

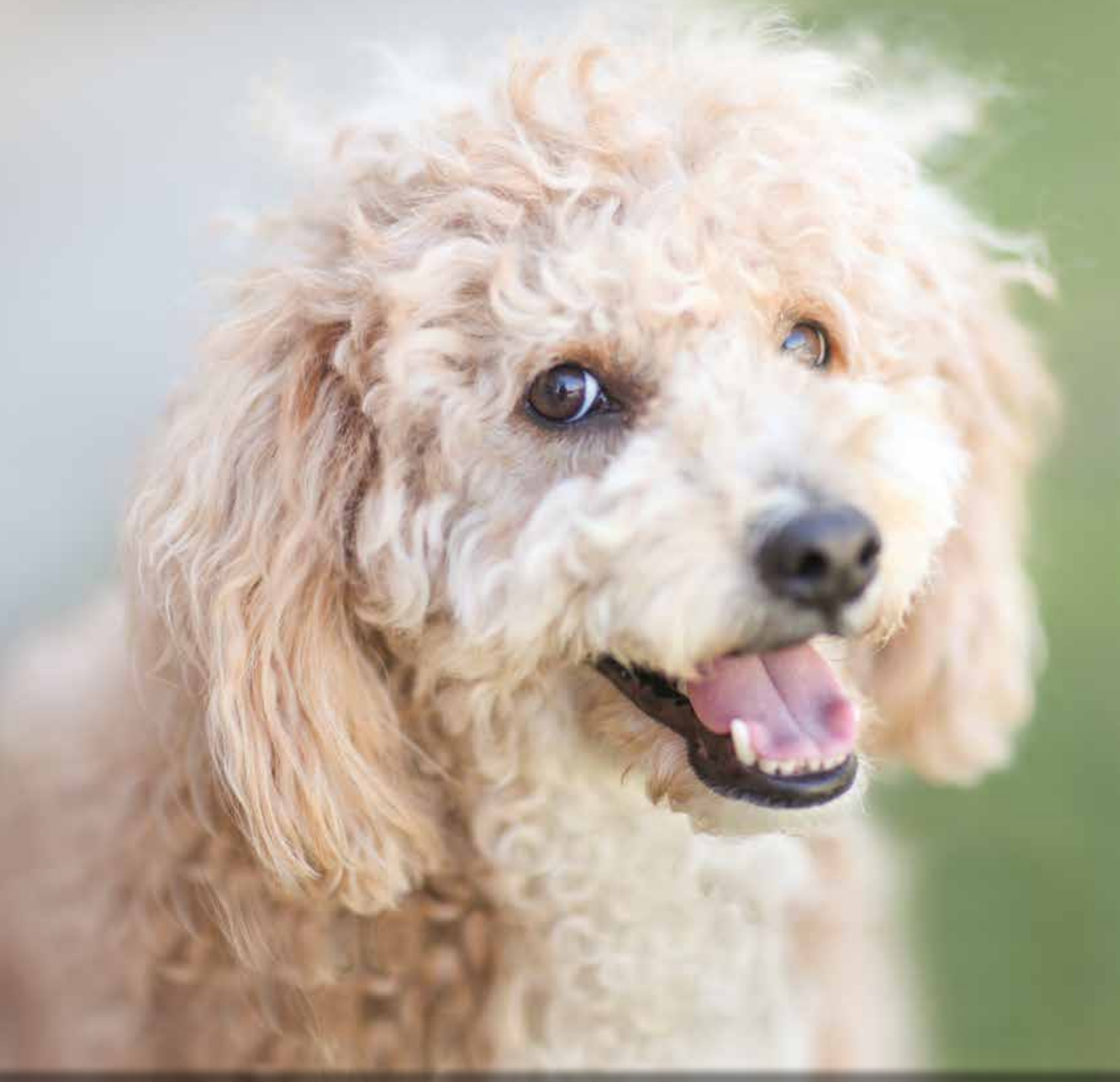
# Healthy ATTITUDES

camhealth.com

SUMMER 2015

**FREE**  
Take One

**Camarillo Health Care District** QUARTERLY MAGAZINE



**I N S I D E**

**Pet Therapies Continue to Grow | Trends in Aging Symposium**

# A MESSAGE FROM

KARA RALSTON, CHIEF EXECUTIVE OFFICER



*Ralph Waldo Emerson*

“Do not go where the path may lead, go instead where there is no path and leave a trail.”

As I look at the growth of the Camarillo Health Care District, I am continually amazed at what we have achieved, and excited about the future. As a small, public agency we have successfully implemented programs, technologies and delivery systems that have elevated our ability to serve, and have garnered national contracts, statewide recognitions, local awards and gubernatorial appointments.

Most importantly, we have gained your trust and respect. You have trusted us with your families, your lives, and your hopes...and we take that very seriously.

It just isn't possible to convey any District successes without pointing to three essential principles:

**Talented Staff.** As a public service agency, our most valuable asset is our team of highly-skilled, deeply committed professionals who take their job and career seriously. Our staff is at the very core of who we are, and remain committed to providing unparalleled service with dignity, compassion, respect and skill.

**Community-Minded.** Simply stated, the District believes deeply in the community we serve. Our investment goes way beyond the job at hand, and is evident in the many ways in which we partner throughout the County and State. We remain committed to knowing your needs, and working toward meeting them.

**Honest Perspective.** Each new day offers a chance for us to work together, pursue new opportunities and broaden our vision. We continue to position our programs and services to be the best partner and service leader we can be. Your feedback is vital in those efforts. Thank you for helping us deliver value.

We're here for you...and we're so glad you're here for us, too. Wishing you peace and health!

*Kara*

## A New Journey

After 22 years with the District, I am retiring to start a new journey, and I'm excited to share it with you. As a Commissioner appointed to the California Commission on Aging by Governor Jerry Brown, I will be leveraging my experience and knowledge to continue advocating for and serving the nearly 6 million older adults in California, including, of course, Camarillo and Ventura County!



JANE ROZANSKI, Retired  
Chief Executive Officer  
Commissioner,  
California  
Commission  
on Aging

When I first stepped onto the District campus on January 27, 1993, we had some challenges ahead of us. We met those challenges head on and worked hard to help shape the District into the award-winning statewide model that it is today.

Now, 32,000 clients... 14,000 square feet of facilities... 100 volunteers... and several hundred programs and services later, this District is a champion of health, wellness and safety.

I look around, at the many classrooms and buildings, bustling with activity, and my heart is full with a contented sense of accomplishment, knowing that I was part of carving this path toward excellence. I have done what I had set out to do.

There is no greater sense of satisfaction than to do good work, and release it into capable hands. Our new Chief Executive Officer, Kara Ralston, has worked with the District for the past 17 years, and her influence is evident throughout the District and the community. Her leadership will continue to steer the District ever onward. *Please join me in congratulating Kara, and giving your full support, as you had done for me!*

### BOARD OF DIRECTORS

**Rod Brown, MBA**  
President  
(805) 388-1513

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

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

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

**Peggy O'Neill, RN**  
Director  
(805) 504-3848

### STAFF

**Kara Ralston**  
Chief Executive Officer

**Sonia Amezcua**  
Chief Human Resources Officer

**Sue Tatangelo**  
Chief Resource Officer

**District Staff Receive Master Trainer Certification in Evidence-Based Curriculum**

**Jenica Polakow, MSW**, and **Lynn Jones, CSA**, have each received certification from Stanford University as Master Trainers in Chronic Disease Self-Management, joining an elite group in Ventura County.

Additionally, Ms. Polakow is training to become a certified Diabetes Self-Management instructor, and Ms. Jones is enrolled in Chronic Pain Self-Management certification courses, both of which are Stanford University programs.

**Blair Craddock, MPH**, has certified as a Master Trainer in “A Matter of Balance”, an evidence-based fall prevention program developed by Boston University and leads the Ventura County Evidence-based Healthy Promotion Coalition. Additionally, Ms. Craddock is a certified facilitator of Chronic Disease Self-Management, Pain Self-Management Program and UCLA Memory Training.

*Congratulations Jenica, Lynn, and Blair! Look for these classes on page 9.*

**District Employee Receives Two Community Awards**

**Lynn Jones, CSA**, Community Outreach Manager, has been named a Camarillo Doña by the Pleasant Valley Historical Society, and Camarillo Public Servant of the Year by the Camarillo Chamber of Commerce.



Additionally, Ms. Jones is also elected to the Camarillo Council on Aging, appointed to the Board of Directors of the Ventura County Adult Abuse Prevention Council, is a member of the Camarillo Chamber Ambassadors, Pleasant Valley Historical Society, Somis Thursday Club, Ventura County Fall Prevention Coalition, and Ventura County Homecare Association, to name a few.

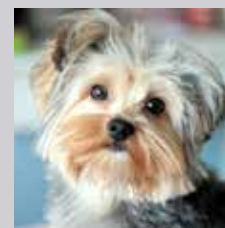
*Congratulations, Lynn!*



**ON THE COVER**

District Dog Curley and friends join the fun at the Building Hope Adult Day Center during Pet Therapy.

Photo Credit: VERONICA SLAVIN/Veronica Slavin Photography



2

Pet Therapy  
Continues to Grow

4

Trends in  
Aging Symposium



5

Ask Us

The Art of Now 8



6 Donor Acknowledgment

7 Caregiver Quiz

9 Advocacy  
Evidence Based Classes

10 Support Groups  
Fitness  
Caregivers

11 Nutrition  
Lifestyle  
Safety & First Aid  
Counseling

12 Body, Mind & Strength  
Screenings

13 Mindfulness  
Registration

# Pet Therapy Continues to Grow

Pet therapy, even in small doses, can improve health and lift the human spirit. Florence Nightingale wrote in her book, *Notes on Nursing*, published in 1859, that a pet “is often an excellent companion.” Animals’ non-verbal communication and profound acceptance can be soothing for those with functional and cognitive disabilities and may help improve appetite, social interaction, and reduce stress, according to Psychology Today.

“Animals provide unconditional love and emotional support in a way that is unparalleled. Our Pet Therapy Program brings the joys of animals to people while they’re at the Building Hope Adult Day Center,” says Mary Ann Ratto, the Center’s Director. “An animal can give a powerful source of healing and personal connection.”

Each month, the Building Hope Adult Day Center (Center) receives pet therapy visits from a growing list of community partners including Guide Dogs of America, the Ventura County Animal Shelter, Love on a Leash, and several private citizens who donate their time to share their animals.

Curley, an Anatolian Shepherd and Poodle mix, who was rescued as a puppy from the Ventura County Animal Services (VCAS) shelter in Camarillo, visits for two and a half hours on Tuesday afternoons and Thursday mornings. “We call him the District Dog because he’s been coming for visits since he was a puppy,” says Ratto. “He has a very calm and soothing demeanor.”

Whether he’s playing catch in the Tsukida Family Activity Room with his squeaky ball, or curled up on the couch watching TV with a participant in the Imaginarium, sponsored by the Ventura County Credit Union, Curley is able to intuitively understand what each person he encounters needs, Ratto says. “He is able to gauge what someone is feeling and then adjust his behavior to match accordingly.”

Twice a month, VCAS volunteers visit with dogs who are awaiting their forever homes. The volunteers bring photos of the dogs from previous visits to the Center to share the success stories of these animal’s adoptions. “The participants love to hear the happy endings and have an opportunity to both give and receive love from these four-legged friends,” says Ratto.

Once a month, a variety of dogs from Love on a Leash visit the Center, as they have for 14 years under the direction of Sharon Hartman. In addition to her fondness for animals, Hartman understands the benefits of pet therapy in the Center because her father passed away from Alzheimer’s.

“We recognize the courage, determination and spirit that aging requires and it is a privilege to bring comfort and support in any way that we can,” said Sharon Hartman.


## **BENEFITS OF PET THERAPY**

- lowers blood pressure
- improves cardiovascular health
- releases endorphins (oxytocin) that have a calming effect
- diminishes overall physical pain

SOURCE: PSYCHOLOGY TODAY, 2013





Guide Dogs of America began visiting the Center as a way to serve the community and socialize their puppies, under the direction of Debbie Erickson, who coordinates their organization's visits. "We enjoy being part of the guide dog socialization and training process," Erickson says. "We get to give back in a small way as we help prepare them to partner with their new owners." 



◀ *Buttons and Joanna welcome love and attention at their regular visits to the Center.*

◀ *Curley enjoying time in the Lions Den.*



▲ *A special thank you to John Stenzel, Pet Therapy Sponsor, in honor of H. Carlotta "Ki" Norton, who loved her dog, Molly.*

▲ *Thor has been visiting the Center since he was a young puppy and has provided a fun opportunity for everyone at the Center to see him grow and change, Ratto says. "Thor, first visited the Center as a small puppy, and now he's over 100 pounds," she added.*



Please check out our Facebook page for more photos of pet therapy visits.

**Thank you to all of our pets who regularly visit!**

**Mac, Labrador & German Shepherd Mix**

Retired dogs: Chelsea & Harry  
Years of service: 14  
Owner: Sharon Hartman

**JJ's Angel, Yellow Labrador**

Retired: JJ, Yellow Labrador  
Years of service: 10+  
Owner: Jill Bernick

**Suki, Miniature Dachshund & Miniature Italian Greyhound Mix**

Years of service: 3  
Owner: Betsy Sumner

**Becket, Tika, and Katie, Long-Haired Dalmations**

Years of service: 2  
Owners: Jeri and Clay Jennings

**Tobee Leonardo Riley, Swiss Shepard**

Years of service: 1  
Owner: Denise Riley

**Buttons, MaltiShu**

Years of service: 1  
Owner: Joanna Wullschlegler

**Brewster, Mini Labradoodle**

Years of service: 1  
Owner: Nancy Mitchell

**Thor, Newfoundland**

Years of service: 1  
Owner: Quentin Rosmaier

**Joliette, Chihuahua-mix**

Years of service: 1  
Owner: Ronnie Slaven

**Curley, Anatolian Shepherd & Poodle Mix**

Years of service: 4  
Owners: Terry & Monica Teverbaugh

The Camarillo Health Care District and the Ventura County Home Care Association present . . .

# Trends in Aging

## Symposium & Health Fair

September 25, 2015

10:00-1:00 pm (Check-in 9:30 am)

Raffles! Snacks!

The Camarillo Health Care District  
3639 E. Las Posas Road, Suite 117, Camarillo

### Three Session Symposium:



**Ishara Bailis, LCSW, MA**, gerontologist with UCLA, will present "10 Habits to Add Vitality to Your Life," and provide tips for developing healthy habits that will help you feel your best at any age.



**Dr. Barbara Thayer**, a neuroscientist and lecturer from the Psychology Department at California State University, Channel Islands, will present "The Half Full Glass: Positive Psychology and The Effects on Aging." This presentation will discuss the power of positive thought and how it promotes longevity in ourselves and our loved ones and those for whom we provide care.



**Executive Chef Brian Scalfaro**, a graduate of the California Culinary Academy/Le Cordon Bleu of San Francisco, has lived and studied within the Tuscan region of Italy. Previously he worked for Google and DreamWorks Animation. He will present a cooking class entitled, "Cooking with Ancient Grains." Samples are included in this interactive presentation!

See page 11 for additional information.

 CAMARILLO HEALTH CARE DISTRICT



Ventura County Homecare Association, Inc.

—PLATINUM—



Home Health • Hospice • Caregiving • Skilled Nursing Facility • Transportation



Making Life Easier™

—GOLD—



MEDITECH  
HEALTH  
SERVICES



LivHOME  
*Live long. Live well. Live HOME.*



Community Memorial  
Health System

Where Excellence Begins with Caring



CAMARILLO  
HEALTHCARE CENTER



—SILVER—



Medicare Certified HOP CRIP Accredited Allied Healthcare Professionals, Inc. Home Health Agency



Independence Living Consultants, LLC



Livingston Memorial Visiting Nurse Association & Hospice "Home is where the Heart is"



Coastal View Healthcare Center Skilled Nursing and Rehabilitation



Register today for symposium.  
Space is limited.

No registration required for health fair.

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

(805) 388-1952

ext. 100

# askus

**Lynn Jones, CSA**  
Community Outreach Manager  
805-388-1952, ext. 120  
lynnj@camhealth.com

*I recently fell in my home and now I'm not confident about my balance. What can I do to feel safe on my feet again?*

**Answer.** I'm so sorry to hear this! Falling can make you feel insecure and even put you at risk for additional falls. There are a variety of community resources that we can help you with...I really encourage you to call me directly at 805-388-1952, ext. 120.

## FALLING MYTHS

### **Myth: Falls happen to other people.**

Fact: Falling is more common than you think. Every 2.3 seconds, someone falls<sup>1</sup>. One out of every 3 people age 65 and older will fall this year (13.3 million).

### **Myth: If I limit my activity, I won't fall.**

Fact: Staying physically active can reduce your risk of falling as it helps improve strength, maintain balance, and is good prevention for some diseases that may also put you at risk for falling.<sup>2</sup>

### **Myth: Muscle strength and flexibility can't be regained.**

Fact: We lose muscle as we age, but exercise can restore strength, flexibility, and range of motion.<sup>3</sup>

### **Myth: Using a walker or cane makes me more dependent.**

Fact: Use of a properly fitted walking aid can help improve balance, increase confidence, and reduce pain.<sup>4</sup> Contact us for resources to help adjust your walking aid at no charge, or for information about community partners who offer services at no charge.

### **Myth: If I tell anyone I've fallen, they'll worry about me, and I could lose my independence.**

Fact: Talking about a fall with a trusted friend or healthcare provider really is in your best interest<sup>5</sup>, as they may be able to suggest some small changes that can make a big difference.

### **Myth: If I fall, I'll just call for help.**

Fact: Half of older adults who fall cannot get up without help.<sup>6</sup> Early intervention is essential. Those who receive help within one hour, have a lower mortality rate (12%), compared to those who don't receive help for 72 hours (67%).<sup>7</sup>

Sources:

<sup>1</sup> Lifeline (2015)

<sup>2</sup> U.S. Department of Health and Human Services (2006)

<sup>3</sup> National Council on Aging (2012)

<sup>4</sup> www.stopfalls.org (2010)

<sup>5</sup> 10 Secrets that Aging Parents Keep, Ladew (2015)

<sup>6</sup> Falls, Fractures, and Injury, Merck Manual of Geriatrics, Section 2, Chapter 20

<sup>7</sup> Persons Found in Their Homes Helpless or Dead, NEJM, 334: 1710-1716 (June 27), 1996.



## Do You Need a Personal Emergency Response Button?

Are you alone for several hours during the day and/or night?  2 points

In the past year, have you fallen or been anxious about falling?  3 points

Have you been hospitalized, or been to the emergency room in the past year?  2 points

Do you have a least one of these chronic conditions: Heart failure, stroke, chronic obstructive pulmonary disease, diabetes, osteoporosis, or arthritis?  2 points

Do you use any assistive devices to help with balance or walking?  3 points

Are you required to take several daily medications?  3 points

Do you require assistance with at least one of the following daily activities: bathing, toileting, dressing, grooming, eating, or meal preparation?  3 points

Is it important for you to continue living independently?  1 point

**TOTAL POINTS** \_\_\_\_\_

### POINTS SCORE

**0 to 3 Limited Need.** You may benefit from taking a "Walk With Ease," "Matter of Balance," "T'ai Chi Chih," or "Keeping You on Your Toes," class (see pages 9-13 for more details on these classes).

**4 to 7 Moderate Need.** Consider enrolling in more than one fall prevention class (see pages 9-13 for more details on these classes).

**8 to 14 Elevated Need.** Enrolling in one or more fall prevention classes and obtaining an assistive walking device can help you in your goals to prevent a fall.

**15 to 20 Urgent Need.** Enrolling in one or more fall prevention classes, obtaining an assistive walking device, and purchasing a personal emergency response button will help you in your goals to prevent a fall.

**Please note: Always seek a doctor's advice before starting any treatment or exercise plan.**

# Thank You to our donors and partners

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

Ventura County Credit Union  
**The Imaginarium**  
 Pleasant Valley Lion's Club  
**The Lions Den**  
 AlmaVia of Camarillo  
**The Kitchen**  
 Gilbert & Aileen Chuck  
**The Wellness Room**  
 Dorene & James Tsukida  
**The Activity Center**  
 Behzad Ourmazdi, MD  
**Brain Fitness Center**

Hiepler & Hiepler  
 IN HONOR of Dr. Orville & Florence Hiepler  
 Dr. Orville & Florence Hiepler  
 Richard & Marion Keiter  
 IN MEMORY of Cliff Emanuelson  
 Sean L. Leonard  
 Dr. Richard Loft  
 Dr. & Mrs. Christopher Loh  
 Mark & Sharon Mitchell  
 IN MEMORY of Sophie Lebetkin  
 Montecito Bank & Trust

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

**Exercise Therapy**  
 Atria Las Posas  
**Art Therapy**  
 Michael & Charlotte Craven  
**Music Therapy**  
 Tom & Jane Rozanski  
 IN MEMORY of Margaret M. McAndrew  
**Pet Therapy**  
 John Stenzel  
 IN HONOR of H. Carlotta "Ki" Norton

## HOPE FRIENDS \$500+

Anonymous  
 Roberta Baptiste  
 Patricia Bolland  
 Camarillo Women's Club  
 CBC Federal Credit Union  
 Clifford & Nancy Dice  
 Lance & Maria King  
 Gina McLain  
 IN MEMORY of Marvel Blanchard  
 MOM's Club of Camarillo West  
 David Press  
 Joyce Shreve  
 Sue & Tom Tatangelo  
 IN MEMORY of Chick and Patty Patterson  
 Craig & Sara Jane Underwood  
 Steve & Karen Valentine  
 IN MEMORY of Thomas Jr. & Kathleen Munz  
 Toni Webster

## HOPE BENEFACTORS \$1,000+

Assisted Home Hospice Foundation  
 Roberta Baptiste  
 Linda & Rod Brown  
 Buena Vista Hospice  
 Camarillo Council on Aging  
 Camarillo Healthcare Center

## HOPE SUPPORTERS \$250+

Patty Bolland, Jazzercise  
 Margaret Buxkemper  
 Randy & Jennifer Churchill  
 Shay Collier  
 Commander Printed Products  
 Larry Davis  
 IN MEMORY of Helen Rose Davis  
 Anita Flood  
 IN HONOR of William Flood  
 Sylvia Fulton  
 IN MEMORY of Jeri Carol & Robert Goodkin  
 Eileen Gold  
 Dr. & Mrs. Hillary & Stella Ling  
 Grace & Paul Martinez  
 Mitchell & Associates  
 Paraclete Eldercare Services  
 Paschen Management Corp.  
 Darrell & Kara Ralston  
 Scott & Ann Springer  
 Veronica Slavin  
 Photography Services  
 Marilou Tan  
 Mr. Lester Tong and Mrs. Mae Wan  
 Carol Yung  
 IN MEMORY of Ron Yung  
 Wilhelmus Zwinkels  
**IN MEMORY OF**  
**Roy Ash**  
 Mary Lou Ash  
**Christine Bailer**  
 Henrita Charleston

**Bob & Ellen Bailey**  
 Lois Denardo  
**Teresa Claudia Connell**  
 Joseph Connell, Sr.  
**Darla**  
 Doris Hunt  
**Allan Davies**  
 Jeanne Davies  
**Helen Rose Davis**  
 Larry Davis  
**George A. Denardo**  
 Lois Denardo  
**James Edwards**  
 Lina Edwards  
**Cliff Emanuelson**  
 Richard & Marion Keiter  
**Lisa Fournier Erdman**  
 Doris Fournier  
**Elmer Fontes**  
 Katherine Pape  
**Kai Edwards Fournier**  
 Doris Fournier  
**Glenn Gatlin**  
 Tom & Jane Rozanski  
**Mickey Hand**  
 Mary Hand  
**Kane Higa**  
 Mr. and Mrs. Chas Nakama  
**Dennis Jurcak**  
 Quigley Insurance Agency  
**Nicolas Kohagen**  
 William Kohagen  
**George Kroll**  
 Bob and Donna Lutz  
**Sophie Lebetkin**  
 Sharon Mitchell  
**Kam Leong**  
 Annie Leong  
**Helen Loucks**  
 Therese Murphy  
**Margaret Maclean**  
 Marsha Diamond

**Ruth Rasch**  
 Alan & Jean Scott  
**Jerome Sortomme**  
 Claire Sortomme  
**Carolyn Staton**  
 Jerry Staton  
**Charles Thomas**  
 Wendy Thomas  
**Don Valiquette**  
 Mary Valiquette  
**Roberta Weaver & James R. Hall Jr.**  
 Cynthia Hall  
**John Willits**  
 Stephany Dunfee  
 Tom & Jane Rozanski  
 Nancy Von Horn  
 Hazel E. Woodruff  
 Sherry Suzanne Woodruff  
**Ron Wright**  
 Louise Scheets  
**Lily Yoshida**  
 Judy Yoshida

## IN HONOR OF Helen Aguirre

Ron & Jill Beaty  
 W.B. Fenzkeyes  
 Sherry Suzanne Woodruff  
**Lynn Jones**  
 Nancy Mecozzi  
**Hector Leal**  
 Leal Family  
**Sharon Mitchell**  
 Jan Smith  
**Chick & Patty Patterson**  
 Sue & Tom Tatangelo  
**Jane Rozanski**  
 Stuart & Sheri Avery  
 Sandra Fitzpatrick  
 David & Pat Gibson  
 Carol & Robert Goodkin  
 Jane Sheehan  
 Steve & Judy Sitko  
 Lorna Stevens  
 Terry & Monica Teverbaugh  
 Dennis & Margaret Travlos  
 Jerry Zins  
**Monica Teverbaugh & dog Curley**  
 Carol & Robert Goodkin

## GRANTS & BEQUESTS

Alpha Zeta Beta Sorority  
 Camarillo Council on Aging  
 City of Camarillo  
 Kaiser Permanente  
 Russell M. Fischer Trust  
 St. John's Healthcare Foundation  
 The SCAN Foundation  
 Ventura County Area Agency on Aging  
 Ventura County Community Foundation

## COMMUNITY SUPPORTERS

Barry's Automotive  
 Belmont Village Senior Living  
 Camarillo Republican Women Federated  
 Camarillo Women's Club  
 Care Management From The Heart  
 CBC Federal Credit Union  
 City of Camarillo  
 Commander Printed Products  
 Karen & Michael Quigley Insurance Agency  
 Leisure Village Women's Club  
 Los Robles Homecare Services  
 Marie Callender's Restaurant  
 MOM's Club of Camarillo West  
 Paraclete Eldercare Services  
 Silverado Calabasas Toshi's Hair Salon  
 Trophies, Etc.  
 Ventura County Deputy Sheriffs' Association  
 Vitas Healthcare

Higashi, Teresa  
 Hiji, Donald  
 Holthouse, Marilyn  
 Horton, Doris  
 Houser, Louise  
 Hunt, Doris  
 Improta, Dr. Robert  
 Isleib, Dennis & Carol  
 Ivey, Jane  
 Jacinto, Ligaya  
 Jacobson, Mary  
 Jelinski, Barbara  
 Jordan, Christian  
 Kaplan, Dr. Ross  
 Kellerman, Sarah  
 Kerrigan, Laura  
 Kerwien, Beverly & John  
 King, Lance & Maria  
 Kohagen, William  
 Kolb, Kim  
 Lauchner, Johanna  
 Laxson, Eugene  
 Leong, Annie  
 Letsch, Karl & Trudy  
 Loh, Dr. & Mrs. Christopher  
 Luthringer, Ann  
 Lutterbeck, Beatrice  
 Lutz, Bob & Donna  
 Mandel, Phyllis  
 Mecozzi, Nancy  
 Miller, Kevin  
 Mitchell, Mark & Sharon  
 McGinnis, Adele  
 McLain, Gina  
 Moland, Jill  
 Murphy, Therese  
 Nakama, Mr. & Mrs. Chas  
 Neer, Suzanne  
 Nesen, Virginia  
 Norton, Kim  
 Novell, Enid  
 Olsen, Gerald & Joan  
 Pacheco, Joseph  
 Pape, Kathie  
 Patel, Daksha  
 Peck, Angie  
 Poff, Jeanne  
 Press, David  
 Rains, Roger & Val  
 Ralston, Kara & Darrell  
 Retzlloff, Deborah  
 Rinetti, Barbara  
 Rozanski, Tom & Jane  
 Saduski, Kirk  
 Savaya, John & Karen  
 Scheets, David & Louise  
 Schlaak, Jim & Rose  
 Schupbach, Dorothy  
 Scott, Alan & Jean  
 Smith, Jan  
 Smith, Ruth  
 Sortomme, Claire  
 Staton, Jerry  
 Stewart, Ward  
 Sunshine, Lori  
 Tatangelo, Sue & Tom  
 Thomas, Wendy  
 Travis, Brock  
 Teverbaugh, Terry & Monica  
 Underwood, Craig & Sara Jane  
 Valentine, Steve & Karen  
 Valiquette, Mary  
 Van Huss, Earl Jr.  
 Vancott, Nancy  
 Vanderlaan, Mary  
 Von Horn, Nancy  
 Washington, Lawrence  
 Weber, Dr. Carlo  
 Weber, Mary Clare  
 Williams, Jim & Joanne  
 Woodruff, Sherry Suzanne  
 Yoshida, Judy  
 Zachry, Anne

In honor of the one-year anniversary of the Building Hope Adult Day Center, donations received by October 22, 2015 will be acknowledged as "Founding Members" on the Center's donor wall.

## Room and Program Naming Opportunities

**Dining Room .....\$10,000**

Support nutritious meals and great company in a bright, beautiful room

**Family Connections.....\$10,000**

Remote access for families provides online access to daily activities and health screenings

**Safe & Secure .....\$10,000**

Provide a discreet egress system to keep participants safe, with dignity and respect

**Intergenerational Program ....\$5,000**

Support youth of all ages as they participate in programs to create bonds throughout the generations

**Exercise Therapy .....\$5,000**

Support participants in strength training, balance improvement, and other health programs

**Community Garden .....\$5,000**

Support the engagement of mind and motor skills in tending portable gardens

**Care-A-Van .....\$5,000**

Provide needed transportation to the Center for those in need

**Celebration Sponsor.....\$2,500**

Support the celebration of birthdays and holidays with flair, fanfare and fun!

**Happy Hour .....\$2,500**

Support end-of-the day social time with beverages and hors d'oeuvres

**Top of the Morning .....\$2,500**

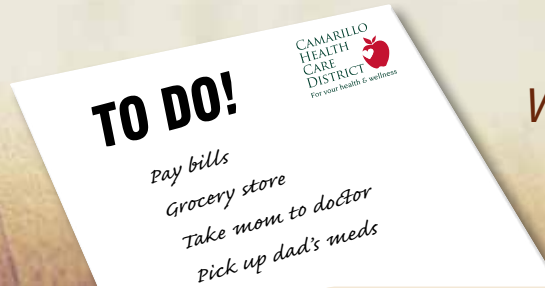
Support morning greeting time with a warm smile, a hot drink, and morning pastry

Every effort has been made to ensure correctness and inclusiveness of this listing. We sincerely apologize for any inadvertent omissions.

To contribute to any of the District's programs or services, please contact Sue Tatangelo at 805-388-1952, ext. 106, or at [statangelo@camhealth.com](mailto:statangelo@camhealth.com).



# Feeling overwhelmed?



We're here to help.

## Building Hope Adult Day Center provides stimulating activities for your loved one and respite care and peace of mind for you and your family.

- Person-Centered Care from 9:00am-5:30pm\* 5 days a week
- Pet, Music & Art Therapy
- Lions Den for sports watching and card playing
- Dakim Brain Fitness "Personal Brain Training" in the Imaginarium
- Chef du Jour Guest Chef Program in the Kitchen
- Regular health screenings in the Wellness Room
- Generation Us pairs generations of all ages for interactive fun
- Wellness & Caregiver Center offering support groups and classes for families
- Transportation available

**Ask About a Complimentary Half-Day**

Contact the Center's Director, Mary Ann Ratto, for a tour and to learn ways to introduce this topic to your loved one! She can be reached via email at [maryannr@camhealth.com](mailto:maryannr@camhealth.com) or on the phone at (805) 388-1952 ext. 111.



Visit [www.camhealth.com](http://www.camhealth.com) or Facebook for more information, photos, and calendar of events.

\*Open until 5pm on Fridays

## caregiver quiz

Is your loved one experiencing these signs of aging . . .

YES NO

Difficulty socializing?.....

Show signs of depression or anxiety?.....

Been diagnosed with Alzheimer's or dementia? .....

Experience long or short term memory loss? .....

Require assistance with personal needs, such as, meal prep and bathroom care?.....

Need assistance with medications?.....

**Are you, as the caregiver...** YES NO

Worried about your loved one's safety when left home alone? .....

Stressed and unable to pursue personal interests?.....

If you answered, "YES," to two or more questions, it is likely that our ADULT DAY PROGRAM has something to offer your loved one.

# The Art of Now

## Eight Classes That Help You Live in the Moment

Mindfulness is focused awareness of the present moment and allows an individual to quiet other thoughts to create consciousness of simple sensations, such as the warmth of sunlight, or complex thoughts and feelings, according to the American Psychological Association (APA).

Living mindfully, or in the moment, quiets mental chatter of the past and future to allow for full focus on the present, including focus on an individual's intentions, priorities, and actions, according to the APA.

The Camarillo Health Care District offers mindfulness classes covering a broad range of topics from finding joy in life and creating happiness to mindful eating and meditation. *Please see the descriptions below, or see page 13, for more details on Mindfulness Classes offered at the District.*

### **Ageless Wisdom for Creating Happiness**

Explore the power we have in making choices about our lives, loves, and work with facilitator Brock Travis, PhD. Learn ways to find beauty in everyday things despite the challenges.

### **Appreciating Your Life's Journey**

Susan Seats, M.S., will lead this motivational, interactive workshop to provide an opportunity to gain a new perspective to appreciate the journey amidst the struggles.

### **Finding Joy in Life**

Discover the benefits of laughter and

learn how to live a more balanced and joyful life, in this upbeat workshop that will lift your spirits led by Susan Seats, M.S.

### **Guided Imagery Hypnotherapy**

Danette Banyai, Certified Hypnotherapist, uses guided imagery to help you find your way through discomfort which prevents you from peace in your life.

### **Mindfulness for Veterans**

Core skills training for self-mastery, led by Brock Travis, PhD, is designed to enhance awareness, compassion, attentiveness, responsiveness, and serenity.

### **More Happiness in 60 Minutes!**

Martha Shapiro, LCSW, and Jenica Polakow, MSW, will help you identify which areas of your life cause the most stress and which create the most joy, and will help you find solutions to increase the ratio of positive to negative influences to allow for more happiness.

### **Revealing Your Dreams**

Do you have vivid, reoccurring dreams that leave you wondering what the meaning might be? Join Jane Ivey, MscD in a fun, interactive dream interpretation discussion.

### **Mindfulness Training – Four-Part Workshop**

A four-part guided meditation series led by Danette Banyai, Certified Hypnotherapist, on the following topics: Peace & Prosperity Mindfulness Training, Mindfulness Meditation, Mindful Eating, and Mindful Living. Take one class or enjoy all four classes in the series!

“Between stimulus and response, there is a space. In that space, is our power to choose our response. In our response, lies our growth and our freedom,”

said Victor Frankl, MD, PhD, a holocaust survivor and author of several books including *Man's Search for Meaning*.

## Advocacy

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

**NEW ABC's of Estate Planning** Annette Dawson-Davis, Attorney (805) 388-1952x100  
Regardless of your net worth, it is important to have a basic estate plan in place. Topics will include wills, trusts, assets and whom you would want making medical decisions for you if you are unable to make them for yourself.  
Jul 15 (W) 1-2:30pm | R | \$10

**Adults At Risk Information Card** (805) 388-1952x100  
In partnership with the Camarillo Police Department, the Camarillo Health Care District is providing Adult At Risk cards for those at risk and for their family caregiver. This card provides a photograph and other identifying information to assist law enforcement in locating an at-risk adult in the event that they become disoriented, lost, or are in need of medical assistance.  
Third Thursday of each month 3:30-5pm | A | NC

**NEW Autism Spectrum & Related Disorders: Transition to Adulthood** (805) 388-1952x100  
The transition into adulthood is a milestone in everyone's life and planning is critically important for people with intellectual and developmental disabilities. Dr. Jeffery Hayden will review laws, regulations and resources relevant to transition planning.  
Aug 10 (M) 6-7:30pm | R | \$10

**NEW Check Your Mailbox! Medicare & Social Security 2015** (805) 388-1952x100  
September colored mailings from Medicare and the Social Security Administration will be in your mailbox soon. HICAP counselors will help you decipher their meaning as it relates to your benefits.  
Aug 21 (F) 1:30-3pm | R | NC

**Elder Legal Services** (800) 900-8582  
Talk privately with a legal expert experienced in elder law and estate planning.  
Monday | 1-4pm | A | NC

**NEW Estate Planning - Trusting Your Trustee** (805) 388-1952x100  
Attorney Annette Dawson-Davis will discuss estate planning and the responsibilities of a trustee. Learn traits that may guide you when selecting a trustee; you may need to look beyond loved ones to avoid family conflict.  
Aug 5 (W) 6-7:30pm | R | \$10

**Financial Planning 101** Robert Harrell, Financial Planner (805) 388-1952x100  
Consult with a financial planner on various financial topics.  
Third Monday of each month | 1-4pm | A | NC

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

Trained counselors offer objective information and provide assistance relating to Medicare, Advantage Programs, Supplemental Medigap Plans, and Medicare Prescription Drug Plans.  
First Friday, Second & Fourth Tuesday of each month | A | NC

**Reverse Mortgage - Myths & Realities** (805) 388-1952x100  
Broadview Mortgage will answer all your questions about reverse mortgages. How do you qualify? What are your responsibilities? Is it right for you?  
Aug 6 (Th) 6-7:30pm | R | NC

**Social Security: Think It Doesn't Matter? Think Again!** (805) 388-1952x100  
Social Security will be a significant source of future income for those at or nearing retirement. The right choice could increase your lifetime Social Security income. Paul Norr, CFP will discuss the mechanics of Social Security, when to apply, when to delay, and how to coordinate benefits with one's spouse, including divorced and survivor benefits.  
Sept 24 (Th) 6-7:30pm | R | \$10

**NEW Someone Died! What Now?** Christopher P. Young, Attorney (805) 388-1952x100  
Learn estate administration and related California laws, as well as estate value determination.  
Aug 3 (M) 6-7:30pm | R | \$10

**NEW Special Needs Trust** Christopher P. Young, Attorney (805) 388-1952x100  
Learn to protect those with disability benefits from losing them due to inheritance.  
Jul 20 (M) 6-7:30pm | R | \$10

**Taking Care of Tomorrow: Long Term Care HICAP** (800) 900-8582  
Life after work can be your best life if you understand the challenges and proactively plan your future. Learn strategies to offset the challenges, and important insights to keep you in the best life!  
Third Tuesday of each month 10am-1pm | A | NC

**NEW Veterans Benefits Presentation** (805) 388-1952x100  
Mike McManus, County of Ventura, Veterans Services Officer  
Learn about veterans' benefits including disability compensation, pension, aid and attendance, survivor benefits, and issues ranging from burial and bereavement to education, homelessness, health care, mental health and elder abuse.  
Sept 15 (T) 2:30-4pm | Nov 9 (M) 4-5:30pm | R | NC

**NEW What Happens If I Don't Die?** (805) 388-1952x100  
Christopher P. Young, Attorney  
What happens when you don't die, but can no longer manage your own affairs due to health issues? What are your rights? Who will take care of you?  
Sept 28 (M) 6-7:30pm | R | \$10

## Evidence Based Programs

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

**Arthritis Foundation's® Walk with Ease-Walking Group** (800) 900-8582  
Developed by the Arthritis Foundation to create a customized walking plan to keep muscles strong and joints stable, boost energy, and control weight. Go at your own pace. Held at Arneill Ranch Park (Sweetwater Ave.) Please call for date of next session.

**Chronic Disease Self-Management Program (CDSMP)** (805) 388-1952x100  
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.  
Jul 29-Sept 2 (W) 1:30-4pm | 6 week series | R | \$40

**Chronic Pain Self-Management Program (CPSMP)** (805) 388-1952x100  
Chronic Pain Self-Management Program is a 6-week series designed to teach practical skills to help people with chronic pain better manage their symptoms and provide motivation for the challenges of daily living. This program is for adults living with any ongoing pain due to illness or accident.  
Jul 16-Aug 20 (Th) 9-11:30am | 6 week series | R | \$40

**NEW Diabetes Self-Management Program (DSMP)** (805) 388-1952x100  
This award-winning diabetes series, based on research conducted at Stanford University is designed for anyone with Type 2 Diabetes. Methods taught will reduce fatigue, pain, stress, and fear while learning to incorporate exercise and healthy eating to effectively manage your disease and lead a happier, healthier life.  
Jul 28-Sept 1 (T) 9:30am-12pm | 6 week series | R | \$40

**Matter of Balance** (800) 900-8582  
Have you fallen? Are you worried about falling? Join us to learn that falls are controllable, learn techniques to reduce concerns, and set goals for increasing activity.  
Jul 15-Sept 2 (W) 9:30-11:30am | 8 week series | R | NC

**UCLA Memory Training** (805) 388-1952x100  
The techniques in this course, based on research at UCLA, include strategies such as organization, association and imagery to make information easier to recall.  
Please call for next session.

## 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>Compulsive Eaters Anonymous—HOW</b> Thursday   5:30-6:30pm   Sat   8:45-9:45am	Meg (805) 482-9623
<b>Al-Anon Fourth STEP Study Group</b> Wednesday   7-8pm	Larry (805) 844-2079	<b>Conejo Ventura Macintosh User's Group</b> First Tuesday of each month   6:30-8:30pm	Susan (805) 504-3610
<b>Al-Anon: How It Works</b> Tuesday   7:15-8:15pm	Barbara (805) 558-2553	<b>MOMS Club (Moms Offering Moms Support)</b> First Wednesday of each month   10-11:30am	Letty (805) 419-3419
<b>Al-Anon Study Group</b> Thursday   7-8:15pm	Bridget (805) 794-4955	<b>Pain Management Support Group</b> Dr. J. Cabaret Third Wednesday of each month   5:30-6:30pm	(805) 388-1952x100
<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>Parkinson's Disease Support Group</b> Third Tuesday of each month   2-4pm	Art (805) 482-6382
<b>NEW Cancer Support Community</b> Wednesday   6-7:30pm	(805) 379-4777	<b>Scleroderma Foundation Support Group</b> Second Saturday of each odd numbered month (no meeting in July)   10am-12pm	Arlene (805) 987-8236
		<b>Stroke Support Group</b> Sharon Bick, RN Third Wednesday of each month   2-3pm	(805) 388-1952x100

## Fitness

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

<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>Jazzercise</b> Patty Bolland, Certified Instructor Jazzercise combines dance-based cardio with strength and balance training in a 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>NEW Dust Off Your Dancing Shoes It's Party Time!</b> Weddings, showers, and parties are all around us. Be ready with confidence to head to the dance floor. These group line dances are fun, energetic and easy to learn! Aug 5 (W) Aug 6 (Th) 6:30-8:00pm   R   \$20 each session	(805) 388-1952x100	<b>T'ai Chi Chih®</b> Barbara Freie, Instructor Slow down and focus on your inner-self while improving balance, muscle strength and peace of mind. Challenge yourself physically and spiritually. Aug 12-Sept 30 (W) 6-7:15pm   8 week series   Beginners   R   \$80 Oct 7-28 (W) 6-7:15pm   4 week series   Intermediate   R   \$40	(805) 388-1952x100
<b>NEW Easy Exercises for Achy &amp; Stiff Joints</b> Joint pain and stiffness can interfere with sleep, mobility, and overall quality of life. Joe Lennon, D.C. CCSP will discuss causes of joint pain, stiffness, and range of motion issues and simple exercises that will help you manage your discomfort. Aug 11 (T) 1-2pm   R   NC	(805) 388-1952x100	<b>Yoga—Gentle</b> Mikal Rogers, Instructor Health benefits include improved flexibility, muscle tone, and stress alleviation. On the First Tuesday of every month the class will include a light walking aerobic session. Tue   9-10am   single class \$10   10 classes \$80   R	(805) 388-1952x100

## Caregivers

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

<b>Adult Day Program</b> 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   9:30am-12:30pm   A   NC	(805) 388-1952x111	<b>Care Consultations</b> Are you, 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 of vital links to community resources to help improve your family's quality of life, independence, and peace of mind. A   NC	(800) 900-8582
<b>Care-A-Van Transportation Services</b> Care-A-Van offers door-to-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.	(805) 388-2529	<b>Caregiver Support Groups</b> Martha Shapiro, LCSW Intended for those who are the primary caregivers of loved ones. Second and Fourth Friday of each month   9:30-11am   District Offices First Wednesday of each month   1:30-2:30pm   District Offices Monday   9:30-11am   Leisure Village (residents only)   NC	(800) 900-8582
<b>Caregiver Retreat Series</b> Designed to give caregivers a soul renewing experience. Each month will be a different topic intended to give you a break from your daily routine and allow you to refresh and recharge with other caregivers. (This series is for family caregivers only) Jul 23 (Th) Energy Healing & Meditation   1-3pm   R   \$20 Aug 11 (T) Decompress & Let It Go   10-11am   R   \$20 Sept 24 (Th) Today I Am Thankful For.....   2-3pm   R   \$20	(805) 388-1952x100	<b>NEW Life After Caregiving Support Group</b> Martha Shapiro, LCSW Are you no longer providing care for a loved one due to death, or an end to your role as the caregiver? Is there life after caregiving? If so what does it look like? First Friday of each month 9:30-10:30am   NC	(800) 900-8582
		<b>Tools for Caregiving</b> Martha Shapiro, LCSW 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, managing stress and more. Worried about care for your loved one while you are in class? Ask about our free respite care. Sept 8-Oct 13 (T) 9am-12:30pm   6 week series   A   \$40	(805) 388-1952x100



**SENIOR SUPPORT LINE**  
800.235.9980

## Nutrition

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

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

**NEW Meant To Impress Menus for 2015 - Attn: all Foodies!** (805) 388-1952x100  
Amy Tyrell, Professional Chef, Owner, Morsels As You Wish.  
Generous samples provided.

**French Cooking at Home** - Spend an evening exploring the simplicity of creating magnificent sauces with just the right herbs, well-made French bread and an exquisite Parisian dessert.  
Jul 14 (T) 6-8:30pm | R | \$45\*

**An Evening in Tuscany** - With summer winding down, celebrate the bounty of the summer garden with a beautiful Tuscan menu that exudes rustic cuisine in true Tuscan elegance.  
Aug 13 (Th) 6-8:30pm | R | \$45\*

**World Spice Tour** - Let Chef Amy & Ashley Pope, of the acclaimed spice emporium Spice Topia, transport you to exotic lands of spices, teas, infused sugars and salts. We all see the spices, but knowing how to use them to transform your daily meals will simply amaze you!  
Sept 15 (T) 6-8:30pm | R | \$45\*

**Food Gifts for Holidays - Nothing Better!** Chef Amy and a local baker renowned for his baking skills, will team up for a fun filled class where you will learn five delicious and stunning food gifts to present to those near and dear for the holiday season.  
Oct 22 (Th) 6-8:30pm | R | \$45\* \*Register for two classes and receive \$5 off

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

**Produce Day** (805) 388-1952x100  
In partnership with FOOD Share, participants can select from a variety of seasonal produce items. First come, first serve basis. **Please bring your own bags.**  
Second Thursday of each month | 11am-1pm | Donations appreciated

**NEW Vegan Lunchbox** Lauri Mackey, Holistic Health Coach (805) 388-1952x100  
Would you like to try a vegan lifestyle, but worry your family won't jump on board? Lauri Mackey will show you how to transform your lunches with a variety of healthy, great tasting meals, snacks, and even something sweet, that will attract everyone in your family. Once they see what you are packing they'll all want a bite! Generous samples provided.  
Jul 30 (Th) 6:30-8:30pm | R | \$45

## Lifestyle

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

**NEW Trends In Aging Symposium & Health Fair** (805) 388-1952x100  
Ventura County Homecare Association, in partnership with the Camarillo Health Care District will host a 3 session symposium and health fair. Join us for speakers from UCLA and California State University Channel Islands, as well as a cooking demonstration with Executive Chef Brian Scalfaro. Seating is limited for symposiums; health fair is open to all. Raffles and giveaways too! See page 4 for more details.  
Sept 25 (F) 10:00am-1:00pm | Registration required for symposiums | NC

**NEW Is Your Healthy Diet Making You Sick?** (805) 388-1952x100  
Are you frustrated in your struggle to feel good, but can't identify the root cause? Do you suspect food, even healthy foods, could be the problem? Registered Dietitian Suzanne Polo, from Edible Wisdom will discuss intestinal immune function, and compromised microbiome balance. What happens when communication between your immune system and digestive system are impaired? Discover that your system can heal, regenerate, and become resilient again without medication!  
Jul 30 (Th) 6-7:30pm | R | \$35

**Keeping You On Your Toes** (805) 388-1952x100  
Want to improve your balance and feel secure on your feet again? This one-hour workshop will include a balance check, chair exercises, relaxation techniques and other information to help keep you safely on your feet for years to come.  
Jul 14 (T) 9:30-10:30am | Aug 12 (W) 3-4pm | Sept 22 (T) 9:30-10:30am | R | \$10

**NEW Mini-Dental Implants** Charles Scholler, DDS (805) 388-1952x100  
Learn how you can have one or more teeth replaced quickly, painlessly and at less expense with the use of mini-dental implants.  
Oct 2 (F) 12-1pm | R | NC

**NEW What Happens If I Don't Replace My Teeth?** (805) 388-1952x100  
Charles Scholler, DDS will discuss the detrimental effects of not replacing teeth including bone loss, drifting teeth, and facial changes.  
Aug 21 (F) 12-1pm | Nov 6 (F) 12-1pm | R | NC

## Safety & First Aid

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

**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.  
Aug 17 (M) 5:30-9:30pm | Sept 21 (M) 5:30-9:30pm | R | \$65 | Materials \$15

**First Aid & CPR for Teens & Tweens** (805) 388-1952x100  
Designed for teens and tweens "in charge" of supervising siblings, or those looking for advanced skills while babysitting. American Heart Association certificate is available upon completion of class taught by Jose Godinez, Certified Instructor.  
Jul 20 (M) 5:30-8pm | R | \$45 | Materials \$15

## Counseling

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

**NEW Counseling for Life's Transitions** (805) 388-1952x100  
Has a parent moved in with you? Looking to have better communication with your spouse now that you are both retired? If you are having trouble managing life transitions, short term goal oriented counseling will help you learn the coping skills to find your own resilience.  
Call for appointment | 50 minute appointment | A | \$50



Give the gift of relaxation...  
give a massage...

*Gift Certificates*  
available at 805-388-1952

## Body, Mind & Strength

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

**NEW Atrial Fibrillation** Ishu V. Rao, MD, Cardiac Electrophysiologist (805) 388-1952x100  
Discussion will focus on understanding the cause of atrial fibrillation, how prevalent it is in the community, how ablation works to restore normal heart rhythm, and the medical management to maintain a normal heart rhythm. In addition, Dr. Rao will provide stroke prevention strategies, and explore what is on the horizon for future therapies.  
Aug 13 (Th) 6-7:30pm | R | \$10

**NEW Alzheimer's Disease & Memory Loss** (805) 388-1952x100  
Neurologist, Dr. Behzad Ourmazdi  
Alzheimer's Disease (AD), is the 6th leading cause of death for people over age of 70 in the United States. Learn the symptoms, how AD is diagnosed and its impact on our population's health.  
Sept 29 (T) 6-7pm | R | \$10

**NEW Coming To Grips With Memory Loss** (805) 388-1952x100  
Are you noticing the signs of memory loss in a loved one, yet he/she is unaware? This lack of awareness is termed anosognosia. Patricia L. Gross, Ph.D., Neuropsychologist, will focus on anosognosia as it relates to memory loss and how you can navigate this condition.  
Sept 15 (T) 6-7pm | R | \$10

**NEW Dealing with Neuropathy Pain** Michael Veselak, D.C. (805) 388-1952x100  
Tingling, burning, and cramping in the feet are all classic symptoms of peripheral neuropathy. Discussion will explore diet, nutrition, and new at-home remedies.  
Aug 19 (W) 12-1pm | R | NC

**Drumming For Health** Brad Anderson (805) 388-1952x100  
Did you know that group drumming may help to reduce stress, chronic pain, anxiety, and tension while giving the immune system a boost? Give your mind some rest while being freely creative. (No prior experience needed, drums will be provided)  
Fourth Wednesday of each month 6-7:15pm | R | \$10

**NEW I Think I've Got It Too: Stress Dementia** (805) 388-1952x100  
Has a family member commented, "I think I have it too?" referring to dementia? Patricia L. Gross, Ph.D., Neuropsychologist, will discuss how stress relates to memory problems... and ways to de-stress!  
Oct 29 (Th) 6-7pm | R | \$10

**NEW Living With COPD** (805) 388-1952x100  
UCLA Pulmonologist Maryum Merchant, MD  
Dr. Merchant, will cover the basics of Chronic Obstructive Pulmonary Disease including cause, risk factors, symptoms, treatment options and how to manage a COPD episode.  
Jul 29 (W) 6-7:30pm | R | NC

**NEW Natural Solutions for Type 2 Diabetes & Thyroid Conditions** (805) 388-1952x100  
Is there an alternative, holistic way to improve your Type 2 diabetes or thyroid condition? Michael Veselak, D.C. will discuss options available that may improve your wellbeing.  
Sept 16 (W) 6-7pm | R | NC

**NEW Osteoporosis - Screening & Results!** (805) 388-1952x100  
Dignity Health St. John's Hospital will discuss prevention and treatment for bone health. Participants may have a bone density screening test and receive instant results.  
Jul 22 (W) 1-3pm | Sept 30 (W) 1-3pm | R | NC

**NEW Problem Skin at Any Age?** April Farrell, MD (805) 388-1952x100  
Frustrated with teenage skin in adulthood? You are not alone! Dr. April Farrell will discuss the multifactorial causes of acne as well as the latest treatment options available to keep your skin looking its best.  
Aug 12 (W) 6-7:30pm | R | \$10

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

**NEW Skin Rejuvenation** April Farrell, MD (805) 388-1952x100  
Skin changes are the first visible signs of aging. Learn about the newest technology that will help keep your skin looking its best. Discussion will include laser treatments, peels, eMatrix, and more. Many options require with little to no down time!  
Jul 21 (T) 6-7:30pm | R | \$10

**NEW The Doctor is "IN" Urinary Tract Infections** (805) 388-1952x100  
Urinary tract infections (UTI), when combined with memory impairment, may include symptoms such as confusion, agitation, and delusions. Dr. William Klope will discuss signs to look for in your loved ones and how to prevent UTI's from returning.  
Jul 22 (W) 6-7:30pm | R | \$10

**NEW The Doctor is "IN" Prostate** Dr. William Klope (805) 388-1952x100  
Prostate cancer is the most common cancer among men. Research continues on this slow-growing, but potentially lethal cancer. Learn what you can do to protect yourself.  
Sept 30 (W) 6-7:30pm | R | \$10

**NEW The Tests: Diagnosing Dementia** (805) 388-1952x100  
Patricia L. Gross, Ph.D., Neuropsychologist will discuss the tests required to diagnose any form of dementia, and why the tests are so important.  
Aug 19 (W) 6-7pm | 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 which include boosting the immune system, improving circulation, relieving stiffness and soreness, and reducing cortisol (the stress hormone).  
Monday & Tuesday | A | 1 hour session: \$70 | 1-1/2 hour session: \$100

**NEW Thyroid, Energy & Weight Loss** (805) 388-1952x100  
Dr. Steve Tenenbaum will explain how metabolism and energy change as we age. Discussion will center on finding the energy that we once had and help shed those extra pounds, to feel like ourselves again.  
Aug 24 (M) 6-7pm | R | \$10

## 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.  
July 22 (W) 10am-12pm | A | \$10

**NEW Depression Screening** (805) 388-1952x100  
Speak with a qualified counselor to learn if you show symptoms of depression. Understand more about your mood and learn what resources may help.  
Aug 20 (Th) 9am-12pm | A | \$10

**Family Immunizations / Shots** (805) 988-2865  
Program hosted in cooperation with St. John's Regional Medical Center.  
Jul 14 (T) 3-5pm | Aug 11 (T) 3-5pm | Sept 8 (T) 3-5pm | A | Fees vary

**Health Aware Screenings** (805) 388-1952x100  
Do you know your blood sugar levels, cholesterol level, blood pressure, and stroke risk? Screenings for these health related issues are performed by CMH staff.  
Sept 14 (M) 12-3:30pm | A | NC

**Hearing Screening** Lance Nelson, AuD (805) 388-1952x100  
Do you say "what" more than you should? Do you hear better in one ear than the other? It may be time for a hearing screening. No cleaning available.  
Second Thursday of each month | 10:30-11:30am | A | \$10

**Memory Screening Day at the District** (800) 900-8582  
Dr. James Sutton, Pacific Neuroscience Medical Group  
Aug 19 (W) 1-3pm | A | \$10

**NEW Skin Cancer Screening** April Farrell, MD (805) 388-1952x100  
Have you noticed any new, changing, itching, or bleeding moles, growths, or lesions? In the early stages of skin cancer development, you are the best observer of any changes.  
Sept 11 (F) 1-3pm | A | \$10

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

# Mindfulness

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

**NEW Ageless Wisdom for Creating Happiness** (805) 388-1952x100

Brock Travis, PhD will discuss ways to find beauty in everyday things, no matter what challenges we are facing.

Sept 10 (Th) 6-7:30pm | R | \$20

**NEW Appreciating Your Life's Journey** Susan Seats, M.S. (805) 388-1952x100

This motivational, interactive workshop will give you the opportunity to appreciate how far you have come and the wisdom that you have gained. Gain a new perspective to help you appreciate the journey amidst the struggles.

Sept 22 (T) 6-7pm | R | \$20

**NEW Finding Joy In Life** Susan Seats, M.S. (805) 388-1952x100

This upbeat workshop will lift your spirits! Discover the benefits of laughter and learn how to live a more balanced and joyful life.

Aug 18 (T) 6-7pm | R | \$20

**Guided Imagery Hypnotherapy** (805) 218-5793

Danette Banyai, Certified Hypnotherapist

Let guided imagery help you find your way through whatever it is that causes you discomfort and prevents you from peace in your life. Experience support for mental, emotional, and physical health.

Please call for appointment. 1 hour session: \$50

**NEW More Happiness in 60 Minutes!** (805) 388-1952x100

Martha Shapiro, LCSW & Jenica Polakow, MSW

In 60 minutes you will identify which areas of your life cause the most stress, which create the most joy, and find solutions to increase the ratio of positive to negative influences to allow for more happiness. Learn practical tips to reshape negative aspects to positive thoughts, decisions and actions.

Aug 27 (Th) 1-2pm | R | \$10

**Mindfulness for Veterans** (805) 388-1952x100

Core skills training for self-mastery. Designed to enhance awareness, compassion, attentiveness, responsiveness, and serenity. Drop-ins are welcome.

Every Tuesday 6-8pm | NC

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

(Take 1 or Enjoy All 4) Guided meditations are part of every class.

Danette Banyai, Certified Hypnotherapist

**Part 1: Peace & Prosperity Mindfulness Training** from healing, conscious breathing, and intentional living, come to a deeper connection and understanding of what this means, and why, and how you might want to achieve it for yourself, and your loved ones.

Jul 16 (Th) 6-7:30pm | R | \$25

**Part 2: Mindfulness Meditation** Find the calm, peace and healing that you have heard about, and learn what meditation is and what it is not. Easy, practical exercises during this class that you can take with you and do anytime, anywhere.

Aug 20 (Th) 6-7:30pm | R | \$25

**Part 3: Mindful Eating** Being aware, mindful, and conscious of what you put in your mouth is an exceptional mindfulness exercise. Practical and fun, you will find yourself enjoying your food and aware of your eating experience in ways you never imagined.

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

**Part 4: Mindful Living** Take your mindfulness practice to new levels. Whether meditating, speaking, eating or thinking, in every way, on every day, improve the quality of your life. Live an extraordinary life. Enjoy wonderful guided imagery and meditation exercises you can do in any moment every day and always.

Oct 15 (Th) 6-7:30pm | R | \$25

**NEW Revealing Your Dreams** Jane Ivey, Msc.D. (805) 388-1952x100

Join us in discussing dream interpretation in a fun, interactive way, all you need to do is bring your collection of dreams.

Aug 17 (M) 6:30-8pm | \$20

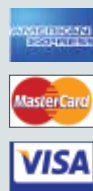
**The Mission.** The Camarillo Health Care District (District) ensures that quality health and wellness services are available to all District residents.

**The History.** The Camarillo Health Care District is an independent special district and public agency formed in 1969 to provide community-based healthcare services, under the statutes of the State of California Health & Safety Code. Over the decades, California State Legislators and visionary Board Members, have responded to the needs of the community and kept the District on the leading-edge of community health and wellness, by offering innovative programs and services. The District is recognized as an award-winning District, and a model throughout the State and the nation.

**Programs & Services.** 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
- Care Transitions Services (Hospital to Home).....(800) 900-8582
- Care-A-Van Transportation.....(805) 388-2529
- Caregiver Respite, Education & Training.....(800) 900-8582
- Counseling Services – Legal, Financial, & Emotional.....(800) 900-8582
- Evidence-Based Programs.....(800) 900-8582
- Exercise Classes.....(805) 388-1952 x100
- Fall Prevention & Home Modifications.....(800) 900-8582
- Health Education & Advocacy Classes.....(805) 388-1952 x100
- Health Screenings.....(805) 388-1952 x100
- Lifeline Personal Help Button.....(805) 388-1952 x120
- One-On-One Care Consultations.....(800) 900-8582
- Senior Nutrition Program.....(805) 388-1952 x100
- Senior Support Line.....(800) 235-9980
- Support Groups.....(800) 900-8582
- Volunteer Opportunities.....(805) 388-1952x112
- Wellness & Caregiver Center of Ventura County.....(800) 900-8582

## 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



**Phone**  
805-388-1952, Extension 100



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

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

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

# Fall Prevention Programs at the District!



- Matter of Balance
  - Walk With Ease
  - Keeping You on Your Toes
  - T'ai Chi Chih
  - Lifeline of Ventura County Personal Emergency Help Button *(Discounts for installation are available)*
- ...and so much more!

Call Lynn Jones today for a personal consultation!  
(805) 388-1952 x120

 CAMARILLO HEALTH CARE DISTRICT

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

PRSR STD  
U.S. Postage  
**PAID**  
Oxnard, CA  
Permit No. 139

RADIATION ONCOLOGY



CAMARILLO CENTER  
805-484-1919

OXNARD CENTER  
805-988-2657

## Celebrate Life Without Cancer.

If you or a family member has cancer, you want the best. Our UCLA-trained doctors will create a unique radiation treatment plan that targets cancer cells while preserving healthy tissue. We'll be with you during each phase of your treatment, focusing on victory every step of the way.

The cancer team you can trust.

Timothy A. O'Connor, M.D.  
Henry Z. Montes, M.D.

www.rovc.com ■ *Se habla Español.*