



Healthy ATTITUDES

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SUMMER 2018

Camarillo Health Care District QUARTERLY MAGAZINE

GOOD NUTRITION

**More Than
Just Food
Choice**

INSIDE

Barriers to Good Nutrition

**No Interest in Cooking
(or even eating!)**

27 New Classes



Here's a newsflash... food is only one part of a balanced diet! As we were preparing this issue of the Healthy Attitudes magazine, it became more and more clear that although food plays an indisputably essential role in good nutritional health, it is not the only factor to consider.

We can all probably agree that food and water are obvious, essential elements of life (sounds ridiculously obvious!), but here is a not-so-obvious statement about nutrition... it would be shortsighted and simplistic to say that simply having enough food and water constitutes a good nutritional status. What do we mean by that?

As you'll read, good overall health demands that other issues be taken into account, such as dental health, medications, depression, socialization, food insecurity, lack of access to adequate food, what the home environment is like, the presence and progression of illness, and so on.

In 2017, the U.S. Department of Health and Human Services, in a report from the President's Council on Sports, Fitness and Nutrition, offers some startling statistics, including:

- Reducing the sodium Americans eat by 1,200mg per day on could save up to \$20 billion a year in medical costs
- Since the 1970s, the number of fast food restaurants has more than doubled
- Empty calories from added sugars and solid fats contribute to 40% of total daily calories for 2–18 year olds, and half of these empty calories come from six sources: soda, fruit drinks, dairy desserts, grain desserts, pizza, and whole milk
- The US percentage of food-insecure households, those with limited or uncertain ability to acquire acceptable foods in socially acceptable ways, rose from 11% to 15% between 2005 and 2009
- Children now spend more than seven and a half hours a day in front of a screen (e.g., TV, videogames, computer)

As you continue through this magazine, our wish for you is that you, or someone you know, utilize the resources of the District to create a positive impact in your life.

Kara

IN THE NEWS

District Presents at National Conference

The District is proud to announce that Blair Craddock, MPH, Care Services Director, was a featured presenter at the National Association of Nutrition and Aging Services Programs (NANASP) 2018 conference titled *Building Momentum: The Future of Aging Well*. The conference partners focused on nutrition, senior center, and aging services expertise, research, and promising practices from providers all over the country. Ms. Craddock's presentation outlined the positive impact care management services provided for home-bound senior nutrition clients and families. If you, or someone you know, could benefit from supplemental nutrition or care management services, please call 805-388-1952.

District Certified in "Dealing with Dementia" Program

The District is pleased to announce an additional training and educational program for family caregivers of loved ones with dementia. Developed by the Rosalynn Carter Institute for Caregiving (RCI), the *Dealing with Dementia* program provides tips and strategies for caregivers on best practices for caring for their loved ones and themselves. The goal is for Alzheimer's and dementia family caregivers to gain a better understanding of dementia, utilize strategies to effectively manage problem behaviors, and handle caregiver stress and burnout. This program includes a manual, a fun, interactive four-hour group session, and is available at no charge. This program is funded by the Alzheimer's Disease Initiative of the Administration for Community Living. If you or someone you know could benefit from this program, please call the District at 800-900-8582 and ask to speak with someone about the *Dealing with Dementia* program.

District Hosts Virtual Dementia Mobile Unit Tour

The District was pleased to host another Virtual Dementia Tour, provided by Second Wind Dreams, an organization dedicated to changing the perception of aging. The mobile tours provides an opportunity for community members to experience what some aspects of dementia feels like. Participants donned glasses to obscure their vision, gloves to inhibit fine motor skills, shoes pads to mimic the effect of neuropathy, and earphones to cause the distraction of everyday background sounds and noises. This tour had a powerful effect on participants who say the tour experience changed their perception of what daily life is like for people with cognitive and memory impairment. The Virtual Dementia Tour is a patented experiential process developed by Second Wind Dreams. The tour was attended by health curriculum students from CSUCI, local medical and professional staff, and representatives from Assemblymember Monique Limon and Senator Hannah-Beth Jackson. We are delighted to facilitate this powerful experience in efforts to promote sensitivity and compassion.

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Testimonials



I am so impressed with the help that the district has offered me. I am taking part in the 6 week CAN seminars, and they have been so informative, helpful and interesting. I have also been helped tremendously with the 12 week individual counseling sessions with Samantha. My mother has beginning dementia and I have been helped with both of these weekly sessions. I can't imagine what my life would be without this help. I thank you Camarillo Health Care District.

—Caregiver, daughter, REACH client

The staff goes out of their way to help us senior citizens in finding our way to some of the events. When we are lost they take the time to guide us to the event, always with a smile. Give them our thanks.

—grateful client

Effective and caring staff plus excellent programming. Thank you!

—satisfied customer

[She] enjoys socializing and interacting with the CHCD staff and her class mates. She appreciates staffs' positive and professional attitudes. The mental and physical exercise enhance and keep her active. On her own initiative she wanted to increase the class session from once/week to twice/week. I thought that was most encouraging. Now, Ellen takes beginning Tai Chi Chih class on Wednesday. Thank you so much for being there to help [her] and other people in needs.

—satisfied family member

connect with us!

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



TWITTER

@changing_aging

FACEBOOK

Facebook.com/CamarilloHealthCareDistrict
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INSTAGRAM

@camarillo_health_care_district

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



ON THE COVER

Overall health and good nutrition includes many factors other than just food, including mobility, money and medication.

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FOOD *for* THOUGHT

Good Nutrition = More Than Just Food

Nutrition, as it relates to overall health, is much more complex than food choice alone. Good or bad, nutrition can change everything. Most of us, when we think about nutrition, usually equate it to food...eating the right kind of foods, in the right amounts, and limiting the wrong foods. And that is indeed a good start. But what if we say that food is only one part of a balanced diet for life?

In addition to food, a variety of other issues can factor into overall nutrition and health status, such as economic challenges, lack of access to healthy foods, health conditions, social isolation, depression, medications and medical treatments which can impact your desire and ability to eat, as well as how effectively your body uses the nutrients you take in.



7 Benefits of Improved Nutrition

Good nutrition has been shown to:

- Increase energy
- Enhance focus and productivity
- Improve mood
- Support the immune system
- Reduce the risk of chronic diseases
- Help with weight maintenance
- Save money on insurance and medical costs

4

Common obstacles that stand in the way of nutrition include:

Low Income

In Ventura County, more than 11 percent of the population lives below the poverty line,¹ leaving many people in the community facing food insecurity. For those who simply don't have enough money to eat consistently or have to make food decisions based on budget instead of health, getting adequate nutrition can be a constant uphill battle. The District operates the Senior Nutrition Program for the Camarillo/Somis area ((other cities have similar programs) which provides supplemental nutrition for homebound residents age 60 and older, and a community meal program.

Lack of Access

Access to healthy food is a real challenge for those with a lack of transportation options, have chronic illnesses or mobility challenges, or even caregiver duties that make it difficult to shop during store hours.

Even the best of intentions to eat well can get derailed by countless circumstances. In addition to the Senior Nutrition program, the District also offers transportation services, and a collaborative program called Produce Day which provides free surplus fruits and vegetables from FOODShare.

Illness

Good nutrition takes on even more importance during illness or recovery from illness or surgery. Unfortunately, many health conditions make getting (and enjoying) proper nutrition even harder. A variety of illnesses, medications and treatments can reduce appetite, make eating painful, and even impair the body's ability to absorb nutrients. Some treatments and medications also require great care and coordination to avoid food-drug interactions. Good dental health also plays an essential role in good nutrition. An unhealthy mouth, whether from gum disease, painful teeth or dentures, or an illness, medication or treatment that affects the mouth, makes it very difficult, if not impossible, to get proper amounts of food, let alone the best choice of food.

If you think your medications or medical treatments may be negatively impacting your nutrition, or if you are beginning a new medication or treatment, be sure to ask your medical provider what you can do to make sure you're getting the proper nutrients.

Malnutrition: True or False

STATEMENT: Only those who are underweight suffer from malnutrition.

FALSE: Malnutrition can affect you whether you are underweight, overweight or at a healthy weight. Even when you consume the right amount of calories (or too many), you are at risk of malnutrition if the foods you eat don't provide your body with the right balance of nutrients.



Isolation

Here's a funny play on words... eating food alone is no good! You got it! If you eat alone, you are at a greater risk of choosing less nutritionally valuable food items, and a greater risk of developing poor nutrition. Isolation has many causes, including health conditions that prohibit mobility, disease progression, the effect of treatments, lack of access to transportation and other resources, depression, and so on. The habit of grabbing quick, unhealthy food or skipping the meal altogether can have dire consequences. A study in the Archives of Family Medicine showed that children ages 9-14 showed a positive correlation between eating family dinners and healthy dietary intake patterns.⁶ Perhaps that can cross all age groups, and maybe it can start with you! If you know someone isolated, or if you're feeling isolated, please call the Senior Support Line at 800-235-9980 to be connected to community meal and food resource options.

5 Healthy Eating Tips

Following these tips from the United States Department of Agriculture can help ensure you're eating a balanced diet.

- Make half your plate fruits and vegetables
- Eat low-fat or fat-free healthy dairy products, such as yogurt, milk and cheese
- Make half your grains whole grains
- Vary your veggies to include a variety of colors
- Mix up your protein sources to include a variety of lean meats, seafood, nuts, beans and eggs

Social determinants of health can also play a role in nutritional status as it relates to health. Social determinants of health are defined by HealthyPeople2020 as *"conditions in the environments in which people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks. Conditions (e.g., social, economic, and physical) in these various environments and settings (e.g., school, church, workplace, and neighborhood) have been referred to as 'place.' In addition to the more material attributes of 'place,' the patterns of social engagement and sense of security and well-being are also affected by where people live. Resources that enhance quality of life can have a significant influence on population health outcomes. Examples of these resources include safe and affordable housing, access to education, public safety, availability of healthy foods, local emergency/health services, and environments free of life-threatening toxins."*

Understanding how life's challenges can create barriers to proper nutrition is an essential step in overcoming those barriers and enjoying better overall health. Numerous studies have tied good nutritional status to everything from improved memory, better concentration and increased happiness, to lower risk of diseases and a longer lifespan. On the other hand, poor nutrition has been shown to contribute to a variety of diseases, as well as reduced cognition, loss of muscle mass, compromised immune function, susceptibility to infection, depression and more.

Nutrition for Older Adults

Maintaining proper nutrition can be challenging at any age. Over time, changes in appetite and sense of taste and smell can make food less appealing. Factoring in the social determinants of health as mentioned earlier (low income, lack of access, health conditions, medications, isolation and others), overall nutritional/health status can become a very serious situation.

Aging and malnutrition have been shown to lead to increased medical complications, falls and hospital readmissions.⁵ Because of these risks, it is vitally important for older adults, and caregivers providing care for older adults, to focus on nutrition, food choices, and how that affects overall health. It is also essential that family caregivers take care of themselves with regard to good nutrition—you cannot help others if you yourself are not well.

Let's "Eat" Together

If you or someone you know is struggling with nutrition as it relates to overall health, the Camarillo Health Care District extends an invitation to take advantage of nutritional services offered by the District, including:

- Person-centered care plans for families and caregivers
- Home-delivered meals for eligible residents age 60 and older
- Monthly community meals for seniors at the Apple-a-Day Café; (Third Thursday each month at 11:30am)
- Produce Day in conjunction with FOODShare (Second Thursday of each month from 11am to 1pm)
- Transportation to and from the grocery store (fee schedule on website at www.camhealth.com)

Did You Know?

- Up to 1 out of 2 older adults are at risk for malnutrition²
- Up to 60 percent of hospitalized older adults may be malnourished³
- Malnourishment typically increases the length of hospital stays by 4 to 6 days⁴

Classes You Might Be Interested In

Age Well: Strategies to Keep Your Thinking Strong

Thursday, October 25 from 6-7:30pm, \$10

Erik Lande, Ph.D from Insight Neuropsychology will focus on how to promote healthy brain functioning, especially memory. Explore lifestyle choices and cognitive strategies that can keep us thinking strong.

Sleep Health UCLA Speaker

Thursday, September 25 from 6:30-8pm, NC

Aldo Ilarde MD., a UCLA internist, will provide tips to improve your sleep quality and separate fact from fiction when it comes to enjoying a good night's sleep.

Veterans' Benefits Presentation

Wednesday, October 24 from 2-3:30pm, NC

Learn about Veteran's benefits, including disability compensation, pension, aid and attendance, survivor benefits and issues ranging from burial and bereavement to education, employment, homelessness, health care, mental health and elder abuse.

Food Gifts for the Holidays!

Thursday, October 25 from 6:30-8:30pm, \$45

Join this fun filled class with Chef Amy, owner of Morsels as You Wish, and learn to prepare five delicious and stunning edible gifts to share with friends and family this holiday season. Generous samples provided.

1 Ventura County Civic Alliance, 2017 State of the Region Report, (2017), 6.

2 M. J. Kaiser, J. M. Bauer, C. Ramsch, W. Uter, Y. Guigoz, T. Cederholm, et al., "Frequency of malnutrition in older adults: a multinational perspective using the mini nutritional assessment," *Journal of the American Geriatrics Society* 58, no. 9 (2010): 1734-1738.

3 E. F. Furman, "Undernutrition in older adults across the continuum of care: nutritional assessment, barriers, and interventions," *Journal of Gerontological Nursing* 31, no. 1 (2006): 22-17.

4 S. Izawa, M. Kuzuya, K. Okada, H. Enoki, T. Koike, S. Kanda, A. Iguchi, "The nutritional status of frail elderly with care needs according to the mini-nutritional assessment," *Clinical Nutrition* 25, no. 6 (2006): 962-967.

5 K. Norman, C. Pichard, H. Lochs, M. Pirlich, "Prognostic impact of disease-related malnutrition," *Clinical Nutrition* 27, no. 1 (2008): 5-15.

6 Matthew Gilman et al., "Family Dinner and Diet Quality Among Older Children and Adolescents," *Archives of Family Medicine* 9, no. 3 (2000): 235-240

askus

No Interest in Cooking (Or Even Eating!)



By Blair Craddock, MPH

Care Services Director
blairc@camhealth.com
(805) 388-1952 ext 133

My friend tells me she doesn't always feel up to cooking or eating, and I've even noticed that sometimes she doesn't have very much food in the house. Should I be concerned?

ANSWER: There can be many reasons why someone may not feel like cooking. Illness, medical treatments and medications can decrease appetite and drain energy. Depression, loneliness and even grief (cooking for only one person now) can also sap energy and enthusiasm toward shopping and preparing food. As you can see, some of these reasons are quite serious, and you are a great friend to notice this.



There are also many reasons for not having much food in the house. Fear of falling can deter someone from wanting to get out and shop, while other mobility issues may restrict travel completely or cause it to be so burdensome that the person just prefers not to. Lack of resources to secure food is another concern, especially if there are significant health issues in their life. Making a choice between buying medication and medical treatment or food, is a no-win situation.

Lack of access to food, for whatever reason, can be the beginning of a serious concern about your friend's long-term nutritional status. It is sometimes difficult to know the whole situation by observation alone, and so if you could, you are encouraged to ask your friend some specific questions about depression, loneliness, resources to buy food, ability to get out and get food, and if there is a health issue causing this lack of interest in food.

Loneliness Quiz

ASK YOURSELF THESE QUESTIONS:

> How often do you feel that you lack companionship?

Hardly ever	Some of the time	Often
1	2	3

> How often do you feel left out?

Hardly ever	Some of the time	Often
1	2	3

> How often do you feel isolated from others?

Hardly ever	Some of the time	Often
1	2	3

Researchers have grouped people who score 3-5 as "not lonely", and people with a score from 6-9 as "lonely".

Least lonely	3	4	5	6	7	8	9	Most lonely
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(UCLA 3-ITEM LONELINESS SCALE)

If necessary for your friend, the Camarillo Health Care District offers several options to assist with access to food and produce, as well as programs to help manage chronic illness, fear of falling, depression and transportation.

Please call 805-388-1952 to ask about the Senior Nutrition Program (home-delivered and community meal programs), Produce Day, Senior Support Line, Lifeline of Ventura County, and the Care-a-Van transportation service. 📞

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

CLASSES



Pre-registration and payment is required to secure your reservation. We're happy to assist you over the phone, online, or in person. Notification 48 hours prior to the day of class is required to receive a refund. Class credit of equal value will be offered if cancellations are received less than 48 hours prior to the day of the class. No refunds are allowed for CPR, First Aid, AED and Cooking Classes. Non-district residents include \$4.00 out-of-district fee on fee-based classes.

HOW TO REGISTER

Online
camhealth.com

Phone (M-F, 8am-5pm)

805-388-1952, Ext. 100

Walk-in (M-F, 8am-5pm)

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

Tips for Successful Class Registration & Attendance

- Class registrations must be paid prior to the day of the class. Pay by phone, online or in person. Onsite security may not receive payments.
- Arrive a little early to assist with locating classrooms; onsite security can assist with finding classrooms.

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

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

SCREENINGS

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

Caregiver Burnout Screening

(805) 388-1952x100

Are you a family caregiver? Feeling overwhelmed? Learn more about stressors that could put your own health at risk. Screenings are 30 minutes. Please call for date of next session.

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. Screenings are for all ages. Aug 17 (F) 10am-12pm | A | \$10

Depression Screening

(805) 388-1952x100

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

Hearing Screening Lance Nelson, AuD

(805) 388-1952x100

Do you say "what" more than you should? Do you hear better in one ear than the other? Lance Nelson, AuD, of West Coast Hearing and Balance Center will conduct a hearing screening. No cleaning available. Second Thursday of each month | 10:30-11:30am | A | \$10

NEW Memory Screening Day at the District

(805) 388-1952x100

Does your memory loss affect your daily life? What is normal age-related memory loss? Screenings are conducted by Community Memorial Hospital staff. Screenings are 15 minutes. Aug 8 (W) 1-3pm | A | NC

FAMILY CAREGIVERS

Adult Day Center

(805) 388-1952x111

Enjoy a complimentary half-day at our state-licensed, award-winning Adult Day Center where support, comfort and activity are offered five days a week for individuals who may benefit from additional supervision and social interaction during the day. Call for details or to schedule a tour.

Care-A-Van Transportation Services

(805) 388-2529

Care-A-Van offers door-through-door, non-emergency medical transportation service throughout Ventura County to medical visits and other activities of daily living. Call for additional information regarding service area, fees, and reservations.

Care Consultations

(800) 900-8582

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

Caregivers CAN (Connect, Adapt, Navigate)

(805) 388-1952x100

Caring for a loved one can be physically and emotionally demanding. This series (formerly Tools for Caregiving) was developed with the needs of family caregivers in mind. Engaging, experienced guest speakers are featured each week to present topics such as self-care, aging, elder law, and long-term care. Participants will gain an understanding of community resources and strategies to successfully navigate their role as caregivers. Need care for your loved one in order to attend the class? Ask about our free respite services. Please call for date of next session.

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

NEW Dementia Conversations:

When it's Time to Have That Talk

(800) 900-8582

Conversations with family members who are showing signs of dementia can be challenging and uncomfortable. The fear or lack of awareness that may accompany these conversations can result in delays that have serious consequences for the entire family. Monica Schrader, Ventura County Regional Director of the Alzheimer's Association will share helpful tips to assist family members in having honest and caring conversations with your loved one. Sept 25 (T) 11am-12:30pm | R | NC

Memory Café

(800) 900-8582

Join others affected by dementia, along with their families and caregivers, for a fun, supportive lunch gathering. Aug 25 (Sat) 11am-12:30pm | Registration required | NC | Adults only

Visit The Kroll Resource Library

(800) 900-8582

The Kroll Resource Library is a comprehensive collection of specially selected resources related to caregiver duties and chronic disease. Enjoy a tranquil, relaxed environment while you learn more about your health or the health of a loved one.

MINDFULNESS

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

NEW About Those Dreams Workshop Jane Ivey, Msc.D. (805) 388-1952x100

We all experience dreams yet remember only about five percent of them. Your dreams are unique to you and are created from personal life experiences. Join us for this two-part workshop, discussing dream interpretation in a fun, interactive way. Bring your dream experiences!

Aug 20 & 27 (M) 7-8:30pm | R | \$30

NEW Mindfulness Trio: Mindfulness is the awareness of your true self.

Part 1: Who Do You Think You Are? (805) 388-1952x100

We each hold a strong image and belief of who we are. It isn't always helpful or even conscious. What is our true self? Mindfulness allows us to consider those beliefs without judgment or attachment and allows us to remember who we really are. What are we afraid of? What is our joy?

Jul 19 (Th) 6:30-8pm | R | \$55 for 3 part series

Part 2: What Do You Think You Want?

We oftentimes think we know what we want. We set goals and we make plans. How much of that is based on misconceptions of who we think we are and what we think we are supposed to do. Mindfulness is a conscious-raising practice that allows our core personal values to guide us toward what we truly seek. When our core values match our waking life, there is contentment and life feels aligned.

Jul 26 (Th) 6:30-8pm | R

Part 3: Why Do You Think You are Here?

At some point, most people ask "What am I doing here?" Every life has a divine purpose. Remembering who you are, and what you want comes as a result of this awareness. Practice quieting the mind, heart and body; reaching peace; being consciously "present"; and learn to reconnect with our greater self. All you need to do is look within to discover your purpose.

Aug 2 (Th) 6:30-8pm | R

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

Led by Hypnotherapist and Health Education Specialist Danette Banyai.

All classes listed below include mindfulness meditation. Always practical, always simple.

NEW Being Here, Not There = Mind & Body Together in the Present

Mindfulness: The practice of being fully aware of your body, mind, and feelings in the present moment, without judgement. Learn how to truly experience the happiness and joy of each day.

Aug 23 (Th) 6:30-8pm | R | \$20

NEW Peace & Prosperity Mindfulness

(805) 388-1952x100

Conscious breathing and intentional living provide a deeper connection and understanding of peace and prosperity. Through mindfulness practice, learn how you can achieve them for yourself, and your loved ones.

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

NEW Mindfulness Meditation

(805) 388-1952x100

Find peace and healing through mindfulness meditation. Learn easy practical exercises you can take with you and do anytime, anywhere. Find out more on how mindfulness meditation affects your life and the lives of those around you.

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

Hypnotherapy - Mindfulness Healing; Heart, Mind, Body & Soul

(805) 218-5793

Danette Banyai, Hypnotherapist and Health Education Specialist

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

Private healing sessions 1 hour | A | \$50

EVIDENCE-BASED PROGRAMS

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 Arneill Ranch Park (Sweetwater Ave) in Camarillo.

Please call for date of next session.

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

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

Please call for date of next session.

Chronic Disease Self-Management Program (CDSMP)

"Healthier Living"

(805) 388-1952x100

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

Aug 15-Sept 19 (W) 1:30-4pm | 6 week series | R | \$40

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

DEEP is an evidence-based series developed by the University of Illinois at Chicago. The program includes discussion on diabetes basics, self-blood sugar testing, meal planning, managing stress, and preventing complications. Participants learn exercises specifically designed to help effectively manage the disease. Space is limited.

Please call for date of next session.

Diabetes Self-Management Program (DSMP)

(805) 388-1952x100

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

Please call for date of next session.

Matter of Balance

(800) 900-8582

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

Jul 26-Sept 13 (Th) 10am-12:00pm | 8 week series | R | NC

Tai Chi for Arthritis

(800) 900-8582

This award-winning series, based on research conducted by Dr. Lam from the Tai Chi Institute in Sydney, Australia, is designed for anyone looking to relieve pain (from arthritis or other chronic conditions) and improve movement, balance, strength, flexibility, and relaxation. Beginners welcome!

Aug 28-Oct 25 (T-Th) 9:30-10:30am | 9 week series | R | NC

UCLA Memory Training

(805) 388-1952x100

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

Jul 25-Aug 15 (W) 10am-12pm | 4 week series | R | \$40

ADVOCACY

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

ABCs of Estate Planning & Trusting Your Trustee (805) 388-1952x100
Regardless of your net worth, it is important to have a basic estate plan in place. Attorney Annette Dawson-Davis will discuss estate planning, wills, trusts, and probate. Learn tips for selecting a trustee, avoiding family conflicts, and protecting your assets.
Oct 18 (Th) 4:30-6pm | R | \$10

Elder Legal Services (800) 900-8582
Schedule a confidential appointment with an elder law and estate planning expert.
Mondays | 1-4pm | A | NC

Financial Planning Robert Harrell, Financial Planner (805) 388-1952x100
Consult with a financial planner on budgeting, retirement planning, and financial problem solving. Discuss how to put all the finance pieces together to solve problems or reach goals in a confidential session.
Third Monday of each month | 1-4pm | A | NC

Health Insurance Counseling & Advocacy Program (HICAP) (805) 388-1952x100
Trained counselors offer objective information and provide assistance for Medicare eligible individuals. Assistance available for Supplemental Medigap, Medicare Advantage, Prescription Drug Benefits, and Long Term Care Insurance. One-on-one counseling provided.
First Friday, Second & Fourth Tuesday of each month | A | NC

NEW HICAP One-Stop Shop (805) 388-1952x100
A counseling opportunity for all Medicare concerns, including pre-Medicare, Medicare disabled, Medicare beneficiaries and changes to Medicare prescription Part D.
Oct 19 (F) 10am-2pm | R | 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 differs from a home equity loan.
Aug 16 (Th) 3-4pm | R | NC

NEW Medicare Changes for 2019 (805) 388-1952x100
Health Insurance Counseling and Advocacy Program (HICAP) community educators will discuss changes to Medicare in 2019. Learn how to save money on healthcare and avoid late-enrollment fees.
Oct 5 (F) 1:30-3pm | R | NC

NEW Social Security Colored Correspondence - What Does It Mean? (805) 388-1952x100
Health Insurance Counseling and Advocacy Program (HICAP) community educators will discuss the importance of what the Social Security colored mailed correspondence means to you. Receive an update on Medicare, public benefits and free preventive services.
Aug 24 (F) 1:30-3pm | R | NC

NEW Retirement Income Planning Seminar Hoss Financial (805) 388-1952x100
Retirement income planning will help you understand how much income you will need during your retirement years and how to position your assets to provide that income. There is no "one size fits all" plan, although there are steps you can take to maximize the possibility of a financially secure retirement.
Jul 18 (W) 6:30-8pm | R | NC

NEW Veterans' Benefits Presentation (805) 388-1952x100
Learn about Veteran's benefits, including disability compensation, pension, aid and attendance, survivor benefits and issues ranging from burial and bereavement to education, employment, homelessness, health care, mental health and elder abuse.
Oct 24 (W) 2-3:30pm | R | NC

*More information and registration available at
camhealth.com*

NUTRITION

Apple-A-Day Café (805) 388-1952x168
Warm lunch served in a friendly, social and educational atmosphere for individuals age 60 and up. Please RSVP.
Third Thursday of every month | 11:30am | R | \$3 suggested donation

NEW Food Gifts for the Holidays! (805) 388-1952x100
Join this fun filled class with Chef Amy, owner of Morsels as You Wish, and learn to prepare five delicious and stunning edible gifts to share with friends and family this holiday season. Generous samples provided.
Oct 25 (Th) 6:30-8:30pm | R | \$45

NEW Fundamentals of Intuitive Eating Kelsea Cregut, RDN (805) 388-1952x100
Intuitive eating is a realistic and completely non-diet way of eating. By truly listening to your body's natural hunger cues and giving yourself unconditional permission to eat, while recognizing fullness and satisfaction, you will start to feel differently mentally and physically. This three-part series will walk you through how to eat intuitively and feel healthier, so you can throw out those diet books!
Aug 15, 22, 29 (W) 6-7:30pm | R | \$45

Healthy Weight Management Margaret Aslanian, RD (323) 383-6981
Maintaining a healthy weight is important for overall health. Being either underweight or overweight carries potential health problems. Meet Margaret Aslanian, Registered Dietitian for a one-on-one appointment to discuss a personalized healthy weight management plan.
Private sessions 45 minutes | A | \$50

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

NEW Perfecting Pastry Doughs with Chef Amy! (805) 388-1952x100
Chef Amy, owner Morsels as You Wish will perform culinary magic by demonstrating how to easily achieve mouthwatering pastry doughs. Learn the key to successful pastry with Choux and cream cheese, puff pastry, and varieties both savory and sweet. Generous samples provided.
Oct 11 (Th) 6:30-8pm | R | \$45

Produce Day
A collaboration with FOOD Share of Ventura County to bring residents a variety of seasonal produce at no cost. Attendees may also receive health screenings. First come, first serve basis. Please bring your own bag.
Second Thursday of each month | 11am-1pm | Donations appreciated

BODY, MIND & STRENGTH

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

NEW A New Conversation of Purpose Eileen Gold, MA (805) 388-1952x100
This conversation explores what psychologist Erik Erikson calls "Generativity," an impulse towards making a positive impact on society. Join this interactive discussion as it focuses on a "Power of 9" and "Blue Zones" National Geographic study of people's habits worldwide that contribute to health, satisfaction, and longevity. Come prepared to be inspired to live a life that matters by growing and giving.
Sept 20 (Th) 5:30-7:30pm | R | \$10

NEW Age Well: Strategies to Keep Your Thinking Strong (805) 388-1952x100
As we age our bodies and brains start to slow down. Erik Lande, Ph.D from Insight Neuropsychology will focus on how to promote healthy brain functioning, especially memory. Explore lifestyle choices and cognitive strategies that can keep us thinking strong.
Oct 25 (Th) 6-7:30pm | R | \$10

NEW Aging Parents, A Houseful of Stuff & Kids Who Don't Want It (805) 388-1952x100
What is the answer for aging parents with a house full of treasures and adult children who are not interested in inheriting "old fashioned" possessions? Tracy Bowers, professional organizer, will discuss navigating this sensitive topic with helpful tips on how to be thoughtful about what we choose to leave behind.
Sept 27 (Th) 6:30-8pm | R | \$20

NEW Breast Cancer - Diagnosis to Treatment Plan (805) 388-1952x100
Over 300,000 women are projected to be diagnosed with breast cancer in 2018. Specialists Dr. Mortazavi and Dr. Kong from Ventura County Hematology/Oncology will discuss the new personalized treatment options available.
Jul 31 (T) 6-7:30pm | R | \$10

NEW Bullying Today - It's a Different World (805) 388-1952x100
As parents and teachers, we are painfully aware of how all forms of bullying can have a lasting impact on our kids. Jesse S. Esqueda, Psy.D. from Engage Therapy provides experienced in-service training about bullying. Discussion will include physical, verbal, and cyberbullying, focusing on prevention and response. Know the facts about bullying.
Aug 8 (W) 6-7:30pm | R | \$10

NEW Common Sleep Disorders (805) 388-1952x100
Occasional sleep problems are common. At what point are they considered serious? Medical Director George Yu, Premier Diagnostic Sleep Disorders, will discuss sleep disorders and how the right diagnosis and treatment plan can improve your quality of life.
Aug 9 (Th) 6-7:30pm | R | \$10

Drumming For Health Brad Anderson (805) 388-1952x100
Group drumming may help to reduce stress, chronic pain, anxiety, and tension while giving the immune system a boost. Fun for all ages! (No experience needed; drums provided)
Aug 22 | Sept 26 (W) 6-7:15pm | R | \$10

NEW Early Warning Signs of Parkinson's Disease (805) 388-1952x100
Every year 50,000 people are diagnosed with Parkinson's Disease. Symptoms can be so subtle that the disease is not diagnosed for years. Neurologist Dr. Behzad Ourmazdi will discuss warning signs, treatment options and the importance of early detection and treatment to help reduce complications.
Sept 26 (W) 6-7:30pm | R | \$10

NEW Gardening with A Green Thumb! (805) 388-1952x100
Join the discussion as David Nichols from Green Thumb Nursery will talk about soil improvement, fertilization, plant selection, and irrigation. Bring your questions!
Aug 9 (Th) 1-2:30pm | R | NC

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

NEW Planning Your Winter Garden (It's Time!) (805) 388-1952x100
Now is the time to stop fantasizing and start your winter garden! Master Gardener Judith Januszewski who specializes in winter vegetables, will discuss how to ensure that your vegetable garden is well stocked for the winter. Bring your questions!
Sept 27 (Th) 1-2:30pm | 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: \$25 | 1 hr: \$45

NEW Sleep Health UCLA Speaker (805) 388-1952x100
Quality sleep is vital to your physical and mental wellbeing. Aldo Ilarde MD., a UCLA internist, will provide tips to improve your sleep quality and separate fact from fiction when it comes to enjoying a good night's sleep.
Sept 25 (T) 6:30-8pm | R | NC

NEW Virtually Pain-Free Dental Implants (805) 388-1952x100
Dental implants have come a long way from their painful beginnings! Now the procedure is minimally invasive and can be completed in 10 minutes. Dr. Scholler, DDS., will discuss how dental implants can be done without stitches and with virtually no post-operative pain.
Sept 14 (F) 12-1pm | R | NC

NEW What is Cannabidiol Oil (CBD)? (805) 388-1952x100
Cannabidiol oil is used for health purposes. . . but it is controversial. Although not FDA approved, CBD has become popular with people suffering from various health issues, including chronic pain, arthritis, and sleep disorders. Chelle Goodfriend, Health Educator and Herbalist will discuss how it works, the benefits, and side effects. Bring your questions.
Aug 21 (T) 6-7:30pm | Oct 17 (W) 6-7:30pm | R | \$10

SUPPORT GROUPS

Al-Anon Family Groups, 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 | 7-8:15pm

Caregiver Support Group (800) 900-8582
Second and Fourth Friday of each month | 9:30-11am | District Offices
Monday | 9:30-11am | Leisure Village (residents only)

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

Nar-Anon Family Groups Carri (805) 479-8415
Thursdays 7-8pm

Newcomers Al-Anon Men's Stag Group Dino (818) 720-1462
First Monday of each month | 6-7pm

Pain Management Support Group (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 Robin (805) 701-9467
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

FITNESS

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

NEW Aloha Fridays! Tahitian Dance for Everyone! (805) 388-1952x100
Is there any better way to start off your weekends this summer than to learn a new dance? Kayla Chey is an award-winning Tahitian dancer who will teach a low impact dance, focusing on grace, posture, and hand movements. All ages welcome!
Jul 20-Aug 31 (F) 11:45am-12:45pm | 7 week series | R | \$60

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

Funk FuZion with Lorenzo (805) 388-1952x100
Fun, fresh, & funky! A challenging blend of exercise and dance, designed for the fitness novice who wants to enjoy a fun workout while challenging mind and "soles".
Tuesdays 6-7pm | Saturday 9:30-10:30am | R
Single class \$8 | 5 classes \$30 | 8 classes \$40 | Passes 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 current upbeat music.
Mon & Thu 5:45-6:45pm | Saturday 8:15-9:15am | R
Single class \$8 | 5 classes \$30 | 10 class \$50 | Tickets expire 30 days from purchase

Seated & Standing Beginning Ta'i Chi Chih® (805) 388-1952x100
Strengthen your core muscles with zero impact and maximum benefit! Accredited Instructor Barbara Freie will challenge you physically and spiritually by showing you how to relax, stretch and focus on your inner-self while also improving balance and peace of mind.
Aug 29-Oct 24 (W) 5-6:15pm | 9 week series | R | \$90
Aug 30-Oct 25 (Th) 10-11:15am | 9 week series | R | \$90

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

SAFETY & FIRST AID

NEW 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 is available upon completion.
Jul 30 (M) 5-6:30pm | R | \$25 | No refunds available.

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. | No refunds available.
Jul 16 (M) | Sept 10 (M) 5:30-9:30pm | \$65 | R | Materials \$18

First Aid & CPR for Teens & Tweens (805) 388-1952x100
Jose Godinez, Certified Instructor
Designed for teens and tweens "in charge" of supervising siblings, or those looking to advance their babysitting skills. American Heart Association certificate is available upon completion of class.
Aug 13 (M) 5:30-8pm | R | \$45 | Materials \$15 | No refunds available.

IMPORTANT NUMBERS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Wellness & Caregiver Center of Ventura County.....(800) 900-8582
No-cost resources for caregivers and their loved ones.



Changing Aging.



Person-Centered Care

9:00 am – 5:30 pm

5 days a week

(Open until 5pm on Friday.)

Lions Den for sports watching and card playing

GenerationUs pairs volunteers of all ages for interactive fun

Pet, Music, & Art Therapy

Ourmazdi Brain Fitness

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

Chef du Jour - 8 Guest Chef Program in the Kitchen

Health Screenings in the Wellness Room

Wellness & Caregiver Center offers support groups and classes for families

Imaginarium Wii, Skype and Facetime

Transportation available

ASK US

About a Complimentary Half-Day

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