideas from around the world.

According to the 2016 World Alzheimer Report, there were an estimated 46.8 million people worldwide living with dementia in 2015. 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).

## 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, including toolkits and educational materials, visit [dfamerica.org](http://dfamerica.org).

## Dementia Friendly **Ventura County**

An estimated 14,000 persons in Ventura County are currently living with dementia or Alzheimer's disease. This number is projected to increase by about 172% by 2030 (Ventura County Area Agency on Aging.)

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. Ventura County is one of only four in California to obtain official recognition as a Dementia Friendly Community.

The Ventura County Area Agency on Aging (VCAAA), Ventura County's coordinating organization, will start by focusing on the health care sector. As such, the Camarillo Health Care District has joined a core leadership team tasked with drafting and implementing a plan for training health care industry partners, including emergency medical service staff and first responders, hospitals, clinics, and senior living communities. The District is truly honored to accept a leadership role in this innovative project.

An official launch of Dementia Friendly Ventura County will take place June 17 - 24 at various locations throughout the county.

*(Continued on Page 4)*

## Dementia Friendly *District*

The Camarillo Health Care District remains a committed advocate for changing aging (follow us on Twitter @changing\_aging), across the continuum of health and aging issues, which includes working with, and providing resources for, people living with dementia and their families and caregivers.

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

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 the 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 Program** engages in a safe, interactive environment that stimulates cognitive activity and provides caregivers respite.
- **Wellness & 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 ready-to-heat meals to home-bound individuals, or provides a community meal 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*

### 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.
- Apologize and redirect to another environment or subject as needed.

Source: dfamerica.org



### Become a Certified Dementia *Friend!*

You can become a Dementia Friend by watching a series of online videos and committing to take action. You will receive a certificate of completion and official status as a Dementia Friend with Dementia Friendly America. For more information, visit [dementiafriendlyusa.org](http://dementiafriendlyusa.org).

## You're Invited!

CAMARILLO HEALTH CARE DISTRICT HOSTS  
**Dementia Friendly *Ventura County***

launch event

**Friday, June 23 from 1:00-3:00 pm**

Studio Channel Islands Art Center • Old Town Camarillo





# Dementia Friendly *District*

The following list highlights just a few of many classes, activities, and long-term supports and services that are intentional in their service to people with dementia and their families and caregivers. Many more services may be found on the following pages as well.

## **Memory Café**

**Saturday, May 6 • 11-12:30pm**

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

## **Is Your Lifestyle Creating a Dementia Risk?**

**Wednesday, May 10 • 6-7:30pm**

Pacific Neuroscience Medical Group Neurologist Dr. Sutton will discuss how smoking, excessive drinking, and obesity are risk factors that can be controlled through preventative action and simple lifestyle choices, lowering your risk for cognitive decline.

## **How to Make Decisions for Aging Adults**

**Monday, May 15 • 6-7:30pm**

Arm yourself with information to assist you in making sound financial, medical, and lifestyle decisions for aging loved ones.

## **Tools for Caregiving**

**Tuesdays, May 16-Jun 20 • 9:30-12:30pm**  
**6 week series**

Caring for a loved one can be overwhelming. In this series, learn from experts about the physical and emotional aspects of caregiving and the tools required to fulfill this demanding role, including legal issues, personal care, stress management and more. Worried about care for your loved one while you are in class? Ask about free respite care.

## **Caregiver Burnout Screening**

**Thursday, May 18 • 9-10am**

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

## **Caregiver Support Group**

**Second and Fourth Friday of each month**

**9:30-11am**

**First & Third Wednesday of each month**

**1:30-2:30pm**

**Monday**

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

Support groups for caregivers foster the setting for sharing information, insight, advice and encouragement. They provide an opportunity to learn from others who face the same challenges, and allow you to talk about your experiences. Caregiver support group meetings can give you new approaches to caregiving, including ones that worked for others in a similar situation. You can also gain perspective and caregiver stress management tools that come from hearing others talk about their experiences.



# askus

## Dementia and the Social Scene



**By Mary Ann Ratto, CSA**

Director, Adult Day Center  
maryannr@camhealth.com  
(805) 388-1952 ext 111

*My father has dementia, and going out to socialize is becoming pretty frustrating...for everyone. I lose patience, feel guilty, everyone gets upset, and it becomes a big ordeal. Is there a place to socialize and experience an "outing" without all the stress?*

**ANSWER:** As the Director of the Adult Day Center (Center) at the Camarillo Health Care District (District), I hear very similar stories, often. When it isn't readily apparent that someone might have dementia or Alzheimer's disease, even going out for a cup of coffee can end up an intimidating, frustrating, embarrassing and heartbreaking experience.

I'd like to first say that those feelings are just real. When a family member, such as yourself, becomes a caregiver, you don't stop being human with human feelings and emotions, and I commend you for saying it like it is. Please know that it's okay not to be okay... with any of this. The REACH program is offered here at the District, and is a service intentionally designed for caregivers. It includes 12 individual sessions with a trained social worker to help develop a family plan, enhance emotional well-being and coping strategies, develop skills and tools for your specific challenges...and so much more. The sessions are free, can be done over the phone, in our office, or at your home. Please call me, or call 800-900-8582 to speak with our Director of the Caregiver Center.

And now, for your question... somewhere social to go without all the stress. A specific opportunity is our Memory Café...the next one is Saturday, May 6, 11:00am-12:30pm.

A Memory Café is a gathering place for people with dementia and their caregivers/families to enjoy a meal together in a relaxed, supportive environment. The concept originated in Europe and quickly spread to other corners of the world as its value became increasingly evident. It provides individuals, like your father, the opportunity to leave the house, and interact with others, but in an environment that understands the challenges and is supportive.

I hope you will consider joining us at the next Memory Café, as it will be hosted at the beautiful Studio Channel Islands Art Center in

Old Town Camarillo. Attendees will have the opportunity to view artwork inside the gallery, and also handle tactile art pieces selected specifically to encourage reminiscent thinking, a practice seen as beneficial to enhancing cognitive capacity in individuals with dementia. In addition to a delightful lunch and social time together, each Memory Café features engaging activities which provide an opportunity to set aside worries and have some fun. The Memory Café is organized and managed by certified District staff.



Before I go, I want to address another part of your story that you didn't explicitly mention, but deserves attention. That is, your frustration when communities appear to lack proper education about the disease of dementia, and skills necessary to interact in a way that results in a positive experience for all involved. Your frustration is real, and there is work yet to be done in properly equipping communities to be "dementia friendly" (see page 2 for more info). Dementia Friendly America is a nationwide initiative, and the District is a proud participant in the plans for Dementia Friendly Ventura County to create safe, compassionate communities for people with dementia and their loved ones. Please email me anytime at Maryannr@camhealth.com with your thoughts as your

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



# Dementia Friendly **World**

Creating safe, compassionate communities that enable people with dementia to maintain independent, fulfilled, and productive lives is a duty that transcends all boundaries and borders, languages and traditions.



## **Australia**

### **Supporting Men's Health**

The "shed" concept mimics that of a common backyard shed serving as an older man's sanctuary in which he can work on projects and find solace. The Men's Shed program aims to provide a gathering place for men with early-stage dementia to engage in activities that encourage cognitive function, such as wood working, electronics, crafts, metal work, mechanics, and gardening. The "shed" also provides the opportunity for participants to create friendships and maintain a social component in their lives, which can ease depression, high blood pressure, and other ailments related to aging.

Source: *Alzheimer's Australia*



## **The Netherlands**

### **Alzheimer/Memory Café**

Founder Dr. Bèrre Miesen wanted to dispel the negative stigma surrounding dementia by providing a comfortable, supportive environment for attendees to socialize and enjoy a meal together. The popularity of this monthly event grew and the concept was soon adopted throughout the Netherlands. Also called Memory or Dementia Cafes, this concept has expanded to 15 other countries. The Camarillo Health Care District hosts four Memory Cafes throughout the year (see page 9).

Source: *Alzheimer's Disease International*



## **India**

### **Listening for Solutions**

Alzheimer's Disease International conducted five workshops throughout India in order to gather information from the public about challenges associated with creating dementia friendly communities. As a result, researchers were able to formulate official national criteria for implementing dementia friendliness throughout India that will likely be shared with other low and middle income countries.

Source: *Alzheimer's Disease International*



## **Japan**

### **Preparing for the Future**

The city of Matsudo, Japan, has taken the lead on preparing for a future in which an estimated 7 million of the nation's residents will

have dementia. Matsudo has been offering 60-90 minute dementia training classes since 2010, and residents report they are better equipped to interact and understand the actions of a person with dementia as a result. In fact, Matsudo's program spurred the national government to adopt a comprehensive strategy for addressing the rise in dementia cases. Now, the country is on track to train 8 million residents by mid-2018.

Source: *NPR*



## **Scotland**

### **Relaxed Retail**

Tesco, a grocery store in the Northern Scotland town of Forres, is piloting a program for "relaxed checkout lanes" to reduce the anxiety people with dementia experience when going through the checkout process. On Tuesday and Wednesday mornings, the "relaxed" lanes are open for use, and a sign next to the register reads, "Feel free to take as long as you need to go through this checkout today." So far, much positive feedback has been received from customers.

Source: *BBC*



## **Singapore**

### **Safe Return System**

In Singapore, the prevalence of dementia is about 10% amongst seniors aged 60 and above. Part of the country's dementia friendly initiative is a network of go-to points, which are part of the "safe return system" for people with dementia. Members of the community can bring individuals to the go-to points (often community clubs, senior centers, etc.) and leaders at these locations will offer assistance in identifying the individual and contacting next of kin to ensure he or she is reunited with loved ones.

Source: *Singapore Silver Pages; Ministry of Health, Singapore*



## **Germany**

### **Governing With Care**

In the city of Arnsberg, the Learning Lab Dementia Project was created to bring together professionals including doctors, nurses, schools, and cultural and economic institutions to study how dementia friendliness could be instituted throughout the city. An independent staff unit was established within the city government to create learning activities for people with dementia and to educate the community about what it is like to live with dementia. Training is provided for a number of service providers including taxi drivers, shop assistants and bank staff.

Source: *Alzheimer's Disease International*

## CLASSES

## HOW TO REGISTER



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

**Online**  
camhealth.com

**Phone**  
805-388-1952, Ext. 100

**Walk-in**  
3639 E. Las Posas Road, Suite 117  
Camarillo, California

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

## MINDFULNESS

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

### Discover Mindfulness with Danette Banyai (805) 388-1952x100

Hypnotherapist and Health Education Specialist Danette Banyai. All classes include mindfulness meditation...always practical, always simple.

#### » **NEW Being Present in Your Own Life** (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 the past and anxiety about the future. Discover how you can be your best self...right now.

Jun 15 (Th) 6:30-8pm | R | \$20

#### » **NEW Filtering Out Noise & Focusing on What's Meaningful** (805) 388-1952x100

Life can be filled with busyness and distractions. If you filtered out the noise, would you find a stillness that allowed you to focus on what's meaningful? Danette Banyai will show you how to accomplish this so you can enjoy peace...and quiet.

May 18 (Th) 6:30-8pm | R | \$20

#### » **NEW Living a Purposeful Life** (805) 388-1952x100

Meditation can help you gain clarity about who you are and what your purpose is. Create the life you were meant to live.

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

### Hypnotherapy - Healing the Heart, Mind, Body & Soul (805) 218-5793

Hypnotherapy can help relieve anxiety, sadness, and stress. Take the first step to resolve physical, emotional, or mental difficulties.

Private healing sessions 1 hour | A | \$50

#### » **NEW Overcome Regret by Practicing Self-Compassion** (805) 388-1952x100

Regret can either weigh us down or propel us forward. Self-compassion is a gift that can help us accept and grow from even the biggest mistakes.

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

### **NEW Living with Positive Thoughts & Gratitude** (805) 388-1952x100

Join Jane Ivey, Msc.D, in exploring the many physical and psychological health benefits of living a life with an optimistic viewpoint and gratitude. Learn how you can enjoy less stress and a brighter outlook with more energy and enthusiasm.

Jun 26 (M) 6-7:30pm | R | \$20

Studies suggest that meditation may slow, stall, or even reverse changes that take place in the brain due to normal aging.

*National Center for Complementary and Integrative Health*

## SCREENINGS

### Balance Screening (805) 388-1952x100

An expert will assess your balance and give you tips to keep you on your toes.

May 23 (T) 10-11:30am | R | \$10

### Caregiver Burnout Screening (805) 388-1952x100

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

May 18 (Th) 9-10am | A | \$10

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

Dental issues? Dr. Yum will answer your questions while providing a consultation on the status of your teeth and gums.

May 26 (F) 10am-12pm | A | \$10

### Depression Screening (805) 388-1952x100

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

May 18 (Th) 9-10am | A | \$10

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

Do you say "what" more than you should? Do you hear better in one ear than the other?

Lance Nelson, AuD, of West Coast Hearing and Balance Center will conduct a hearing screening. No cleaning available.

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

### Memory Screening Day at the District (805) 388-1952x100

Does your memory loss affect your daily life? What is normal age-related memory loss?

Screenings conducted by Dr. James Sutton, Pacific Neuroscience Medical Group.

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

### Stroke-Aware Screenings (805) 388-1952x100

Do you know your risk for a stroke? Community Memorial Hospital Staff will provide a mini stroke screening to check blood pressure, cardiac rhythm, and conduct a brief exam. Educational material provided.

May 8 (M) 12-3:30pm | A | NC

## ADVOCACY

**NEW ABCs of Estate Planning & Trusting Your Trustee** (805) 388-1952x100

Regardless of your net worth, it is important to have a basic estate plan in place. Attorney Annette Dawson-Davis will discuss estate planning, wills, trusts and probate. Learn tips for selecting a trustee, avoiding family conflicts, and protecting your assets.

May 24 (W) 2-3:30pm | R | \$10

**Elder Legal Services** (800) 900-8582

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

Monday | 1-4pm | A | NC

**Health Insurance Counseling & Advocacy Program (HICAP)** (805) 388-1952x100

Trained counselors offer objective information and provide assistance for Medicare-eligible individuals. Assistance available for Supplemental Medigap, Medicare Advantage, Prescription Drug Benefits, and Long Term Care Insurance. One-on-one counseling provided.

First Friday, Second & Fourth Tuesday of each month | A | NC

## CAREGIVERS

**Adult Day Program** (805) 388-1952x111

Enjoy a complimentary half-day at our state-licensed, award-winning Adult Day Center that offers support, comfort and activity five days a week for those who could benefit from additional supervision and social interaction during the day. Call for details and to schedule a tour.

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

Care-A-Van offers door-to-door, non-emergency medical transportation service throughout Ventura County to accomplish medical visits and other activities of daily living.

Call for additional information on service area, fees, and reservations.

**Care Consultations** (800) 900-8582

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

A | NC

**Caregiver Support Groups** (800) 900-8582

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

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

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

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

**Home Delivered Meals** (805) 388-1952x168

Provides "ready to heat" meals to home-bound residents in Camarillo and Somis.

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

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

**Financial Planning 101** Robert Harrell, Financial Planner (805) 388-1952x100

Consult with a financial planner on various financial topics in a confidential session.

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

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

How does a reverse mortgage work? Who is eligible? Is it the right choice for you?

Patrick Krull from Movement Mortgage will discuss how a reverse mortgage differs from a home equity loan, and how it can improve your quality of life during retirement years.

May 10 (W) 3-4pm | Jul 13 (Th) 3-4pm | R | NC

**NEW How Not To Run Out of Money in Retirement!** (805) 388-1952x100

Learn what you need to know for planning your retirement finances. Paul Norr, CFP, will discuss income vehicles such as bonds, annuities, reverse mortgages, pensions, and stocks. Learn the best options for your lifestyle to minimize financial risks.

May 18 (Th) 6-7:30pm | R | \$20

**Memory Café** (800) 900-8582

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

May 6 (S) 11-12:30pm | Registration required | NC | Adults only

**Tools for Caregiving** (805) 388-1952x100

Caring for a loved one can be overwhelming. In this series, learn from experts about the physical and emotional aspects of caregiving and the tools required to fulfill this demanding role. Learn to handle legal issues, personal care, stress management and more. Worried about care for your loved one while you are in class? Ask about free respite care.

May 16-Jun 20 (T) 9:30-12:30pm | 6 week series | A | \$40

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

The Kroll Library is a comprehensive library with specially selected resources related to caregiver duties and chronic disease. Check out a resource and enjoy our tranquil environment as you relax and learn how to prepare to manage your health or the health of a loved one.

Stress of family caregiving for persons with dementia has been shown to impact a person's immune system for up to three years after their caregiving ends, thus increasing their chances of developing a chronic illness.

*caregiveraction.org*

**Produce Day**

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

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



## BODY, MIND & STRENGTH

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

### NEW About Those Vitamins & Supplements...

(805) 388-1952x100

How do you know if you are overloading on vitamins? What are the signs? Rajinder K. Rai, Pharmacist at All Med Drugs & Compounding Pharmacy will discuss the benefits and risks of vitamin and supplement consumption and interaction between them. Bring in your old prescriptions for safe disposal. May 17 (W) 11am-12pm | R | NC

### NEW ADHD & Neurofeedback

Michael Veselak, DC

(805) 388-1952x100

Neurofeedback is a natural drug-free approach to help children and adults with ADHD by assisting the brain to function optimally. Discussion will also focus on the important role of nutrition and genetics. Neurofeedback has been approved as a "Best Practice Treatment for ADHD" by the American Academy of Pediatrics. Jun 21 (W) 6-7pm | R | NC

### NEW Basic Stages of Digestion, Elimination & Nutrition

(805) 388-1952x100

Discover the importance of proper digestion, elimination and nutrition. Understanding how it all works together can help uncover keys to optimal health and wellness. Catherine Rhodes, MS will answer all your questions! Apr 26 (W) 6-7pm | Jul 11 (T) 12-1pm | R | \$10

### NEW Childhood Lead Poisoning Prevention

(805) 388-1952x100

Is your family, especially your children, at risk for lead exposure? Learn the sources of lead, signs and symptoms of lead poisoning, and how to prevent and treat it. May 9 (T) 11am-12pm | R | NC

### NEW Dealing with Neuropathy Pain

Michael Veselak, DC

(805) 388-1952x100

Those who suffer from peripheral neuropathy often believe 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. May 24 (W) 6-7pm | R | NC

### NEW Dyslexia: Warning Signs & Assessments

(805) 388-1952x100

Karen L. Schiltz, Ph.D.  
Current research has led to extraordinary progress in our understanding of reading difficulties in school-age children. Dr. Schiltz will discuss what dyslexia is, the signs of reading problems in children, and resources available to help students thrive! May 17 (W) 6-7:30pm | R | \$10

### Drumming For Health

Brad Anderson

(805) 388-1952x100

Group drumming may help reduce stress, chronic pain, anxiety, and tension while giving the immune system a boost. And it's FUN for all ages! (No experience needed, drums provided.) Apr 26 | May 24 | Jun 28 (W) 6-7:15pm | R | \$10

### NEW Get Your Toddler Talking!

(805) 388-1952x100

This workshop is designed for parents struggling to get their toddler talking. Attendees will gain a better understanding of the factors that contribute to delayed speech and language skills. Learn effective strategies and interventions to encourage your little one to talk. Apr 26 (W) 11am-12pm | R | \$10

### NEW How to Make Decisions for Aging Adults

Eileen Gold, MA (805) 388-1952x100

At some point in time, most adult children will have to make decisions for their aging parents. Learn how to be armed with information that will assist you in making sound decisions for your loved ones. May 15 (M) 6-7:30pm | R | \$10

### NEW Is Your Lifestyle Creating a Dementia Risk?

(805) 388-1952x100

Pacific Neuroscience Medical Group Neurologist Dr. Sutton will discuss that while age is the biggest risk factor for dementia, there are many others within your control. This includes smoking, excessive drinking, and obesity. Learn to take preventive action with simple lifestyle choices to lower your risk for cognitive decline. May 10 (W) 6-7:30pm | R | \$10

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

(805) 388-1952x100

Dr. Haimesh Shah  
Leg cramps, swelling, aching and burning are signs of poor vein circulation. Receive an ultrasound screening and view instant results. Dr. Shah will discuss new treatments and the latest technology in venous disease with cosmetic benefits. Apr 27 (Th) 6-7:30pm | Jun 22 (Th) 6-7:30pm | R | NC

### NEW Lower Back Pain: Truths & Myths UCLA

(805) 388-1952x100

Over 80% of people will have significant back pain at some time in their lives. UCLA specialist Najmeh Sadoughi, MD, will discuss the different causes and treatments for lower-back pain and conditions that may require immediate attention. May 16 (T) 6:30-7:30pm | R | NC

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

(805) 298-3202

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

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

(805) 388-1952x100

Are you at risk for osteoporosis? Dignity Health St. Johns Hospital will conduct free bone density screenings, provide your results, and explain how to prevent osteoporosis. May 17 (W) 1:30-3pm | R | NC

### 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 hr: \$45

### NEW Saving Your Brain

Eileen Gold, MA

(805) 388-1952x100

Each one of us has the ability to increase our brain power at any age — the key is brain exercise! Learn the steps and activities to develop or recover age-affected brain power, as well as 10 lifestyle strategies for keeping your mind strong. May 18 (Th) 1:30-3pm | R | \$10

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

## EVIDENCE-BASED PROGRAMS

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

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

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

Jun 5-Jul 14 (M-W-F) 9:30-10:30am | R | NC

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

CPSMP is a 6-week series designed to teach practical skills for managing chronic pain in order to moderate symptoms and stay motivated to overcome the challenges of daily living. This program is for adults living with any ongoing pain due to illness or accident. Please call for date of next session.

**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 your first step to manage ongoing health conditions, with practical methods for reducing fatigue, anxiety, and sleep loss.

May 24-Jun 28 (W) 9-11:30am | 6 week series | R | \$40

**NEW 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, stress management, preventing complications, and specific exercises to help effectively manage your disease. Space is limited.

Apr 18-May 23 (T) 2-4pm | 6 week series | R | NC

**Diabetes Self-Management Program (DSMP)**

(805) 388-1952x100

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

Please call for date of next session.

**Matter of Balance**

(800) 900-8582

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

Apr 24-Jun 19 (M) 2-4pm | 8 week series | R | NC

(April session extended one week for Memorial Day closure)

May 9-Jun 27 (T) 9:30-11:30am | 8 week series | R | NC

**Stepping On**

(805) 388-1952x100

Facilitated by Ventura County Area Agency on Aging (VCAAA), each session features an expert who will address how to prevent falls. A physical therapist will provide suggestions to improve your balance and leg strength. A vision expert will address vision issues and offer tips on fall prevention. A public safety professional will speak about falls in public surroundings, and a pharmacist will discuss medications that affect your risk for falls. This series is designed for those that have suffered a fall and are not reliant on a walker. Please call for date of next session.

**UCLA Memory Training**

(805) 388-1952x100

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

May 10-May 31 (W) 2-4pm | 4 week series | R | \$40

## SUPPORT GROUPS

**Al-Anon Men's Stag Group**

Dino (818) 720-1462

Monday | 7-8:15pm

**Al-Anon Fourth Step Study Group**

Larry (805) 844-2079

Wednesday | 7-8pm

**Al-Anon: How It Works**

Shirley (805) 824-7291

Tuesday | 7:15-8:15pm

**Al-Anon Study Group**

Peter (805) 665-8382

Thursday | 7-8:30pm

**Caregiver Support Group** Jenica Polakow, MSW

(800) 900-8582

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

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

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

**Catch Your Breath**

(805) 677-5162

Last Friday of each month | 11:30am-1pm

**Compulsive Eaters Anonymous-HOW**

Wendy (805) 437-6305

Monday 6-7pm | Thursday 5:30-6:30pm | Saturday 8:45-9:45am

**Conejo Ventura Macintosh User's Group**

Susan (805) 504-3610

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

**NEW Nar-Anon Family Groups**

Carri (805) 479-8415

Thursdays 7-8pm

**Pain Management Support Group** Dr. J. Cabaret

(805) 388-1952x100

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

**Parkinson's Disease Support Group**

Art (805) 482-6382

Third Tuesday of each month 2-4pm

**Scleroderma Foundation Support Group**

Arlene (805) 987-8236

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

**Stroke Support Group** Sharon Bick, RN

(805) 388-1952x100

Third Wednesday of each month | 2-3pm

## SAFETY &amp; FIRST AID

**Babysitting 101 - A Summer Must!**

(805) 388-1952x100

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

Jun 5 (M) 5-6:30pm | R | \$25

**CPR, First Aid & AED** Jose Godinez, Certified Instructor

(805) 388-1952x100

This basic course follows the American Heart Association guidelines.

Certificate is available upon completion of class.

May 8 (M) 5:30-9:30pm | June 5 (M) 5:30-9:30pm | R | \$65 | Materials \$18

**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 babysitting skills. American Heart Association certificate is available upon completion of class.

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

## FITNESS

### **Bone Builders** Sylvia Fulton, Certified Instructor (805) 388-8333

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

This class is currently full. Please call instructor to be placed on a wait list.

### **Funk FuZion with Lorenzo** Lorenzo Crawford, Certified Instructor (805) 388-1952x100

Fun, fresh, & funky! A challenging blend of exercise with dance, designed for the fitness novice who wants to enjoy a fun dance workout while challenging the mind and "soles".

Tuesdays | 6-7pm | Saturday | 9:30-10:30am | R

Single class \$8 | 5 classes \$30 | 8 classes \$40 | Tickets expire 30 days from purchase.

### **Jazzercise** Patty Bolland, Certified Instructor (805) 746-3025

Jazzercise combines dance-based cardio with strength and balance training in a fun and effective 60 minute workout, incorporating the latest moves to a variety of current upbeat music.

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

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

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

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

Trouble standing? Wheelchair bound? This Seated & Standing Ta'i Chi Chih® series will strengthen your core muscles with zero-impact and maximum benefit! Accredited Instructor Barbara Freie will challenge you physically and spiritually by showing you how to relax, stretch and focus on your inner-self, while also improving balance and peace of mind. All ages are welcome to attend.

Apr 19-Jun 14 (W) 5-6:15pm | 9 week series | R | \$90

### **Ta'i Chi Chih®** Barbara Freie, Accredited Instructor (805) 388-1952x100

Slow down and focus on your inner-self while improving balance, muscle strength and peace of mind. Challenge yourself physically and spiritually with this intermediate 4 week series.

Jun 21-Jul 12 (W) 5-6:15pm | 4 week Intermediate series | R | \$40

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

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

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

## FALL PREVENTION

### **Check Your Balance** (805) 388-1952x100

An expert will assess your balance and give you tips for ways to keep you on your toes.

May 23 (T) 10-11:30am | R | \$10

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

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

Apr 24-Jun 19 (M) 2-4pm | 8 week series | R | NC | No Class May 29

May 9-Jun 27 (T) 9:30-11:30am | 8 week series | R | NC

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

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Apr 19-Jun 14 (W) 5-6:15pm | 9 week series | R | \$90

## IMPORTANT NUMBERS

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

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

Award-winning, person-centered day program

### **Care Transitions Services (Hospital to Home)** (800) 900-8582

Supporting well-prepared transitions from hospital to home

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

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

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

Training, resources, respite and options for family caregivers

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

Confidential sessions with certified experts

### **Evidence-Based Programs** (800) 900-8582

Rigorously tested programs scientifically proven to show results

### **Fall Prevention & Home Modifications** (800) 900-8582

Home safety resources and education

### **Fitness Classes** (805) 388-1952 x100

Cardiovascular, strength and flexibility classes for all levels

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

Changing Aging through hundreds of classes offered each year

### **Health Screenings** (805) 388-1952 x100

Variety of screenings and immunizations

### **Lifeline Personal Response System** (805) 388-1952 x120

Enhance safety and independence, at the touch of a button

### **Custom Care Consultations** (800) 900-8582

A personalized plan with vital links to community resources

### **Senior Nutrition Program** (805) 388-1952 x168

Nutrition and socialization for homebound and active residents age 60+

### **Senior Support Line** (800) 235-9980

Trained volunteers provide resources and friendly conversation

### **Support Groups** (800) 900-8582

A wide variety of groups available various days/times

### **Volunteer Opportunities** (805) 388-1952x112

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

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

Free resources for caregivers and their loved ones



# Changing Aging.



**Person-Centered Care**  
9:00 am – 5:30 pm  
5 days a week  
(Open until 5pm on Friday.)

**Lions Den** for sports  
watching and card playing

**GenerationUs**  
pairs volunteers of all  
ages for interactive fun

**Pet, Music, & Art Therapy**

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

**Chef du Jour** - 8 Guest Chef  
Program in the Kitchen

**Health Screenings**  
in the Wellness Room

**Wellness & Caregiver  
Center**  
offers support groups  
and classes for familie

**Imaginarium**  
Wii, Skype and Facetime

**Transportation available**

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## *Building Hope* **Adult Day Center**

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## Take a Tour Today!

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Henry Z. Montes, M.D.

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