

Healthy ATTITUDES

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WINTER 2017

Camarillo Health Care District QUARTERLY MAGAZINE

ARE YOU **IN**?

Building Your Team for Optimal Health

**It Really IS
All About You!**
**Creating Care Plans
Tailored To Your Life**

**Person-Centered Care Is the
New Blueprint For Health**

**Procrastination Stops Here!
Important To-Do's for 2017**



A MESSAGE FROM KARA RALSTON, CHIEF EXECUTIVE OFFICER



If I started singing a song, and the first word was, "Imagine. . .", you would might recognize it as the beginning of John Lennon's hit "Imagine". This verse of the song talks about a dream in which the world "will be as one":

*"You may say I'm a dreamer,
But I'm not the only one
I hope someday you'll join us,
And the world will be as one"*

I'd like to share a dream that the Camarillo Health Care District is proud to be a part of. It's called Dementia Friendly America and it is a collaborative initiative, comprised of sectors and partners of all types, who are on a mission to foster "dementia friendly" communities. This initiative, sponsored by leading national organizations, is catalyzing a movement to more effectively support and serve those across America who are living with dementia, and their family and friend care partners. The lead organizations represent all sectors of community and are working together to bring this initiative to individual communities. Long-time (recently retired) Ventura County Supervisor Kathy Long, working with the Ventura County Area Agency on Aging, has presented the Dementia Friendly America initiative to Ventura County. And that's where the Ventura County dream begins!

Imagine a community where every neighborhood, every utility and service personnel, every school, every city building, every store and restaurant, every medical office. . . basically, every person of every age, became knowledgeable, understanding, kind and helpful toward people with dementia and their families and care partners! The Dementia Friendly initiative is driving toward that goal and the Camarillo Health Care District is proud to join the effort for Ventura County.

Perhaps this dream can be even larger. Perhaps, as each sector takes its own steps to foster this kind of support toward dementia, we could develop communities that are informed, safe and respectful in every instance and in every season of life, to foster an overall increase in quality of life.

You make call me a dreamer, but I'm not the only one. I hope someday you'll join us, and the world will live as one.

Wishing you well in the new year.

Kara

IN THE NEWS

U.S. Navy Seabees Deliver Home Meals

The U.S. Navy Seabee Battalion Two Two has partnered with the Camarillo Health Care District to deliver meals to homebound senior veterans as part of the District's Senior Nutrition Program. In October, the Seabees delivered home meals to a U.S. Army veteran and his wife in Leisure Village, and enjoyed the opportunity to relive his memories as a serviceman. The Seabees have also invited another home meal recipient to be the command's guest of honor at the 2017 Seabee Ball in March. Thank you, Seabee Battalion Two Two, and thank you to all who have served this great country!



Community Meal for Seniors Pays Tribute to Veterans

In honor of the nationally celebrated Veterans Day, the District's monthly community meal for residents age 60 and older, was dedicated to all who have given to this country through military service. The U.S. Marine Corps Color Guard presented and posted the colors in beautiful style, and veterans in attendance were honored. Thank you to all active, retired and reserve members of the military forces of the United States of America!



District Welcomes Clinical Services Director

Lynette Harvey, RN, BSN, has joined the District as Clinical Services Director. Lynette adds her extensive experience in acute and post-acute care settings, case management, managed care, and strategic planning for improved health outcomes, to the District's team. Her special interest is in bringing partners and resources together for fully integrated health services. Lynette will provide clinical oversight for the Wellness & Caregiver Center, the Building Hope Adult Day Center, the Senior Nutrition Program, and the Transitional Care Department, developing systems for person-centered case management and care coordination activities, health sector partnerships, long-term services and supports (LTSS), and standards of care and best practices for ongoing quality improvement. Welcome, Lynette!



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Testimonials

The District is a model for how a govt. entity should function. They are fiscally responsible and zealous in their community impact. They serve many of their programs county-wide! Their employees really care about people. Their programs are top-notch, effective, and always on the cutting edge of health and aging services. I can't say enough.

—Lindsay

My family's experience with the Adult Day Center was beyond what we ever expected and just what we needed!! The Center took excellent care of our sweet and loving Papi. The staff went out of their way to make sure he was safe and happy from day one. From the great greeting out by the car, escorting him inside and making sure he was engaged right away...to how we (as family caregivers) were made to feel like family. ...it was all beyond our expectations.

—Sandra

I always enjoy your senior programs....and of course congratulations on becoming the State's number-one source for helping people. Keep up the good work! All the best to your staff and programs.

—Roy

Your staff is EXCEPTIONAL!! I've had numerous experiences where I've been so impressed by your care and attention. Your kindness and sincere concern for the welfare of your clients is very much appreciated. I bless the day that I found you! I am grateful to you for your attention to detail and attentiveness to (my mom). Thank you so very much!

—Lynn

connect with us!



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@changing_aging

FACEBOOK

Facebook.com/CamarilloHealthCareDistrict
Facebook.com/WellnessandCaregiverCenterVC

INSTAGRAM

@camarillo_health_care_district

"You guys are awesome!" ROXANNE D., FACEBOOK FAN



ON THE COVER

This issue's cover art exemplifies the "person-centered, team approach" to managing health care. See page 2 for "It Actually Is All About You."

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It Actually Is



This is it. Your heart is pounding as you wait in the doctor's office. You never thought it could happen to you... you've been given an official health diagnosis. Although a common disease, it will require diligence on the part of everyone involved. There will be symptoms to manage, lifestyle changes, and acceptance of where you are now...at the beginning of a journey...on the road to living with a change in your health status.

You sit there expecting to hear a standard set of recommendations. You know, the same "one size fits all" instructions provided to every other person with your diagnosis. You vow to follow the instructions to the letter, and as you steel yourself for the inevitable lecture you barely hear the doctor's question, "So, what is important to you?"

[We are proud to be part of your journey toward optimal health, optimal management, and optimal hope.]

"Uh, I'm sorry...what?" you ask. Your doctor starts again, "Set aside your diagnosis for a moment. What is important to you? What fulfills you on a daily basis? What do you want to accomplish in the future?" Thoughts flood into your mind. What **is** important to me? Family, friends, my job. Traveling. I love to bake cookies with my grandchildren and care for my husband. Teaching art. Walking and playing with my dogs. My flower garden. Attending social activities. You share a few of these aloud to your doctor, and the response is startling! "Great!" the doctor says, "We're going to work together to make sure your diagnosis doesn't interfere with that list." **Welcome to Person-Centered Care!**

Person-centered care is where health care is determined from the perspective of the individual and what is important in his or her life. Patients (people!) are considered equal partners in planning, developing and monitoring care to make sure it also meets their goals. This means bringing people and their families into the decisions and seeing them as experts who work alongside health professionals in order to achieve the best outcome (www.hin-southlondon.org, 2016).

The Camarillo Health Care District (District) committed to implementing person-centered care as a guiding principle several years ago, and developed programs, services, partnerships and resources that have made the District into the community-based organization it is today, making it a preferred partner and trusted resource.

The District specializes in a wide range of high-quality, direct client services and supportive programming that guide and support across the entire continuum of care, focusing on the person's unique circumstance and health care needs.

Please enjoy this issue of the Healthy Attitudes magazine, featuring our Transitional Care Services, Case Management Services, Health Promotion & Disease Prevention Services, Adult Day Center, and Wellness & Caregiver Center.

All About You



Transitional Care Services

In 2012, the Center for Medicare and Medicaid Services (CMS) determined that returning to the hospital within 30 days of discharge was an unfortunate reality for too many people, and that potentially avoidable hospital readmissions were estimated to account for more than \$17 billion in Medicare expenditures annually. The opportunity to be part of the changing health care environment, and to help guide people through the various health care settings (hospital to rehab to home, for example), was very exciting, and in 2013 the District was selected to participate in a national demonstration project to reduce avoidable hospital readmissions.

During this national demonstration project, the District was contracted to provide Care Transitions Interventions services for local hospitals, and in 2014, the program expanded to include skilled-nursing facilities. In the project, the District provided staff trained in evidence-based care transitions interventions, also known as “coaches”, throughout Ventura County.”

During the **15 months** of the CMS demonstration project, 30-day readmissions were reduced from 16.8% to **8.4%**.

As this project proved that transitional care interventions had significant impact on health outcomes, the District committed to continuing these services even after the end of the project, and is now a preferred partner throughout Ventura County, providing a wide array of evidence based transitional care interventions. As a member of the Partners at Home Network, a Southern California case management coalition, the District helps serve patients under contracts with third party payors and other health provider and physician groups.

Case Management Services

The underlying premise of Case Management is based in the fact that when an individual reaches the optimum level of wellness and functional capability, everyone benefits. It is a collaborative, person-centered, evidence-based process of assessment, care coordination, evaluation, and resource utilization to meet the patient’s health needs across the entire continuum of care. The District has been selected by several third party insurers and statewide partnerships to provide case management services in Ventura County. We may have already met you, and if not, we certainly look forward to helping you work toward your optimal health status!

Case management clients at the District receive a home visit, with conversation about the individual’s understanding of his or her own health condition. A thorough assessment of environmental and social determinants of health are discussed, services provided by physicians and other health care professionals are noted, and resources and advocacy services are provided. A 30, 60 or

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90-day customized care plan is then developed mutually to achieve optimal health outcome. The personal contact of a community-based case manager has proven invaluable to all involved; the individuals, their support networks, the health care delivery systems, and the various reimbursement groups.

A focus on family caregivers is essential for Case Management Services and the REACH (Resources Enhancing Alzheimer's Caregiver Health) Program offers a critical support service. REACH's 12-week support intervention is available at no charge, and is designed to equip caregivers with the skills to be of maximum benefit to their loved one, and also manage the many personal stressors that come with caregiving. The District's trained and certified REACH Specialists help caregivers discuss topics such as emotional well-being, stress management, problem solving, communication skills, coping with troubling behaviors, self-care and health management, and accessing resources and support. Tailored to each caregiver's unique circumstances, these discussions can take place over the phone or in person, either in our private offices, or in the convenience of the home setting.

Health Promotion & Disease Prevention

Chronic health conditions are often part of aging. According to the National Association of Area Agencies on Aging, 92% of people over age 65 live with at least one chronic health condition, such as diabetes, heart disease, arthritis, or cancer, and 77% live with two or more such conditions. Chronic health conditions can create challenges in every area of a person's life, however, learning to manage those conditions helps people to stay as healthy, active, and engaged in their communities as they can.

[Benjamin Franklin said, "An ounce of prevention is worth a pound of cure."]

There are many risk factors that can be managed through the promotion of healthy choices and healthy lifestyles. The District provides a variety of Tier One Evidence-Based programs for individuals to self-manage their health care.

The District's **Matter of Balance** is an eight-week series developed by Boston University to provide strategies to reduce the fear of falling, increase assertiveness around family and when in a public setting, exercises to improve balance, strength and flexibility, tips for reducing falls, and what to do when a fall occurs.

Walk With Ease is another fall prevention program designed by the Arthritis Foundation, and focuses on exercise as a reducer of both pain and the propensity for falls. Participants meet three times a week for six weeks to walk, stretch, and receive information about pain management.

The **Diabetes Education Empowerment Project (DEEP)** was developed by the University of Illinois at Chicago and is designed for individuals with pre-diabetes or diabetes. The six-week course is interactive, and intentionally geared to support all learning styles. Information is imparted through tactile, visual, and auditory methods. Topics include symptoms and complications of diabetes, stress reduction, and the benefits of proper diet and exercise.

The **Diabetes Self-Management Program** is a six-week series developed by Stanford University and focuses on how to attain proper sleep, diet and exercise while living with diabetes. Participants learn to recognize symptoms and complications of the disease, and how to reduce stress in daily life.

Also developed by Stanford University, the **Healthier Living** program is a six-week series that teaches healthy eating, proper exercise, and techniques for obtaining adequate sleep and relaxation, reducing stress, and managing difficult emotions. Participants learn how to work with their health care providers to optimally address health concerns.

Chronic Pain Self-Management Program, by Stanford University, is a six-week course designed to provide tips and methods for managing chronic pain day-to-day. Participants may be experiencing pain stemming from an array of sources, including chemotherapy, fibromyalgia, arthritis, and injuries. The course teaches techniques for "pacing and planning" activities that might trigger pain flare-ups, as well as finding enjoyable ways to distract oneself when pain becomes overwhelming.

UCLA Memory Training is a four-week program taught by UCLA psychologists, and is designed for people experiencing common

memory complications, such as losing one's keys or forgetting where one parked his car. Participants learn techniques for retaining information and how to minimize forgetfulness that stems from being overly busy.

And More!

In addition to offering the programs mentioned above, the District provides caregiver education and training, health counseling and advocacy, nutrition and exercise programs, health screenings and support groups, Lifeline emergency response buttons, and transportation services.



Caregiver Center

(800) 900-8582

The Wellness & Caregiver Center of Ventura County (Caregiver Center) is a beautifully and intentionally designed learning center for people living with chronic health conditions, and family caregivers. Trained professionals from a broad variety of specialties provide care consultation and can help develop plans and access resources for your unique circumstances. This compassionate, dignified setting provides an atmosphere of empowerment and support, and we encourage you to stop by and visit.



Caregiver Training

Many educational opportunities are available at the Caregiver Center including caregiver training series, support and learning groups, counseling, a fully-indexed resource library, computer station with assistance from resource specialists, and private consultations.

Community Partners

Appointments can be made with our community partners on a variety of topics including elder legal services, estate planning, health insurance counseling, health screenings, topical educational sessions and more. Please call or visit us online for a complete listing and appointments.

The George & Alda Kroll Resource Library

The Kroll Resource Library serves as a comprehensive research center for individuals to read or watch DVDs on topics related to chronic health conditions and caregiving. Trained personnel are available to assist with online research at the computer workstation.



Adult Day Center

Home-Style Kitchen and Meals

Meals and snacks are prepared in the Center's home-like kitchen, which allows participants to watch the meals being prepared and enjoy the rich aromas that stimulate appetites. A "Chef de Jour" program features dishes prepared by individuals from organizations throughout the community.

Stimulating Activities

Participants enjoy daily interactive and reminiscent activities including pet, music and art therapy, performances by a host of musicians and entertainers, gardening, craft projects, have access to the Lion's Den card/game room, and can enjoy technology in the Imaginarium.

Respite for Caregivers

In addition to providing a safe, interactive environment for the participants, the Center also provides respite time for family caregivers. Enrolling your loved one in a day program such as this Center offers a much-needed break from the duties of caregiving. Please ask about half-day and full-day opportunities.

(805) 388-1952 x111

The Building Hope Adult Day Center (Center) has also been intentionally designed to replicate the warmth and dignity of the home setting, and is an inviting place for those who would benefit from additional day activities, social interaction, and a safe, structured environment.

Additional programs and services specifically designed to support you through life's seasons:

Screenings

Balance
Caregiver Burnout
Dental/Dentures
Depression
Immunizations
Hearing
Memory
Vision

Fitness & Strengthening

Bone Builders
Dance
Jazzercise
Pilates
Ta'i Chi Chih
(Seated and Standing)
Yoga
Reflexology
Drumming

Education

Disease Prevention
And Detection
Health Insurance
Counseling
Veterans Benefits
Joint Replacement
End-Of-Life Directives
Elder Abuse Prevention
Estate Planning

Nutrition

Monthly
Congregate Meal
Home Delivered Meals
Monthly "Produce Day"

Wellness & Mental

Health Seminars
Stress Management
Organization
Positive Thinking
Forgiveness and Healing
Getting A Good
Night's Rest
Journeying Through
Life's Transitions

askus

Really, Truly Living With a Chronic Health Condition



I was just given a diagnosis that the doctor said I'll have for the rest of my life. I'm scared. I just became a grandmother and want to really enjoy it...that's my goal! How can I develop a pro-active care plan for my new health condition and do all the right things?

By Lynette Harvey, RN, BSN
Certified Case Manager
Clinical Services Director
lynetteh@camhealth.com
(805) 388-1952 ext. 107



ANSWER: Great question! The “one size fits all” care plan for treating specific diagnoses doesn’t necessarily work anymore. “What’s important to you?”, and tailored care, are the themes of modern health care plans...it’s called Person-Centered Care.

It’s important that care planning be done “with you” rather than “to you”. You become a contributing part of treatment decisions and goal setting, and that helps the care team keep your values and preferences on the forefront when developing a care plan. When a person is working toward goals that are truly their own, they can be more successful and the plan much more meaningful. After all, this is YOUR life!

Perhaps some of these opportunities at the District can help you reach your goal of enjoying that grandbaby!

The **Walk with Ease Walking Group** builds a customized walking plan to boost energy, and help keep muscles and joints strong. You can move at a pace best for your needs, and enjoy the support of others.

Healthier Living is an award-winning series to help manage health conditions by reducing fatigue, anxiety, sleep loss and other issues that may impede living a happier, healthier life.

The **Matter of Balance** class helps address the fear of falling, which can have a devastating effect on life. The techniques in this class can help reduce falling risks and set goals for maintaining and increasing your activity. If the fear of falling is part of your new health condition, I would encourage you to look into this class.

Massage is another way to manage health and should not be viewed as simply a “luxury”. Massage has been scientifically found to reduce muscle tension and headaches, relieve pain from soft tissue injuries and scar tissue, decrease anxiety and stress, and improve sleep patterns. Massages are available in the Wellness & Caregiver Center.

One important way to “do the right thing” with your medications is to become knowledgeable on what you are taking, why, and how to take it properly. The amount of medications you take can put you at increased risk for hospitalization and complications, especially in older adults. Some of those complications can be avoided by learning to take medications safely.

Learning that you have a chronic health condition is no fun. I’m glad you’ve reached out for ways to help you manage. Here are some more ideas:

Support Groups –The District offers many support groups where you can connect to others who are also dealing with a chronic health condition and share experiences.

Mindfulness - Are you approaching life with a positive attitude, one of fear or some of both? Our attitudes and thoughts have quite an impact on how we view life events, and the District offers classes that teach techniques for positive thoughts and attitudes, and assisting in emotional well-being and health management.

Seeking answers is a first step in taking charge of your health, and I applaud you! Keep your medical appointments and tell your doctor what is important to you.

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



Get a jumpstart on the New Year by reviewing the classes, screenings and opportunities offered by the Camarillo Health Care District.

Income Tax Assistance with AARP

Wednesdays, February 1 - April 12 from 12-3pm

AARP offers income tax assistance, at no charge, for seniors and low to moderate income persons. Please bring a copy of your 2015 tax return, including 2016 W-2's, interest statements, and 1099's

ABCs of Estate Planning & Trusting Your Trustee

Wednesday, February 15 from 2-3:30pm

Wednesday, March 22 from 6-7:30pm

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

Legal Information for Elders (LIFE)

Wednesday, February 15 from 10am-12pm

This presentation is designed to help seniors understand a variety of legal documents, followed by one hour of assistance in filling out forms. Sponsored by Ventura County Area Agency on Aging & Grey Law of Ventura County.

Social Security: Think it Doesn't Matter?

Think Again!

Wednesday, March 29 from 6-7:30pm

Social Security is a significant source of income for aging adults. Paul Norr, CFP, will discuss how the right choice now could add \$10,000 or more to your lifetime Social Security income. Learn the mechanics of Social Security, when to apply, when to delay, and how to coordinate benefits with one's current, former, or deceased spouse.

Disaster Preparedness for Seniors

Wednesday, February 8 from 1-2pm

Chad Panke, Regional Director of AMR Ventura/Gold Coast Ambulance will discuss how planning and preparation done today will have you and your loved one better prepared in the event of an emergency or disaster. Learn what to pack in your emergency bag, your person of contact, where the local emergency shelters are in the area...and much more

CPR, First Aid & AED

Monday, February 6 from 5:30-9:30pm

Jose Godinez, Certified Instructor

This basic course follows the American Heart Association guidelines. Certificate is available upon completion of class.

REGISTER TODAY!
(805) 388-1952 x100

CLASSES

HOW TO REGISTER



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

Internet

www.camhealth.com

Phone

805-388-1952, Extension 100

Walk-in

3639 E. Las Posas Road, Suite 117
Camarillo, California

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

MINDFULNESS

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

NEW Anatomy of A Dream

(805) 388-1952x100

Most dreams contain messages that serve to teach you something about yourself. What are your dreams telling you? Why do we forget dreams once our daily routine starts? Discussion led by Jane Ivey, Msc.D will also explore reoccurring dreams. Will they ever go away? Or is this something that needs closure?

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

NEW Discover Mindfulness with Danette Banyai

(805) 388-1952x100

Hypnotherapist and Health Education Specialist Danette Banyai.

All classes include mindfulness meditation, always practical, always simple.

» Being Present in the Now in 2017

(805) 388-1952x100

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

Jan 19 (Th) 6:30-8pm | R | \$20

» All About Meditation - How & Why it Works

(805) 388-1952x100

Discover the truths about meditation. Danette Banyai will show you how meditation is easy, practical and life changing, with emotional, mental and physical health benefits.

Feb 16 (Th) 6:30-8pm | R | \$20

» More About Meditation

(805) 388-1952x100

Relieve symptoms of anxiety and sadness and find your way to lightness and healing. Relief is waiting within you. What you seek is seeking you.

Mar 16 (Th) 6:30-8pm | R | \$20

» Living a Purposeful Life

(805) 388-1952x100

Meditation and healing releases negative energy. Feel the release and remember the truth of who you are and what your purpose is. Create the life you were meant to live.

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

NEW Hypnotherapy - Healing the Heart, Mind, Body & Soul

(805) 218-5793

Hypnotherapist and Health Education Specialist Danette Banyai

Get help healing anxiety, sadness, and stress. Resolve physical, emotional or mental issues.

Private healing sessions 1 hour | A | \$50

SCREENINGS

Balance Screening

(805) 388-1952x100

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

Feb 28 (T) 10-11:30am | Mar 28 (T) 10-11:30am | R | \$10

Caregiver Burnout Screening

(805) 388-1952x100

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

Feb 23 (Th) 9am-11am | A | \$10

Dental Screening Eric S. Yum, DDS

(805) 388-1952x100

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

Feb 10 (F) 10am-12pm | Mar 10 (F) 10am-12pm | A | \$10

Depression Screening

(805) 388-1952x100

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

Feb 23 (Th) 9am-11am | A | \$10

Hearing Screening Lance Nelson, AuD

(805) 388-1952x100

Do you say, "What?" more than you should? Do you hear better in one ear than the other? Lance Nelson, AuD, of West Coast Hearing and Balance Center will conduct a hearing screening. Cleaning not available.

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

Memory Screening Day at the District

(805) 388-1952x100

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

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

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

Stroke Aware Screenings

(805) 388-1952x100

Do you know your risk for a stroke? Community Memorial Hospital staff will provide a mini stroke screening, which includes blood pressure, cardiac rhythm, exam and education.

Feb 6 (M) 12-3:30pm | A | NC

**More information and registration
available at www.camhealth.com**

ADVOCACY

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

NEW Income Tax Assistance With AARP (805) 388-1952x100

No-cost income tax assistance for seniors and individuals with low-to-moderate income. Bring a copy of your 2015 tax return, 2016 W-2's, interest statements, and 1099's. Feb 1-Apr 12 (W) 12-3pm | A | NC

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

Regardless of your net worth, it is important to have a basic estate plan in place. Attorney Annette Dawson-Davis will discuss estate planning, wills, trusts and probate! Learn tips to select a trustee, avoid family conflicts and protect your assets. Feb 15 (W) 2-3:30pm | Mar 22 6-7:30pm | R | \$10

Elder Legal Services (800) 900-8582

Schedule a confidential appointment with an elder law and estate planning expert. Monday | 1-4pm | A | NC

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

Consult with a financial planner on various financial topics in a confidential session. Third Monday of each month | 1-4pm | A | NC

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

Trained counselors offer objective information and provide assistance for Medicare eligible individuals and supplemental Medigap, Medicare Advantage, Prescription Drug Benefits, and Long Term Care Insurance also discussed. One-on-one counseling provided. First Friday, Second & Fourth Tuesday of each month | A | NC

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

How does a reverse mortgage work? Who is eligible? Is it the right choice for you? Patrick Krull from Movement Mortgage will discuss how a reverse mortgage is different from a home equity loan, and how this can improve your quality of life in your retirement years. Feb 22 (W) 2-3pm | May 10 (W) 3-4pm | R | NC

NEW Legal Information for Elders (LIFE) (805) 388-1952x100

This presentation is designed to help seniors understand a variety of legal documents, followed by one hour of assistance in filling out forms. Sponsored by Ventura County Area Agency on Aging & Grey Law of Ventura County. Feb 15 (W) 10am-12pm | R | NC

NEW Older Adults & DMV - What You May Not Know... (805) 388-1952x100

The Department of Motor Vehicles (DMV) has a Senior Ombudsman Program that can assist as a "go-between" to ensure that senior drivers are treated fairly, consistent with laws and regulations, and receive the dignity and respect they deserve. Feb 9 (Th) 1-2pm | R | NC

Social Security: Think it Doesn't Matter? Think Again! (805) 388-1952x100

Social Security is a significant source of income for aging adults. Paul Norr, CFP, will discuss how the right choice now could add \$10,000 or more to your lifetime Social Security income. Learn the mechanics of Social Security, when to apply, when to delay, and how to coordinate benefits with one's current, former, or deceased spouse. Mar 29 (W) 6-7:30pm | R | \$20

NEW Someone Died! What Now? Christopher P. Young, Attorney (805) 388-1952x100

Dealing with the death of a loved one is not only emotionally difficult, it is stressful sorting out someone's affairs after he or she has passed. Not knowing what to do can be an additional burden. Learn estate administration, California laws, what happens if there is no will or trust, and what mistakes to avoid. Bring your questions! Feb 9 (Th) 6-7pm | R | \$10

NEW What Happens If I Don't Die? Christopher P. Young, Atty (805) 388-1952x100

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? Feb 23 (Th) 2-3:30pm | R | \$10

NUTRITION

Apple-A-Day Café (805) 388-1952x168

Warm lunch served in a friendly, social and educational atmosphere. This event is available for those age 60 and over. Please RSVP. Third Thursday of every month | 11:30am | R | \$3 suggested donation

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

NEW Picky Eater or Feeding Disorder? (805) 388-1952x100

Children sometimes are described as "picky eaters", limiting the food they are willing to eat. Shawn Manvell, a pathologist with a specialty in pediatric feeding disorders, has developed a program which helps children be less fearful and anxious when eating. Learn how you can end mealtime misery and make it fun! Mar 16 (Th) 2:30-4pm | R | \$10

Produce Day

In partnership with FOOD Share, participants can select from a variety of seasonal produce and receive health screenings. First come, first serve basis. Please bring your own bag. Second Thursday of each month | 11am-1pm | Donations appreciated

FALL PREVENTION

Check Your Balance (805) 388-1952x100

An expert will assess your balance and give you tips for ways to keep you on your toes. Feb 28 (T) 10-11:30am | Mar 28 10-11:30am | R | \$10

Matter of Balance (800) 900-8582

Have you fallen? Are you worried about falling? Join us to learn that falls are controllable, discuss techniques to reduce concerns, and set goals for increasing activity. Jan 25-Mar 15 (W) 2-4pm | 8 week series | R | NC
Feb 21-Apr 11 (T) 9:30-11:30am | 8 week series | R | NC

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

Trouble standing? Wheelchair bound? This Seated & Standing Ta'i Chi Chih® series will strengthen your core muscles with zero-impact and maximum benefit! Accredited Instructor Barbara Freie will challenge you physically and spiritually by showing you how to relax, stretch and focus on your inner-self, while also improving balance and peace of mind. All ages are welcome to attend. Jan 18 (W) 5-6:15pm | 9 week series | R | \$90

FITNESS

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

20/20/20 Monday Brenda Sullivan, Certified Instructor (805) 388-1952x100
Designed to give you the best of three aspects of fitness: 20 minutes of cardio (aerobics), 20 minutes of muscle conditioning and 20 minutes of abdominal work and stretch.
Mondays 8:00am | Single class \$8 | 4 classes \$25 | R

Bone Builders Sylvia Fulton, Certified Instructor (805) 388-8333
Designed to improve balance, increase muscle strength and bone density.
This class is currently full. Please call instructor to be on wait list.

Funk FuZion with Lorenzo (805) 388-1952x100
Fun, fresh, & funky! A challenging blend of exercise with dance, designed for the fitness novice, who wants to enjoy a fun workout while challenging your mind and soles.
Tuesdays 6-7pm | Saturday 9:30-10:30am | R
Single class \$8 | 5 classes \$30 | 8 classes \$40 | Tickets expire 30 days from purchase.

Jazzercise Patty Bolland, Certified Instructor (805) 746-3025
Jazzercise combines dance-based cardio with strength and balance training in a fun and effective 60 minute workout, incorporating the latest moves to a variety of current upbeat music.
Mon & Thu 5:45-6:45pm | Saturday 8:15-9:15am | R
Single class \$8 | 5 classes \$30 | 10 class \$50

Mat Pilates with Aromatherapy Brenda Sullivan, Instructor (805) 388-1952x100
Start your day off right with this core based class, designed to improve muscle strength and flexibility with the use of essential oils to enhance inner awareness and peace of mind.
Wednesdays 8:00am | Single class \$10 | 4 classes \$35 | R

NEW Seated & Standing Beginning Ta'i Chi Chih® (805) 388-1952x100
Trouble standing? Wheelchair bound? This Seated & Standing Ta'i Chi Chih® series will strengthen your core muscles with zero-impact and maximum benefit! Accredited Instructor Barbara Freie will challenge you physically and spiritually by showing you how to relax, stretch and focus on your inner-self, while also improving balance and peace of mind. All ages are welcome to attend.
Jan 18-Mar 15 (W) 5-6:15pm | 9 week series | R | \$90

Ta'i Chi Chih® Barbara Freie, Accredited Instructor (805) 388-1952x100
Slow down and focus on your inner-self while improving balance, muscle strength and peace of mind. Challenge yourself physically and spiritually with this intermediate 4 week series.
Mar 22-Apr 12 (W) 5-6:15pm | 4 week Intermediate series | R | \$40

Yoga-Gentle Mikal Rogers, Certified Instructor (805) 388-1952x100
Health benefits include improved flexibility, muscle tone, and stress alleviation. On the First Tuesday of every month the class includes a light walking aerobic session.
Tue 9-10am | single class \$10 | 10 classes \$80 | R

CAREGIVERS

Adult Day Program (805) 388-1952x111
Enjoy a complimentary half-day at our state-licensed, award-winning 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 for details and to schedule a tour.

NEW Activities at Home for the Mind, Body, and Soul (805) 388-1952x100
In this workshop from Elder Care Alliance, learn to create an engaging and supportive environment for those affected by Alzheimer's and other forms of dementia. Discuss interactive art-making, virtual museum visits, and iconic movie clips to prompt reminiscence and opinion. Learn more about the progression of Alzheimer's and how certain areas of the brain become more receptive to emotional and creative pursuits.
Mar 15 (W) 1:30-2:30pm | R | NC

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

Care Consultations (800) 900-8582
Are you or a loved one in a life transition and don't know where to turn? Schedule a consultation to create a personalized plan with vital links to community resources.
A | NC

NEW Finding Yourself Again: Caregiving Tips for 2017 (805) 388-1952x100
During the holiday season, family caregivers often enjoy the extra help of family members and friends. Once the season is over, however, caregivers can sometimes feel lost in the vastness of caregiving duties. Learn how to create adequate time for yourself to do things that are important to you. Caregivers who take care of themselves are better able to care for their loved one. Join us for this session in understanding the value of personal time.
Jan 23 (M) 1-2pm | R | \$10

Caregiver Support Groups (800) 900-8582
Intended for those who are the primary caregivers of loved ones.
Second and Fourth Friday of each month | 9:30-11am | District Offices
First & Third Wednesday of each month | 1:30-2:30pm | District Offices
Monday | 9:30-11am | Leisure Village (residents only)

NEW Healthy Living for Your Brain and Body (805) 388-1952x100
The Alzheimer's Association® will discuss lifestyle habits that we can adopt now to help maintain or even potentially improve our health. These habits may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline.
Jan 10 (T) 1-3pm | R | NC

Memory Café (800) 900-8582
A gathering for people affected by dementia, along with their families and caregivers.
Mar 4 (S) 11-12:30pm | Registration required | NC | Adults only

NEW Stress Reduction Group for Caregivers (805) 388-1952x100
A structured group, designed for family caregivers, to learn about and practice different stress management techniques each month.
Jan 11 | Feb 8 | Mar 8 (W) 1:30-2:30pm | R | NC

Tools for Caregiving (805) 388-1952x100
Caring for a loved one can be overwhelming. In this series, learn from experts about the physical and emotional aspects of caregiving and the tools required to fulfill this demanding role, including legal issues, personal care, stress management and more. Worried about care for your loved one while you are in class? Ask about free respite care.
Jan 17-Feb 21 (T) 9:30-12:30pm | 6 week series | A | \$40

Visit The Kroll Resource Library (800) 900-8582
The Kroll Library is a comprehensive library with specially selected resources related to caregiver duties and chronic disease. Check out a resource and enjoy our tranquil environment as you relax and learn how to become prepared to manage your health or the health of a loved one.

EVIDENCE-BASED PROGRAMS

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

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

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

Please call for next session.

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

CPSMP is a 6-week series designed to teach people with chronic pain practical skills to 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.

Feb 24-Mar 31 (F) 9:30am-12pm | 6 week series | R | \$40

Healthier Living (805) 388-1952x100

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

Feb 6-Mar 20 (M) 1:30-4pm | 6 week series | R | \$40

NEW Diabetes Empowerment Education Program (DEEP) (805) 388-1952x100

Diabetes Education Empowerment Program is an evidence-based series developed by the University of Illinois in Chicago. This series includes discussion on diabetes basics, self-blood sugar testing, meal planning, stress management, preventable complications and exercise to help you to effectively manage your disease. Space is limited.

Feb 6-Mar 20 (M) 9:30-11:30am | 6 week series | R | NC

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 by providing suggestions for exercise and healthy eating to effectively manage your disease and lead a happier, healthier life.

Please call for date of next session.

Matter of Balance (800) 900-8582

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

Jan 25-Mar 15 (W) 2-4pm | 8 week series | R | NC

Feb 21-Apr 11 (T) 9:30-11:30am | 8 week series | R | NC

Stepping On (805) 388-1952x100

At each session an expert will address ways to prevent falls. A physical therapist will provide suggestions to improve your balance and leg strength. A vision expert will address vision issues and offer tips on fall prevention. A public safety professional will speak about falls in public surroundings and a pharmacist will discuss medications that affect your risk for falls. This series is designed for those that have suffered a fall and are not reliant on a walker. Please call for date of next session.

UCLA Memory Training (805) 388-1952x100

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

Feb 8-Mar 1 (W) 10am-12pm | 4 week series | R | \$40

SUPPORT GROUPS

Al-Anon Family Groups, Inc., Men's Stag Group Dino (818) 720-1462
Monday | 7-8:15pm

Al-Anon Fourth STEP Study Group Larry (805) 844-2079
Wednesday | 7-8pm

Al-Anon: How It Works Shirley (805) 824-7291
Tuesday | 7:15-8:15pm

Al-Anon Study Group Peter (805) 665-8382
Thursday | 7-8:30pm

Caregiver Support Group Jenica Polakow, MSW (800) 900-8582
Second and Fourth Friday of each month | 9:30-11am | District Offices
First & Third Wednesday of each month | 1:30-2:30p | District Offices
Monday | 9:30-11am | Leisure Village (residents only)

Catch Your Breath (805) 677-5162
Last Friday of each month | 11:30am-1pm

Compulsive Eaters Anonymous—HOW Wendy (805) 437-6305
Monday | 6-7pm | Thursday 5:30-6:30pm | Sat 8:45-9:45am

Conejo Ventura Macintosh User's Group Susan (805) 504-3610
First Tuesday of each month | 6:30-8:30pm

Pain Management Support Group Dr. J. Cabaret (805) 388-1952x100
Third Wednesday of each month | 5:30-6:30pm

Parkinson's Disease Support Group Art (805) 482-6382
Third Tuesday of each month | 2-4pm

Scleroderma Foundation Support Group Arline (805) 987-8236
Second Saturday of each odd numbered month (no meeting in July) | 10am-12pm

Stroke Support Group Sharon Bick, RN (805) 388-1952x100
Third Wednesday of each month | 2-3pm

SAFETY & FIRST AID

Babysitting 101 (805) 388-1952x100
Teens and tweens learn to care for children of all ages and to handle emergencies in preparation for being the best sitter on the block! Certificate available upon completion of class.
Apr 3 (M) 5-6:30pm | R | \$25

NEW Disaster Preparedness Workshop for Seniors (805) 388-1952x100
Chad Panke, Regional Director of AMR Ventura/Gold Coast Ambulance, will discuss how planning today will have you and your loved ones better prepared for an emergency. Learn what to pack in your emergency bag, who to contact, where the local emergency shelters are and much more.
Feb 8 (W) 1-2pm | R | NC

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.
Feb 6 (M) 5:30-9:30pm | R | \$65 | Materials \$18

First Aid & CPR for Teens & Tweens (805) 388-1952x100
Designed for teens and tweens "in charge" of supervising siblings, or those looking advanced babysitting. American Heart Association certificate is available upon completion of class. Jose Godinez, Certified Instructor.
Mar 6 (M) 5:30-8pm | R | \$45 | Materials \$15

BODY, MIND & STRENGTH

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

NEW Conquering Clutter! Lori Gersh, Professional Organizer (805) 388-1952x100
Do you lack the motivation to get organized? Want to find things easily? Learn to reduce stress and simplify your life with tips and tricks from the organizing pro!
Mar 29 (W) 1-2:30pm | R | \$20

NEW Dealing with Neuropathy Pain Michael Veselak, DC (805) 388-1952x100
Those who suffer from peripheral neuropathy know that the pain, tingling, and numbness in extremities are part of daily life, or are they? What causes this? Discussion will explore diet, nutrition, and new at-home remedies.
Feb 15 (W) 6-7pm | R | NC

NEW Depression - You're Not Alone (805) 388-1952x100
Approximately 1 in 10 Americans will experience depression at some point in their lives. Denise Castro, Psy.D. will discuss the facts, causes, symptoms and treatment options for depression.
Feb 23 (Th) 6-7:30pm | R | \$10

Drumming For Health Brad Anderson (805) 388-1952x100
Group drumming may help reduce stress, chronic pain, anxiety, and tension while giving the immune system a boost. Fun for all ages! (No experience needed, drums provided)
Feb 22 | Mar 22 (W) 6-7:15pm | R | \$10

NEW Everything You Should Know About Dental Implants (805) 388-1952x100
Dr. Scholler will discuss why it is important to replace missing teeth and the new techniques that make this procedure faster, less invasive, painless, and less expensive!
Feb 24 (F) 12-1pm | R | NC

NEW Is Your Lifestyle Creating a Dementia Risk? (805) 388-1952x100
Pacific Neuroscience Medical Group Neurologist Dr. Sutton will discuss how age is the biggest risk factor for dementia, but there are other factors such as smoking, excessive drinking, and obesity that are in your control. Learn to make simple lifestyle changes to lower your risk of cognitive decline.
May 10 (W) 6-7:30pm | R | \$10

NEW Leg Veins, Ultrasound Screening Dr. Haimesh Shah (805) 388-1952x100
Leg cramps, swelling, aching and burning are signs of poor vein circulation. Receive an ultrasound screening with instant results. Dr. Shah will discuss new treatments and the latest technology in treating venous disease with cosmetic benefits.
Feb 16 (Th) 2-3:30pm | Mar 23 (Th) 6-7:30pm | R | NC

NEW Lymphedema: Causes & Treatment (805) 388-1952x100.
Jennifer Vonarb, PT, owner of Conejo Valley Physical Therapy will discuss lymphedema therapy and Complete Decongestive Therapy. Learn the myths about swelling and what you can do to find relief.
Mar 27 (M) 6-7pm | R | \$10

Therapeutic Massages (805) 298-3202
Lisa Ball, LMT, provides therapeutic massages. Her expertise extends to Swedish, deep tissue, rehabilitative massage, pregnancy, and lymphatic massage.
Tuesdays, Thursdays, Sundays | A | 1 hr session: \$70 | 1-1/2 hr session \$85

NEW Psoriasis UCLA Speaker Series (805) 388-1952x100
Psoriasis is an unpredictable, irritating skin condition that is typically found on knees, elbows, the scalp, and soles of feet. Melvin Chiu, MD, UCLA Dermatologist, will discuss how psoriasis can affect your health and quality of life. Bring all your questions!
Feb 22 (W) 6-7:30pm | R | NC

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

NEW The Aging Brain Michael Veselak, DC (805) 388-1952x100
Discussion will focus on causes of brain inflammation, how to recognize the changes and how to improve the aging process. Learn how to perform your own neurological exam and slow down degenerative and age progression.
Mar 15 (W) 6-7pm | R | NC

NEW Thyroid, Energy & Weight Loss (805) 388-1952x100
Dr. Steven Tenenbaum, author of Thyroid Secrets for Youthful Energy and Metabolism will discuss the testing and treatment for age-related decline in thyroid function and disease. If thyroid medication is not making you feel better, find out why and what can help get you living your best life. January is National Thyroid Month!
Jan 30 (M) 6-7:30pm | R | \$10

NEW What Happens If I Don't Replace My Teeth? (805) 388-1952x100
Charles Scholler, DDS will discuss how you can have one or more teeth replaced quickly and painlessly and at lower cost with the use of mini-dental implants.
Mar 24 (F) 12-1pm | R | NC

IMPORTANT NUMBERS

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

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

Care Transitions Services (Hospital to Home) (800) 900-8582
Supporting well-prepared transitions from hospital to home

Care-A-Van Transportation (805) 388-2529
Door-to-door non-emergency service throughout Ventura County

Caregiver Respite, Education & Training (800) 900-8582
Training, resources, respite and options for family caregivers

Counseling Services – Legal, Financial, & Emotional .. (800) 900-8582
Confidential sessions with certified experts

Evidence-Based Programs (800) 900-8582
Rigorously tested programs scientifically proven to show results

Exercise Classes (805) 388-1952 x100
Cardiovascular, strength and flexibility classes for all levels

Fall Prevention & Home Modifications (800) 900-8582
Home safety through resources and education

Health Education, Promotion & Advocacy Classes (805) 388-1952 x100
Changing Aging through hundreds of classes offered each year

Health Screenings (805) 388-1952 x100
Variety of screenings and immunizations

Lifeline Personal Help Button (805) 388-1952 x120
Enhanced safety and independence, at the touch of a button

Custom Care Consultations (800) 900-8582
A personalized plan with vital links to community resources

Senior Nutrition Program (805) 388-1952 x168
Nutrition and socialization for homebound and active residents age 60 +

Senior Support Line (800) 235-9980
Trained volunteers provide resources and friendly conversation

Support Groups (800) 900-8582
A wide variety of groups available at various times of the day

Volunteer Opportunities (805) 388-1952x112
Join the Acts of Kindness movement...give of your time and talent

Wellness & Caregiver Center of Ventura County (800) 900-8582
Free resources for caregivers and their loved ones

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9:00 am – 5:30 pm
5 days a week
(Open until 5pm on Friday.)

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Brain-Strengthening
Programs & Computer Time

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Program in the Kitchen

Health Screenings
in the Wellness Room

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offers support groups
and classes for familie

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Wii, Skype and Facetime
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**Timothy A.
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**Henry Z.
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