

# Healthy ATTITUDES

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SPRING 2014

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Take One

**Camarillo Health Care District** QUARTERLY MAGAZINE

## Change Your Life



### CHANGE YOUR DIET

Celebrate Earth Day  
with Chef AJ's  
*Encore Class*

### CHANGE YOUR MIND

7 Mindfulness Classes

### CHANGE YOUR GAME

Sugar Detox  
Grief & Guilt  
Chronic Pain



## A MESSAGE FROM Jane Rozanski, Chief Executive Officer

### What Will Your Encore Be?

The definition of encore is *"an additional performance demanded by an audience"*. What if you were called up to give an encore...an additional performance...to your life?! Would you panic and wonder what could possibly be interesting about your life to share? Would you instantly recognize in yourself a gift or talent? And what does an "encore life" mean?

The concept of an "encore life" is perhaps best described through the concept of volunteerism. We know from statistics, nationally and locally, that volunteers represent a wide variety of people, from any and all walks of life, who generously give their time, talents, skills, gifts and compassion toward causes that move their heart in some way.

There is vast evidence to support the fact that being involved with helping others changes one's focus and redirects it from inward dwelling to external service. At the Camarillo Health Care District, volunteers add an intangible and invaluable dimension to our programs and services. We know that our clients receive a deep sense of restored dignity and respect from the loving presence and service of our volunteers.

Are you looking for your encore performance? You may have found your stage, right here at the Camarillo Health Care District! Regardless of the amount of time you may have...once a week, or once a month...your involvement here as a volunteer guarantees that you will enrich another's life, as well as your own.

As Ventura County's only Health Care District, the volunteer options are many and varied. Have you considered the following:

Do you have a special collection or hobby you could share?

Do you have a trained therapy animal?

Perhaps your professional skills would lead you to become a facilitator for our evidence-based programs?

Do you like to sing, play an instrument, lead a craft, or create tray favors?

Do you have a favorite travel album to share or a favorite story?

Do your youth and young adult groups have skits to share or community service hours they need to accomplish?

Perhaps you are interested in delivering meals to home bound residents?

Maybe you'd like to help out on Produce Day, or be a docent for classes, workshops, screenings, and events?

Please take a moment and reflect on what you'd like to have in your life to feel happy and fulfilled. Our Volunteer Coordinator, Monica Teverbaugh, has a special ability to sit down with you individually and explore together what it is that would really fulfill you the most...*call Monica directly at 805-388-1952, extension 112.*

April is Volunteer Recognition Month and we applaud you! To all of the wonderful volunteers in service across Ventura County, please receive a STANDING OVATION from all of us at the Camarillo Health Care District!

**BRAVO!**

PS: Please take special notice of the Chronic Pain Self Management Program which begins on May 19...see page 9.

*It is one of  
the most  
beautiful  
compensations  
of life that  
no man can  
sincerely try to  
help another  
without  
helping  
himself.*

—Ralph Waldo  
Emerson

**Get Well. Stay Well. Live Well.**



**SENIOR SUPPORT LINE**

**800.235.9980**

## IN THE NEWS

### Chief Resource Officer Elected to VCAAA Advisory Council

Sue Tatangelo, MAOM, Chief Resource Officer at the Camarillo Health Care District, has been elected to represent Family Caregivers on the Advisory Council of the Ventura County Area Agency on Aging. This is a newly formed position and Sue will serve as a Special Populations Member. Sue has been touched both professionally and personally by the role of "caregiver". Since 1994, Sue has provided support to her adult son as a result of a traumatic brain injury, and more recently, become a new parent to her grandson through adoption. Congratulations, Sue!



### District is Featured Speaker at National Aging Conference

District Staff have been invited to present at the Aging in America 2014 Annual Conference of the American Society on Aging. Sue Tatangelo, MAOM, Chief Resource Officer, will present regarding the development of linkages and partnerships of community resources. The District has received funding from The SCAN Foundation to develop the business expertise and organizational capacity to maximize these opportunities. The workshop, titled *Building the Business Capacity to Launch Successful Health Care Partnership*, will discuss the District's experience in developing business acumen and emerging opportunities.

### District Receives Dignity Health Grant



The District was awarded \$30,000 from the Dignity Health Community Benefits

Program in support of the Care Coordination *Return to Wellness Program*. This innovative program builds and enhances community-based care coordination for the reduction of preventable hospital readmissions. This important funding builds a bridge between the Center of Medicaid and Medicare Services (CMS) Ventura County Community-based Care Transitions Demonstration Project at St. John's Regional Medical Center, Pleasant Valley Hospital, and Community Memorial Hospital by providing a "warm hand off" to the Care Coordination *Return to Wellness Program* for patients dealing with complex needs as they return to home.

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## Healthy ATTITUDES

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For your health & wellness

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(805) 388-1952

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*Marlynn Block and Jerry Levine at their wedding on December 22, 2002 in Bloomfield, Conn.*

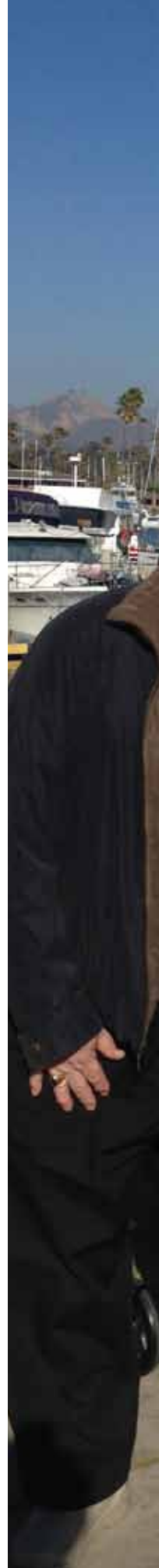
# The Face of Giving Care

One year ago, they left the life they'd known together, and moved across the nation from the East Coast to the West Coast...and landed in Camarillo.

"We left behind our entire medical and professional network, our social services resources, and several decades worth of friends and familiarity," said Marlynn Block, who works full-time and cares for her husband, Jerry Levine, who lives with multiple chronic health conditions including spinal stenosis, congestive heart failure and Parkinson's Disease.

Conditions of aging were a foreign concept to Marlynn. Her parents had both died young, and she wasn't familiar with what it meant to be a caregiver, and especially for her spouse facing several difficult diagnoses before his 70<sup>th</sup> birthday.

*The couple celebrating their 11th Wedding Anniversary at Ventura Harbor*







### Check Out The Club

Enjoy a complimentary morning at the District's state licensed Adult Day Program on the Second Friday of each month from 9:30-12:30. Call today to make a reservation – 805-388-1952 ext. 111.

## NOT SO SURE!

New to the area, Marlynn opened an issue of *Healthy Attitudes* and discovered the Caregiver Support Group at the Camarillo Health Care District facilitated by Sharon Mitchell, Director of the Wellness & Caregiver Center of Ventura County. That encounter would change her life. Through Sharon, Marlynn was introduced to the Adult Day Program Club Camarillo.

Club Camarillo is a state-licensed Adult Day Program that offers support, comfort, dignity and compassion for those who could benefit from additional supervision, activities, and social interaction during the day.

"Everyone at the meetings kept talking about 'The Club' but I just didn't feel Jerry needed it," Marlynn said. "But after hearing others' experiences and talking with Sharon, I knew he was ready. The problem was that I didn't know how I would tell him."

In November, Mary Ann Ratto, the Adult Day Program Manager, invited them to a Thanksgiving luncheon at Club Camarillo. "I worried he wouldn't like it and I felt he'd never agree to it," Marlynn said. "But Mary Ann knew from talking with us that he was ready... she encouraged me to just bring him and try it."

Jerry, a retired attorney, gladly accepted the invitation, and Marlynn recalls him saying 'those are great people' and that he'd like to return in the future. Now, Jerry attends Club Camarillo three days a week.

"He's not working and he feels like he's lost his identity," Marlynn said. "This makes him feel like he's accomplishing something and he's engaging with other people."

## THE MOMENT I KNEW!

Marlynn said the light went on for her when she saw him so happy to attend Club Camarillo. "It's been a wake-up call for me. I don't have to do this alone anymore," she said. "I had believed that no one could take care of my husband the way I do it. I realized I had to change the way I had been doing things because it was just so hard on me physically and emotionally."

Marlynn says it's not only better for her, but Jerry also does better physically and emotionally. "On the days he's not at Club, he's bored and doesn't know what to do," she said. "He complains more about pain and has a harder time sleeping at night."

Marlynn is immensely grateful for the support she has received as she wears multiple hats during her day. "The Club Camarillo Program helps in more ways than anyone is even aware," she said. "Being a responsible spouse and partner doesn't preclude you from having a life of your own."

Reflecting on the past year, she can see the growth the two of them have experienced individually, and as a couple. "I don't want to be Wonder Woman. It's just too hard," she said. "Besides, I don't want to wear the leotard and the power bracelets. I prefer love beads and yoga pants."

# VOLUNTEER RECOGNITION MONTH

# April

Thank you for your years of service to the District.



## 1995

Joan Woodward  
Lee Woodward

## 1997

Gerry Olsen  
Ken Wilhite  
Nadine Wilhite  
Anne Zachary

## 1998

Naomi Turner

## 1999

Frank Roth  
Carl Wuest

## 2003

Michelle Grindstaff  
Carol Pinto  
Dick Wakefield

## 2005

Chuck Donnel  
Libby Pierce

## 2006

Joe Dilibert  
Jim Fowble

## 2007

Jim Brady  
Larry Greene  
Pauline Malysko  
Kevin Nunn  
Pleasant Valley Lions  
Ken Tidwell

## 2008

Max Copenhagen  
Don Medley

## 2009

Karen Bayless  
Violet Brisbane  
Jill Gardner  
Diana Gavalier  
Frank Gavalier  
David Gibson  
Pat Gibson  
Fred La Porte  
Molly La Porte  
Cindy Lynne  
Jim Lynne  
Ann Rogers  
Lorna Stevens  
Barbara Vernon

## 2010

Loye Barton  
Jesse Cahill  
Camarillo Kiwanis  
Maria Caprito  
Richard Cervantes  
Amy Dilbeck Kiesewetter  
Cheri Elson Sperber  
George Fraser  
Norman Hoffman  
Chris Kennedy  
Doug Kennedy  
Mark Lester  
Pat McGregor  
Kay Nakamura  
Mike Nakamura  
Chuck Stevenson  
LaJean Wenzel

## 2011

Marty Calderon  
Chris Gray  
Doug Hill  
Barbara Hill  
Bill Honnef  
Greg Hultgren  
Agnes Ngu  
Cecilia Rexford  
Amber Rodriguez  
Craig Scalise  
Lynn Smiley  
Kendall Van Conas  
Christopher Young  
Patsy Zeune

## 2012

Libby Barrabee  
John Bonadio  
Phil Chandler  
Carol R. Cohen  
Jackie Decker  
Diana Dingle  
Cris Garlington  
John Goolsby  
Hilde Jimenez  
Elizabeth Manvell  
Sue Mooney  
Joseph Pacheco  
Bruce Watlington

## 2013

Mary Arevalo  
Jessica Bornhouser  
Judy Brown  
Camarillo Health Care Center  
Mayra Caraballo  
Sinead Christensen  
Luis Espinosa  
Kaicey Fixen  
Tiffany Foster  
Sylvia Fulton  
Rose Marie Gamboa  
Michelle Given  
Sandra Guttman  
Leslie Heller  
Nathan Henry  
Cecilia Jackson  
Bobbie Koenigsberger  
Kayhan Mojabi  
Sally Mojabi  
Luz Morales  
Ida Ochoa  
Angie Peck  
Kayhan Phillips  
Candida Reding  
Sandra Solorzano  
Trent Spangler  
Lynn Thomas  
Marge Timcik

## 2014

Amber's Light Lions Club  
Jerry Correlajo  
Jerry Correlajo II  
Jean Croutch  
Joanna Gross  
Daniel Irsfeld  
Joshua Mathews  
Neil Padgett  
Andrea Soriano  
Mary Stark

# 20 Ways to Support Your Health District

1. "Like Us" on Facebook
2. Tell friends about your favorite classes in *Healthy Attitudes*
3. Volunteer in a program
4. Invite three friends to join you in a class
5. Write a letter to the newspaper editor about how you've been helped by the District
6. Have an idea for a class? Click on the OpenLine icon at [camhealth.com](http://camhealth.com)
7. "Support a Senior" in the Home Delivered Meal Program for \$15 a week
8. Be a class facilitator and utilize your professional health background and skills
9. Share your talent with the members of the Adult Day Program
10. Deliver meals to homebound Camarillo residents
11. Suggest a class that you'd like to see offered
12. Volunteer at the District's Produce Day
13. Donate gently used gift bags
14. Check out our website
15. Tell a neighbor about the Care-A-Van transportation service to medical appointments
16. Ask about Lifeline help buttons for those with balance or walking issues
17. Improve your overall health by participating in one of the Evidence-Based Programs (see page 9)
18. Ask your employer if they have a matching donation program
19. Invite us to speak at the next meeting of your social club, work group or organization
20. Donate a gift card



*Dorothy had just finished her Saturday night movie a little after 10:30 p.m. When she turned off the TV and stood up to get a glass of water, she suddenly felt dizzy. The doctor had just changed her blood pressure medicine and dizziness was a possible side effect. Trying to steady herself in the kitchen, she fell, hit her head and was bleeding. Fortunately, she had her Lifeline Personal Help Button.*

# Peace

- 10:31 pm** Dorothy pushed her Lifeline Help Button.
- 10:31 pm** Philips Lifeline representative received Dorothy's call and immediately asked her if she needed help.
- 10:32 pm** Dorothy responds, "Please help! I've hit my head and I'm bleeding."
- 10:33 pm** Dorothy is comforted by the sound of the Philips Lifeline representative informing her that Emergency Medical Services (EMS) have been called and are on their way. The representative stayed online with Dorothy keeping her calm until emergency personnel arrived.
- 10:36 pm** Dorothy hears the siren in the distance and is happy to know that Philips Lifeline has informed EMS how to get into her home since she can't get up to let them in.
- 10:37 pm** EMS arrives and calls out to Dorothy. She was surprised that they knew her poodle by name. (*Philips Lifeline had provided EMS this information while they were in route!*) Dorothy is assessed on site and Philips Lifeline provides EMS with her medical history, drug allergies, and her doctor's contact information.
- 11:12 pm** Dorothy arrives at her local hospital. Philips Lifeline is contacting her children to update them on what happened and to let them know which hospital she will be transported to. The neighbor is contacted by Phillips Lifeline to watch Dorothy's dog while she is receiving medical attention.
- 11:35 pm** Dorothy is feeling better but is staying the night for observation.



# of Mind

For you and your entire family.



***Interested in learning more  
about Lifeline Help Buttons?***

Contact Lifeline of Ventura County  
(805) 388-1952 ext. 120

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



## Advocacy

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

### AARP Taxes Ed McHale (805) 388-1952x100

Free income tax assistance for seniors and low-to-moderate income persons.  
Bring 2012 tax return and 2013 documents including W-2s, 1099s and interest statements.

Apr 2-Apr 16 (W) 12-3pm | A | NC

### ABCs of Estate Planning (800) 900-8582

Annette Dawson-Davis, Attorney

Prevent your loved ones from having to deal with property issues after your death.

Apr 29 (T) 6-7pm | May 14 (W) 10-11am | R | \$10

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

Talk privately with a legal expert experienced in elder law and estate planning.

Mon | 1-4pm | A | NC

### Financial Services (805) 388-1952x100

Consult with a certified financial planner on various financial topics.

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

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

Receive help with enrollment, questions, and concerns regarding Medicare registration.

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

### NEW Hospice - The Dream Team (805) 388-1952x100

Dr. Rajala, Assisted Home Hospice

The word "hospice" seems so final, yet you might be surprised to discover the depth of the services the Hospice Dream Team of doctors, nurses, social workers, etc. provides for a loved one and their family. Find out why developing a relationship early in the diagnosis might be beneficial for the emotional state of all concerned.

Jun 9 (M) 6-7:30pm | R | NC

### NEW Planning for the Golden Years (805) 388-1952x100

Cheri Elson Sperber, Phil Chandler & James Waechter

Many people will be faced with decisions about Estate Planning, Long-Term Care and In-Home Care as they journey through life. In this informative 2 hour session, 3 local professionals will explain the benefits of planning ahead. Explore options, costs and risks.

Apr 28 (M) 6:30-8:30pm | R | \$10

## Safety & First Aid

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

### NEW Babysitting Clinic Janice Crawford (805) 388-1952x100

Teens and tweens can learn to care for children of all ages-infants, toddlers and older children, and how to handle emergencies in preparation for becoming the best babysitter on the block.

May 20 (T) 4:30-6pm | R | \$25

### Basic Life Support (BLS) Jose Godinez, Certified Instructor (805) 388-1952x100

For healthcare professionals in life-threatening emergencies.

Jun 12 (Th) 5:30-9:30pm | R | \$60 | Materials \$15

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

This basic course follows the American Heart Association guidelines.

Certificate is available upon completion of class.

Apr 21 (M) 5:30-9:30pm | May 15 (Th) 5:30-9:30pm | R | \$65 | Materials \$15

### 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 for advanced skills while babysitting. American Heart Association certificate is available upon completion of class.

Apr 17 (Th) 5:30-8pm | Jun 30 (M) 5:30-8pm | R | \$45 | Materials \$10

## Mindfulness

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

### NEW Creating A New Life: Work, Love and Dreams (805) 388-1952x100

Brock Travis, PhD

Learn the techniques to create a path to achieving your life's dreams.

Jun 10 (T) 6:30-8:30pm | R | \$10

### NEW Finding Your Way to Hope, Joy and Peace (805) 388-1952x100

Brock Travis, PhD

Achieve fulfillment through mindfulness and serenity to assist you on your road to bliss.

May 13 (T) 6:30-8:30pm | R | \$10

### NEW Growing Beyond Loss Brock Travis, PhD (805) 388-1952x100

Have you experienced a loss due to divorce, death, lost dreams or unemployment? Learn how to grow beyond this difficult journey and find a new path.

Apr 8 (T) 6:30-8:30pm | R | \$10

### Positive Thoughts & Dreams (805) 388-1952x100

Jane Ivey, Doctorate in Metaphysical Science

Explore techniques to enhance positive thinking and learn how dreams may contribute to positive thoughts.

May 5-May 19 (M) 6-7:30pm | 3 week series | R | \$40

### Reflexology Jane Ivey, Board Certified Reflexologist (805) 388-1952x100

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

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

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

### Stress Relief & Healing Therapeutic Meditation (805) 388-1952x100

Danette Banyai

Receive immediate relief from stress and its symptoms including: physical, emotional, mental, and spiritual.

Second Thursday of the month 6-7:30pm | Fourth Thursday 9:30-11am | R

1 session: \$8 | 4 sessions: \$30

### T'ai Chi Chih® Beginners Barbara Lippert, 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.

Apr 9-May 28 (W) 6-7:15pm | 8 week series | R | \$80

**Watch for more classes in the new Mindfulness category...and send us your ideas for classes you'd like to see in this category.**

# Body, Mind & Strength

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

**NEW Are We Hard Wired to Worry?** Diana Wightman, LMFT (805) 388-1952x100  
Do you ever feel that you were born to worry? Do you feel like you are pre-destined to a life of high anxiety? Make the most of your behavioral traits and start living the life you desire.  
Apr 30 (W) 6:30-8pm | R | \$10

**NEW Chronic Pain Self-Management Program (CPSMP)** (800) 900-8582  
Chronic Pain Self-Management Program is a 6-week series designed to teach practical skills to help people with chronic pain better manage their symptoms and provide motivation for the challenges of daily living. This program is for adults living with any ongoing pain due to illness or accident.  
May 19-Jun 23 (M) 9:30am-12:00pm | R | NC

**NEW (COPD) Chronic Obstructive Pulmonary Disease & Asthma** (805) 388-1952x100  
Dr. Maryum Merchant, of UCLA, will explain the symptoms and treatments for COPD and Asthma. Breathing difficulties may hinder the quality of life for people of all ages-seniors and children are at particular risk. Learn how to breathe easier.  
May 21 (W) 2-3pm | R | \$10

**Counseling Services** Diana Wightman, LMFT (805) 302-5335  
Need help in overcoming life's challenges? Confidential therapy services are available by appointment. Call for a free consultation to discuss your needs and fee information.

**Healthier Living: Chronic Disease Self-Management Program** (800) 900-8582  
This award-winning "Healthier Living" series, based on research conducted at Stanford University, is designed for anyone enduring ongoing health conditions. Methods taught will reduce fatigue, anxiety, sleep loss and ensure a happier, healthier life.  
Apr 9-May 14 (W) 1:30-4pm | 6 week series | R | NC

**Healthy IDEAS: Identifying Depression-Empowering Activities for Seniors** (800) 900-8582x208  
A structured one-on-one program that educates, links, and empowers older adults with mild to moderate symptoms of depression to manage their feelings through involvement in meaningful, positive activities.  
Please call for more information | NC

**NEW Massage: Soft & Deep Tissue Release Therapy** (805) 388-1952x100  
Lisa Kawai, LMT  
Do you have chronic pain from tennis elbow? Internal adhesions or scar tissue from surgery? Old sports injuries? Soft & Deep Tissue Release Therapy is a unique method of relieving these types of pains. Swedish and pregnancy massage also available.  
Second Wednesday of each month | 1-5pm | A  
1 hr session: \$70 | 1-1/2 hr session: \$100

**Matter of Balance** (800) 900-8582  
Designed by Boston University to assist older adults who have a fear of falling. Learn to view falls as controllable, reduce concerns, and set goals for increasing activity.  
Jun 18-Aug 6 (W) 10am-12pm | 8 week series | R | NC

**NEW Overcoming Grief & Guilt 3-Part Series** (805) 388-1952x100  
Dr. Wendy Basil  
How long is too long to grieve? What stage of grief are you in? Do you ever stop grieving? In this 3-part series learn to manage feelings of painful loss and welcome joy back into your life without feelings of guilt as you move forward.  
April 7 (M) 6-7:30pm | May 5 (M) 6-7:30pm | Jun 2 (M) 6-7:30pm | R | \$20

**NEW Pain! Pain! Go Away!** Dr. Leo Lombardo (805) 388-1952x100  
The treatments for chronic pain are as diverse as the causes. Is your pain prescription in the form of over-the-counter remedies? Prescription meds? Acupuncture? Mind/Body techniques? Explore options to find relief to resolve what is ailing you.  
May 14 (W) 6-7:30pm | R | \$10

**NEW Panic Attack - Triggers and Solutions** (805) 388-1952x100  
Diana Wightman, LMFT  
Thousands of Americans suffer from chest pain and difficulty breathing...but your doctor says your heart is healthy. It may be a panic attack or anxiety. Learn to use correct techniques and exercises to control and even eliminate panic attacks.  
May 19 (M) 6:30-8pm | R | \$10

**See For Yourself - Eye Opening Guide to Vision Correction** (805) 388-1952x100  
Dr. Paul Dougherty will explain the latest technology for cataract and LASIK surgery.  
May 1 (Th) 6-8pm | R | \$10

**NEW The Doctor is "In"** William Klope, MD (805) 388-1952x100  
Prostate cancer is the most common cancer among men (after skin cancer). Researchers now think this cancer is over diagnosed. With so many ideas about this slow-growing but potentially lethal cancer, learn what you can do to protect yourself.  
Jun 4 (W) 6-7:30pm | R | \$10

**Therapeutic Massage** Debbie Folino, LMT (805) 388-1952x100  
The benefits of massage go beyond relaxation. Studies show that massage therapy has a wide variety of health benefits including boosting the immune system, improving circulation, relieving stiffness and soreness, and reducing cortisol (the stress hormone).  
Mon & Tue | A | 1 hour session: \$70 | 1-1/2 hour session: \$100

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



## The Excitement is Building! And so are we!

The Adult Day Program "Club Camarillo" is doubling its space to accommodate innovative and exciting advancements in programming, to better serve our very special clients. You can be a part of this wonderful endeavor by participating in many support opportunities, such as naming rooms, naming activity centers, honoring a loved one with a donor tile wall, and many more. For more information, please contact Chief Resource Officer Sue Tatangelo at 805-388-1952, ext. 106.

*Project Managed by S.L. Leonard & Associates, Inc.*

## Support Groups

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

<b>Al-Anon Family Groups, Inc., Men's Stag Group</b> Monday   7-8:15pm	Ralph (805) 482-9758
<b>Al-Anon Fourth STEP Study Group</b> Wednesday   7-8pm	Larry (805) 844-2079
<b>Al-Anon Steps, Traditions, and Concepts</b> Tuesday   7:15-8:15pm	Rosalie (805) 445-1133
<b>Al-Anon Study Group</b> Thursday   7-8:30pm	Rosalie (805) 445-1133
<b>Alateen/Pre-Teen</b> (7-12 years of age) Thursday   7-8:15pm	Rosalie (805) 445-1133
<b>Anxiety Support Group</b> Diana Wightman, LMFT First and Third Thursday of each month   5:30-7pm   R   \$20	(805) 302-5335
<b>Autism Spectrum &amp; Related Disorders Support Group</b> J. Hayden, Ph.D., BCBA-D Third Monday of each month   5:30-7pm   R   NC	(805) 388-1952x100
<b>Brain Injury Survivor &amp; Family Support Groups</b> First and Third Wednesday of each month   4-5:30pm	(805) 482-1312
<b>Caregiver Support Groups</b> Designed for people who are the primary caregivers of loved ones. Second and Fourth Friday of each month   9:30-11am   District Offices Monday   9:30-11am   Leisure Village (residents only)	Martha (805) 388-1952x215

<b>Compulsive Eaters Anonymous—HOW</b> Thursday   5:30-6:30pm   Sat   8:45-9:45am	Meg (805) 482-9623
<b>Conejo Ventura Macintosh User's Group</b> First Tuesday of each month   6:30-8:30pm	Susan (805) 504-3610
<b>Friendship Connection</b> A social group for friends of the Senior Support Line, open to Ventura County resident's age 60 or older. Second Thursday of each month   10-11am	(800) 235-9980
<b>MOMS Club (Moms Offering Moms Support)</b> First Wednesday of each month   10-11:30am	Letty (805) 419-3419
<b>Pain Management Support Group</b> Dr. J. Cabaret Third Wednesday of each month   5:30-6:30pm	(805) 388-1952x100
<b>Parkinson's Disease Support Group</b> Fourth Tuesday of each month   2-4pm	Susan (805) 482-2151
<b>Scleroderma Foundation Support Group</b> Second Saturday of each odd numbered month   10am-12pm (Dark in July)	Arline (805) 987-8236
<b>Stroke Support Group</b> Sharon Bick, RN Third Wednesday of each month   2-3pm	(805) 388-1952x100

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

## Fitness

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

<b>Arthritis Foundation's® Walk with Ease - Walking Group</b> Developed by the Arthritis Foundation to create a customized walking plan to keep muscles strong and joints stable, boost energy, and control weight. Go at your own pace. Participants will receive a workbook, pedometer and more! Held at Arneill Ranch Park (Sweetwater Ave.) Mon, Wed, Fri   Jun 23-Aug 1   9-10am   R   NC	(800) 900-8582
<b>Arthritis Foundation® Exercise Program</b> Reduce pain and stiffness while improving your mobility, balance and coordination. Tue & Thu   11:30am-12:30pm   R   NC	Barbara (805) 654-1122
<b>Bone Builders</b> Designed to improve balance, increase muscle strength, and bone density. Mon & Wed   9:30-10:30am   11am-12pm   12:30-1:30pm Tue & Fri   10:30-11:30am   Tue & Thu   5:30-6:30pm   R   NC	Sylvia (805) 388-8333
<b>Classical Yoga</b> Lorraine Crane, R YT A Classical Yoga lifestyle promotes physical, mental, and emotional health. Learn Ashtanga, Viniyoga, and Iyengar methods. Instruction modifications will meet any level. Wed   4:45-5:45pm   no class 4/16, 5/7   class tickets expire 90 days from purchase Single session \$10   5 classes \$45   10 classes \$80   R	(805) 388-1952x100

<b>Jazzercise</b> Patty Bolland, Certified Instructor Jazzercise combines dance-based cardio with strength training in one, fun and effective 60 minute workout. Mon & Thu   5:45-6:45pm   Saturday   8:15-9:15am   R Single class \$6   5 classes \$25   10 class \$45	(805) 746-3025
<b>Yoga—Gentle</b> Mikal Rogers, Instructor Health benefits include improved flexibility, muscle tone, and stress alleviation. Tue   9-10am   single class \$10   10 classes \$80   R	(805) 388-1952x100
<b>Zumba Gold®</b> Mary Arevalo, Licensed Zumba Gold Instructor Zumba Gold® is the complete package offering both physiological and psychological benefits. Tue 12-1pm   Fri 9-10am   single class \$6   4 classes \$20   10 classes \$45   R	(805) 388-1952x100



*Have an idea for a class? Click on the OpenLine icon at [camhealth.com](http://camhealth.com)*



## Nutrition

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

**Apple-A-Day Café** (805) 388-1952x100  
Warm lunch served in a friendly, social and educational atmosphere. This service is available for those age 60 and over. Please RSVP.  
Second Thursday of every month | 11:30am | R | \$3 suggested donation

**Chef AJ Culinary Encore Class — Back by Popular Demand** (805) 388-1952x100  
Join us in celebrating Earth Day with a Plant-Based Menu! Learn how to create meals to transform your health, deal with cravings, food addictions, and the emotional side of eating from Chef AJ, who has been featured on the Tonight Show with Jay Leno, The David Letterman Show, and many others. She has followed a plant-based diet for over 36 years and holds a certificate in Plant-Based Nutrition from Cornell University. This educational and entertaining class includes a cooking demonstration, lots of sampling, nutritional advice, and possibly some singing.  
Apr 22 (T) 6-9pm | R | \$30

**Eat Your Way to Good Health** (805) 388-1952x100  
Jessica McGrath, Certified Holistic Health Coach  
Reduce your risk of excess inflammation by learning how specific foods can affect the body. Enjoy cooking demonstrations in this unique class.  
Apr 28 (M) 6-7:30pm | Jun 9 (M) 6-7:30pm | R | \$25

**Home Delivered Meals** (805) 388-1952x168  
Homebound residents, living in the greater Camarillo area, aged 60 and over, can have "ready to heat" meals delivered to their home. Call to apply.  
Mon, Wed, Fri | 9:30-11:30am | R | \$3 suggested donation

**Nutrition Counseling** Laura Cooper Fuld, RD (805) 388-1952x100  
Learn how to eat, increase your energy level, and attain optimal health.  
A | \$65

**Produce Day**  
In partnership with FOOD Share, participants can select from a variety of seasonal produce items at no charge. First come, first serve basis. See our Facebook page for produce list.  
Second Thursday of each month | 11am-1pm

**NEW Sugar Detox - Redeem Your Health!** (805) 388-1952x100  
Cynthia Ray MPH, RD, HFS, Kayla Siracusa, RD  
Are you hungry for good health? Sugar consumption can contribute to fatigue, stuffy head, food cravings, and reduced mental clarity. This 21-day cleanse process (normally valued at \$200) will introduce you to better sleep, sharper thinking, less bloating and clearer skin. This series will provide recipes, meal planning, motivational support from the group, and other success strategies.  
Apr 24, May 8, May 22 (Th) 6-8pm | 3 sessions | R | \$60

## Screenings

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

**Dental Screening** Eric S. Yum, DDS (805) 388-1952x100  
Come and have a dental consultation and have your questions answered.  
Apr 9 (W) 10am-12pm | May 14 (W) 10am-12pm | Jun 11 (W) 10am-12pm | A | \$5

**Family Immunizations-Shots** (805) 988-2865  
Program hosted in cooperation with St. John's Regional Medical Center.  
Apr 8 (T) 3-5pm | May 13 (T) 3-5pm | Jun 10 (T) 3-5pm | A | Fees vary

**Foot Screening** Craig Parent, DPM (805) 388-1952x100  
Come and have your feet examined and your questions answered.  
May 20 (T) 9-11am | Jun 17 (T) 9-11am | A | \$5

**Health Aware Screenings** (805) 388-1952x100  
Know your blood sugar levels, cholesterol level, blood pressure, and stroke risk?  
Cholesterol, stroke and diabetes screenings are performed by CMH staff.  
Apr 14 (M) 1-4:30pm | May 12 (M) 1-4:30pm | Jun 9 (M) 1-4:30pm | A | NC

**Hearing Screening** Lance Nelson, AuD (805) 388-1952x100  
Do you say "what" more than you should? Hear better in one ear than the other?  
If you answered "yes" to the above questions... it's time for a hearing screening.  
Second Thursday of each month | No cleaning available | 1-2pm | A | \$5

**Memory Screening Day at the District** (800) 900-8582  
Dr. James Sutton, Pacific Neuroscience Medical Group  
Second Monday of each month | 1-3pm | A | \$5

**Tuberculosis (TB) Testing** (805) 988-2865  
Program hosted in cooperation with St. John's Regional Medical Center.  
Second Tuesday of each month | 4-5pm | A | \$20

## Caregivers

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

**Care-A-Van Transportation Services** (805) 388-2529  
Care-A-Van offers door-through-door, non-emergency medical transportation service for District residents to accomplish medical visits and other activities of daily living. Call for additional information on service area, fees, and reservations.

**Care Consultations** Sharon Mitchell & Martha Shapiro (800) 900-8582  
Find yourself, or a loved one, in a life transition and don't know where to turn? Our care coordinators will provide a one-on-one consultation with a road map to vital links to community resources to help improve your family's quality of life, independence, and peace of mind.  
A | NC

**Club Camarillo** (805) 388-1952x111  
Enjoy a complimentary morning at our state licensed Adult Day Program that offers support, comfort and stimulation 5 days a week for those who could benefit from additional supervision and social interaction during the day. Call to make a reservation.  
Second Friday of each month | 9:30-12:30pm | A | NC

**Long-Term Care Ombudsman Consultations** (800) 900-8582  
Do you have questions or concerns about placing your loved one in a long-term facility? Then an Ombudsman consultation can be of service.  
A | NC

**Tools for Caregiving** Sharon Mitchell & Martha Shapiro (800) 900-8582  
Learn to understand the physical and emotional aspects of aging.  
Apr 3-May 8 (Th) 9am-12:30pm | 6 week series | A | NC

# Lifestyle

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

**NEW Assessing Your Relationship** Karen Wrolson, MS (805) 388-1952x100  
What grade would you give your relationship? Is it a passing grade or does it need improvement? Explore where your relationship is now and what the typical issues are at each stage. What are the indicators of an A+ relationship? Learn the necessary tips on how to get to the head of the class.  
May 29 (Th) 6:30-8pm | R | \$10

**Camarillo Music Together** (Newborns-4 years) (805) 469-0134  
Dr. Lynn Decker-Mahin  
Children and parents will experience new songs, chants, movement activities, and instrumental jam sessions in this 45 minute class.  
Mar 31 (M) 9:30-10:15am or 4-4:45pm | Apr 1 (T) 9:30-10:15am | 10 week series  
R | \$120 Fee payable to instructor | \$40 Materials

**NEW Create a Work Ethic in Your Child** Karen Wrolson, MS (805) 388-1952x100  
As a parent you want to see your child grow up to be successful in life. Chores are the building block as they learn instructions, deadlines, and respect. Learn how to teach life skills and grow confidence at an early age.  
May 20 (T) 6:30-8pm | R | \$10

**NEW Do's & Don'ts After Divorce** Karen Wrolson, MS (805) 388-1952x100  
Divorce is a painful experience. Turning points in our lives require us to make immediate decisions when we are at our most emotional, vulnerable state. Learn how to discuss this life change with your family and friends and how to avoid common mistakes. Bring your questions and concerns to guide you to the next phase of your life.  
Jun 3 (T) 6:30-8pm | R | \$10

**Health RHYTHMS Group Drumming** (805) 388-1952x100  
Research proves a link exists between recreational music and wellness. Create music, reduce stress, and improve your health in this adult group drumming activity. No prior drumming experience necessary.  
Apr 14, May 5, 19, Jun 16 (M) 4-5:15pm | R | Per session: \$10

**NEW Mini-Dental Implants** Charles Scholler, DDS (805) 388-1952 x100  
Learn how you can have one or more teeth replaced quickly, painlessly and at less expense with the use of mini-dental implants.  
Apr 25 (F) 10:30-11:30am | R | NC

**UCLA Memory Training** (800) 900-8582  
The techniques in this course include strategies such as organization, association and imagery to make information more memorable.  
May 6-May 27 (T) 10am-12pm | 4 week series | R | NC

**NEW What If You Don't Replace Your Teeth?** (805) 388-1952 x100  
Charles Scholler, DDS  
Learn the detrimental effects of not replacing your missing teeth including: bone loss, drifting teeth, and facial changes. Teeth can be replaced quickly, painlessly and economically.  
May 16 (F) 10:30-11:30am | R | NC

Camarillo Health Care District is a public agency formed in 1969 by the voters of the Pleasant Valley and surrounding areas to provide community health services.

Over the decades, California state legislators and visionary Board members have kept Camarillo on the cutting edge of community health and wellness, as the health care needs of the community have changed. Today, the District focuses on maximizing health and wellness through prevention, screening, education and support. The continuum of services provided today include Care Transition Services, Adult Day Support Services, Transportation, Lifeline Personal Help Button and Fall Prevention, Care Management Services, Chronic Disease Self Management Programs, Caregiver Education and Training, Senior Support Line, Senior Lunch Program, Wellness & Caregiver Center of Ventura County, Health Screenings, Counseling Services, Exercise, Support Groups, Education and Advocacy.

Recognized statewide as California's Outstanding Healthcare District, the Camarillo Health Care District serves as a model of efficiency and effectiveness. Through the years, the District's Board of Directors, as well as staff and programs, have been awarded and recognized locally and nationwide.

Mission Statement: The Camarillo Health Care District ensures that quality health and wellness services are available to all District residents.

## DISTRICT SERVICES

<b>Adult Day Program</b>	(805) 388-1952 x111
<b>Care Transitions</b>	(800) 900-8582
<b>Facility Rentals</b>	(805) 388-1952 x116
<b>Lifeline of Ventura County</b>	(805) 388-1952 x120
<b>Transportation Services</b>	(805) 388-2529
<b>Volunteer Opportunities</b>	(805) 388-1952 x112

## How to Register



Prepayment is required in order to secure your reservation, and we recommend that you confirm prior to attending. To cancel your class registration, or receive a refund, you must call 48 hours prior to the day of class, no refunds on cooking or CPR classes. A 20% processing fee will be deducted from any refund request received later than 48 hours prior to the event. NO refunds if cancelled on day of class.



## Internet

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



## Phone

805-388-1952, Extension 100



## Walk-in

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Book by the day, half day or even the hour.



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## FACILITY **RENTALS**

The Camarillo Health Care District offers a variety of **meeting facilities** at our centrally located offices in Camarillo such as church meetings, family events and office meetings.

## ROOM **SIZES**

Facilities include **large rooms** equipped with audio/visual amenities to seat 75 in auditorium-style seating, or **smaller rooms** to accommodate 10-15 people, for your meeting or retreat purposes.

## RENTAL **RATES**

Rental rates vary depending upon room, equipment needed, and amenities selected.

3639 E. Las Posas Road, Suite 117  
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[www.camhealth.com](http://www.camhealth.com)

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DISTRICT**  
For your health & wellness



## **AMENITIES**

Internet  
TV/Projector  
Coffee Service  
Kitchen  
Flipchart  
Whiteboard and Markers  
Chairs/Tables

## **ROOMS**

Boardroom  
Classroom  
Multipurpose Rooms  
Auditorium-style:  
seats up to 75  
U-shape: enables  
and encourages open  
discussion



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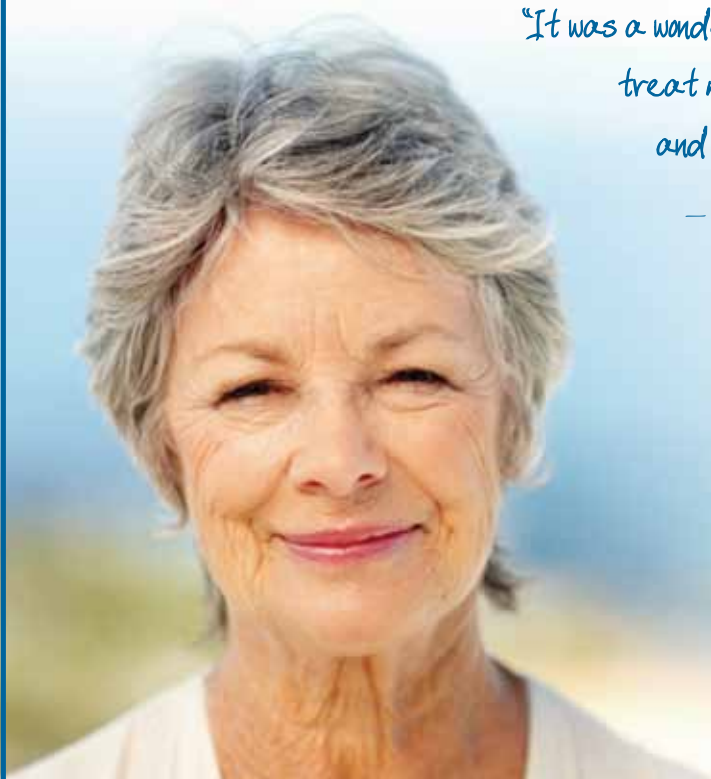
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When you or your loved one is diagnosed with cancer, you do not need to face it alone. Our caring team will answer your questions, explain your options, and help you make the best choice. Our goal for over 30 years has been to eliminate cancer while preserving quality of life. However, the personal attention we give to our patients and their families is what truly makes the difference. Why spend precious time commuting when you can have UCLA-level treatment close to home?

**No cancer is routine—for you or for us. Let's face cancer together.**

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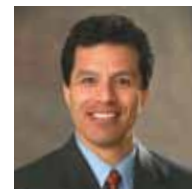
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