

# Healthy ATTITUDES

camhealth.com

WINTER 2018

Camarillo Health Care District QUARTERLY MAGAZINE

# Health

It's More Than Genetics: Social Factors That Impact Health



## INSIDE

Social Factors That  
Influence Health

Breaking The  
Readmission Cycle

Programs & Classes  
To Change Your Life



Real life can be more remarkable than anything ever imagined. Or more frightening. Or more advantaged. Or more unfair. What “pressures” or “conditions” shape and influence the journeys of our lives? Concrete, tangible issues such as being born with a physical or mental challenge, or traumas and injuries that change the course of lives, are easier to recognize as pressures, but are there other elements that determine how one life is lived versus another? The short answer is yes, and those other elements are known as social determinants of health.

Social determinants of health can significantly influence the lifelong health outcomes and well-being of community members, and include determinants such as income level, employment, educational attainment, access to health and health care systems, housing, food security, literacy, access to transportation, neighborhood safety, and more. Research has increasingly demonstrated:

- Social and economic conditions contribute to approximately 40% of a person's health status
- Health behaviors, themselves largely determined by social and physical environments, contribute to 30% of a person's health
- Clinical care, both access and quality, contribute to 20% of a person's health
- Physical environment contributes to about 10%

The World Health Organization (WHO) defines **Social Determinants of Health** as “the circumstances in which people are born, grow up, live, work and age, and the systems put in place to deal with illness. These circumstances are, in turn, shaped by a wider set of forces: economics, social policies, and politics. The social determinants of health are mostly responsible for health inequities - the unfair and avoidable differences in health status...”

This definition then asks for an explanation of health inequities; the disparities most commonly associated with the “haves” and the “have nots”. WHO further defines health inequities as “avoidable inequalities in health between groups of people... these inequities arise from inequalities within and between societies. Social and economic conditions and their effects on people's lives determine their risk of illness and the actions taken to prevent them becoming ill or treat illness when it occurs.”

It would seem to follow that in order to attain tangible improvements in population health, it is essential to provide quality health services while simultaneously addressing the social determinants of health. The District strives to achieve this balance and partners with hospitals, ACOs, health plans and other providers with our care management, care transitions and evidence-based programs and services. With these services, staff are able to work directly with the clients, assessing and addressing their unique sets of social determinants of health.

I encourage you to read through this issue of the *Healthy Attitudes* publication, consider the social determinants of health that affect your life, and discover what resources may be available to assist you. Here's to a happy New Year!

*Kara*

## IN THE NEWS

### District Awarded Nation's Highest Honor in Caregiving

The district's Wellness & Caregiver Center of Ventura County (Caregiver Center) is the national winner of the prestigious **2017 Rosalynn Carter Leadership in Caregiving Award**. The Caregiver Center was selected as this year's winner for its outstanding community work in public awareness, evidence-based programming, and advocacy on behalf of caregivers. Former First Lady Mrs. Carter presented the award, which has become known as the nation's highest award given in the caregiving field, at the 30th Anniversary of the Rosalynn Carter Institute (RCI) Summit and Gala Awards in Georgia. As a reflection of the award's prestige, the statuette given to recipients is executed by the renowned sculptor Frank Eliscu, designer of the Heisman Trophy. District staff is deeply honored by this recognition, and looks forward to continued service to caregivers, who give selflessly on behalf of their loved ones every day.

### Arthur N. Rupe Foundation Awards Grant to Continue Caregiver Training

The District is honored to announce it has received additional grant funding from the **Arthur N. Rupe Foundation** after exceeding stated goals in facilitating the RCI REACH program. The REACH program (Resources Enhancing Alzheimer's Caregiver Health) was developed by the Rosalynn Carter Institute for Caregiving to enhance the health of Alzheimer's caregivers, provide education, focus on safety for the patient, provide support for the caregiver, and build skills to help caregivers manage difficult patient behaviors and decrease their own stress. The District is the only trained and certified institution to conduct the RCI REACH program in California.

### District Staff Awarded Certifications

Congratulations to the following District staff who have successfully completed coursework or curriculum requirements and become certified:

**Myka Jose, Mary Wiggins  
Monica Zepeda  
Rachel Lambert**

These certifications include Stanford University's "Healthier Living" and Diabetes Self-Management Programs, University of Illinois at Chicago's Diabetes Education Empowerment Program, Rosalynn Carter Institute's REACH program for caregiver skills-building, and the brand-new Tai Chi for Arthritis series. Staff from the Care Management Department also received Case Management certification from the Boston University School of Social Work. Way to go, Team!

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**Sonia Amezcua**  
Chief Administrative Officer

# Testimonials



*"I have had several opportunities to visit several volunteer attorneys in Camarillo, over the past many years. It has given me a peace of mind and allowed me to make an informed decision."*

—Elder Legal Services participant

*"Many thanks to the staff and volunteers who make the center a happy, welcoming, and secure place to leave my husband. It's not easy to care for so many with such a variety of needs. We sincerely appreciate all they do."*

—Spouse of Adult Day Center participant

*"Just to let you know I think you are doing a great service to the community, keep up the good work."*

—Class Attendee

*"Your programming is terrific and covers just about everything we could think of we need as we age. I also appreciate the ladies on the phone who handle signing me up and confirming my attendance. They are lovely. Your (Wellness and Caregiver Center) is most deserving of this Rosalynn Carter Award. Keep up the great work!"*

—Class Attendee

*"Very informative and interesting seminars. I look forward to additional ones!"*

—Class Attendee

## connect with us!

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



### TWITTER

@changing\_aging

### FACEBOOK

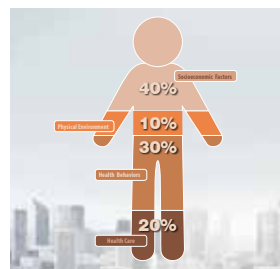
Facebook.com/CamarilloHealthCareDistrict  
Facebook.com/WellnessandCaregiverCenterVC

### INSTAGRAM

@camarillo\_health\_care\_district

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

## contents



2

Beyond Health Care

5

Why Does It Keep Happening?



6

What Makes Us Healthy?

8

Screenings  
Family Care

9

Mindfulness  
Evidence-Based Programs

10

Body, Mind & Strength

11

Advocacy  
Screenings  
Support Groups

12

Fitness  
Safety & First Aid  
Important Numbers

### ON THE COVER

Conditions in the environments in which people are born, live, learn, work, play, worship, and age affect a wide range of health, functioning, and quality-of-life outcomes and risks. See page 2 for "Beyond Health Care".





# Beyond Health Care

Until recently, it was widely believed that one's health status was determined by direct health care service...access to it, quality of it, compliance with it. As it turns out, that's only part of the health equation.

In recent years, it has become apparent that while direct health care remains essential, there are additional elements that influence a person's health status. The Institute for Clinical Systems Improvement states that health care is only about 20% of what contributes to overall health status.

And the other 80%? That consists of what is being called the **"social determinants of health,"** and includes social, economic, and environmental factors that influence one's

## Social Determinants: Your Health Can Be More Than Just Genetics



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## What is the Camarillo Health Care District doing to address social determinants of health?

As you may know, the District is a preferred, contracted health care partner with local hospitals, third party payors, health plans, accountable care organizations and other government agencies to provide care management services to address social determinants of health.

overall health status. According to [www.healthypeople.gov](http://www.healthypeople.gov), a website operated by the Office of Disease Prevention and Health Promotion, social determinants of health are *"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."* This means, according to the website, that our health is determined in part by social and economic opportunities; the resources and supports available in our homes, neighborhoods, and communities; the quality of our schooling; the safety of our workplaces; the cleanliness of our water, food, and air; and the nature of our social interactions and relationships. In other words, health can be a product of our environment, our experiences, our behaviors, and the socioeconomic position into which we were born.

The District's array of services includes a variety of health coaching programs and methods, including:

- Reduce caregiver burden through one-on-one coaching and support
- Reduce hospital re-admission rates through case management
- Close service gaps
- Prevent social isolation
- Empower individuals to self-manage ongoing health conditions

Through the Case Management and Care Management Services, licensed and certified District staff develop person-centered care plans identifying a prioritized list of goals, potential barriers, appropriate interventions, and methods for empowering clients to take control of their health conditions. Incorporating solutions to address areas of life outside of direct clinical care, such as medication management, social supports, nutrition and exercise, safety equipment, can have a significant effect on a person's overall health.

*(Continued on page 4)*



The impact that social determinants of health have on society can be staggering. Based on analysis of nearly 50 studies by the Henry J. Kaiser Family Foundation, researchers found that social factors, including education, racial segregation, social supports, and poverty accounted for over a third of total deaths in the United States in a year.

A variety of efforts have been established in recent history to address the significance of social determinants of health. Colorado, Massachusetts, and Pennsylvania are developing their own initiatives to build parks and playgrounds in low-income neighborhoods, build corner grocery stores that provide healthy food, and utilize care management teams to connect people being discharged from hospital emergency rooms to social services.

Having recently received the highest Accreditation of Case Management for LTSS from the National Committee on Quality Assurance (NCQA), for our Long Term Services and Supports Care Management Programs, the District remains committed to helping you optimize your health.

Please see page 7 for a list of services available at the District to address the social determinants affecting your own health journey, including chronic disease self-management, care management and case management services, caregiver education and training, home delivered meals, transportation services, fall prevention classes, mindfulness classes, group walking sessions for individuals with arthritis, and so much more. We look forward to helping you maximize your health status!

10%

The World Health Organization cites the following as elements of one's physical environment that influence health status: access to safe water and clean air; healthy workplaces; safe houses, communities and roads; employment and good working conditions.

Physical Environment

30%

Health behaviors such as tobacco use, diet and exercise, alcohol consumption, and sexual activity; low socioeconomic status directly correlates with lower education levels; these behaviors translate to shorter life expectancy.

\*National Institutes of Health study  
Socioeconomic Disparities in Health Behaviors

Health Behaviors

20%

Access to care; quality of care; direct patient services; clinical setting services

Health Care

40%

Socioeconomic

10%

30%

20%

Infographic is from the  
The Institute for Clinical  
Systems Improvement



40%

Socioeconomic factors include education, job status, family/social support, income, and community safety.

Children born to parents with lower education levels are more likely to live in neighborhoods that pose additional threats to health, including high crime rates, exposure to garbage or litter, and inadequate housing. Parks, playgrounds and sidewalks, recreation centers and libraries are most likely scarce. Where a child grows up significantly impacts health for children and adults across their lifespans, and may affect future generations.

The Institute for Clinical Systems Improvement's website provides an example of socioeconomic status as an influencer of health:

A family practice physician saw a patient with insomnia. By asking whether she felt safe at home, the physician learned that she had three locks on her front door and two locks on her back door. Further discussions revealed that the patient's experience with community violence and her hypervigilance were contributing to her insomnia.

Doctors and other providers in clinical settings are being asked routinely to help solve problems outside of direct patient care. Community-based organizations, such as the Camarillo Health Care District, play a lead role in this area by providing long-term services and supports as auxiliary solutions to health issues.

*Fortunately, nationwide efforts throughout the health care industry are recognizing and validating the significance of social determinants of health, and much is being done...when considering a person's potential path to optimal health.*

## Factors

# Community Health Investments

Social determinants play a critical role in determining the health of individuals and communities. To encourage external community organizations, public agencies, and providers to deliver quality health-enhancing supportive services that address social determinants of health, Gold Coast Health Plan has established the Community Health Investments program to award monetary grants to qualified organizations.

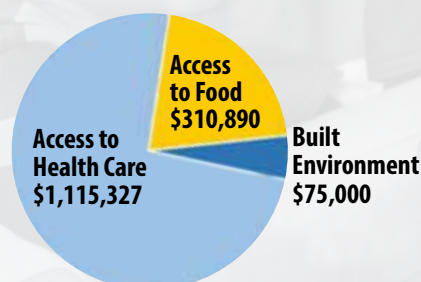


**Gold Coast Health Plan**  
A Public Entity

*The Camarillo Health Care District applauds Gold Coast Health Plan for its innovative Community Health Investments program addressing social determinants of health throughout Ventura County! In its first year of funding, Gold Coast Health Plan awarded \$1.5 million to organizations providing access to quality health care, affordable food options, improved neighborhood environments.*

Congratulations to the awardees! Thank you for the important, health-enhancing supportive services you provide that address social determinants of health in our community!

Boys and Girls Club of Santa Clara Valley  
Brain Injury Center of Ventura County  
Camarillo Health Care District  
CAREGIVERS: Volunteers Assisting the Elderly  
Casa Pacifica Centers for Children and Families  
FOOD Share  
Habitat for Humanity  
Kids & Families Together  
Manna Conejo Valley Food Bank  
Many Mansions  
Mixteco/Indigena Community Organizing Project  
St. John's Healthcare Foundation  
United Way of Ventura County  
Ventura County Health Care Agency  
Ventura County Public Health  
Vision y Compromiso



# askus

## Why Does It Keep Happening?



**By Lynette Harvey, RN, BSN**  
Clinical Services Director  
lynetteh@camhealth.com  
(805) 388-1952 ext 111

*My mother has chronic health issues and keeps going in the hospital. She knows what to do but she doesn't do it. I take her to doctor appointments and make sure she takes her medications, but it keeps happening. What IS the problem?*

**ANSWER:** This is a great question and presents a frustrating situation...you're probably asking yourself if you're doing such a great job... then why does she keep getting/staying/feeling/acting unwell?! What we continue to study and learn as a society, is that there are more factors that affect overall health than just medical care.



These are called social determinants of health, and direct medical care has been determined to be only about 20% of overall health. The other 80% includes socioeconomic factors (education level, job status, support, and income), physical environment (safety), and the person's own health behaviors (smoking, diet, exercise, alcohol or drug use and sexual activity). Finding and working on issues in these additional areas may greatly impact your Mom's willingness or ability to manage her health, and could make a significant difference in her quality of life (and yours as well!).

Managing chronic health issues, and helping someone else manage health issues, isn't easy. We commend you, and recognize you for what you are...a family caregiver! Please visit our award-winning Caregiver Center to chat, browse the library, collect resources, or just sit down and breathe! As you continue to work through this journey with your Mom, will you please stay in touch? We would love to hear your perspective, your thoughts, and the hope you can bring to others. 🐾

### Consider these questions when helping your Mom:

- **Does she truly understand how to take and manage her medications?** Education and level of understanding is essential when receiving information and sometimes the medical jargon used and instructions given may be beyond the understanding of the individual. Ask her specifically what she can tell you about each medication and how she is supposed take it.
- **Does she use a medication box each week so that she knows exactly what to take and when, and if she missed a dose?** Is she able to tell you what other instructions were when she left the hospital? You may find that there is some need for clarification with her doctor.
- **How does your Mom feel about where she lives?** Often older adults won't venture out if they don't feel safe, and this could be impacting her desire to walk and exercise.
- **Another factor could be the physical environment. Are the sidewalks, steps, railings, curbs, etc., smooth and maintained, or does she feel as if she may fall?** This may make her unwilling to walk outside ( see page...for Fall Prevention classes that can help with confidence and ability).
- **Is there a grocery store close enough to her to use easily, and does she have enough income to buy appropriate, healthy food?** Individuals may skimp on food in order to save money for other needs, or may not have transportation or convenient access to a grocery store.
- **Other than yourself, does your Mom have other people in her life?** A group of individuals that can come along side can be invaluable to one's health. Joining a support group, senior center, or classes where others are dealing with the same health issues, offers support for a healthy lifestyle while engaging with others and decreasing the risk of isolation.

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

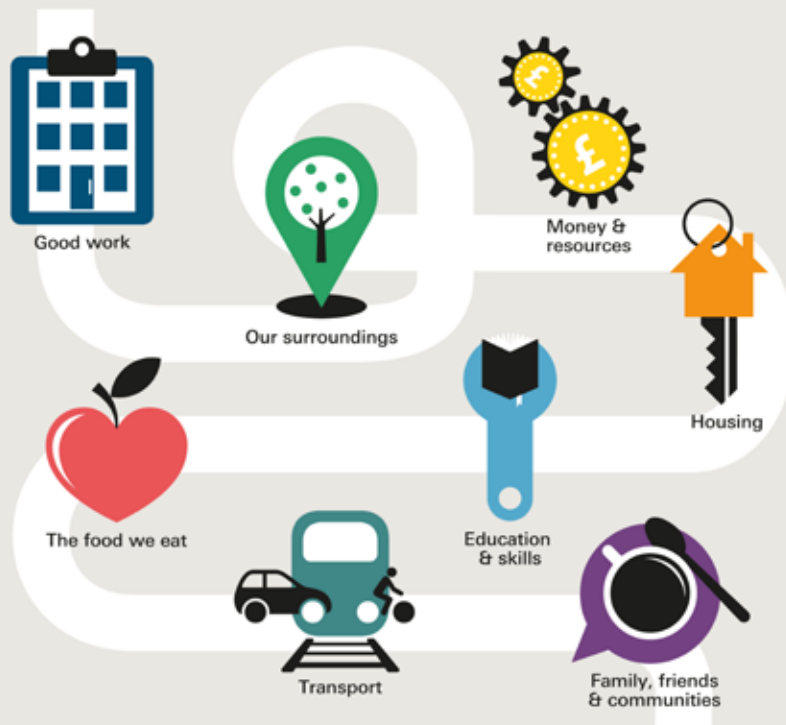


# What makes us healthy?

AS LITTLE AS

**10%** of a population's health and wellbeing is linked to access to health care.

We need to look at the bigger picture:



But the picture isn't the same for everyone.

The Camarillo Health Care District offers a wide variety of programs and services, including those that address the social determinants of health. Social determinants of health are additional factors in one's life that affect overall health and well-being, and fall outside of direct clinical care settings. The classes and services on this page address concerns such as nutrition, physical fitness, balance and exercise, transportation and access, and caregiver training and education, all of which contribute to achieving optimal health. Enjoy!

**Register today! (805) 388-1952 x100**

## Discover Mindfulness Series

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

## Home Delivered Meals

**Monday, Wednesday, Friday • 9:30-11:30am**

Provides "ready to heat" meals to home-bound residents of Camarillo and Somis, age 60 and up.

## Arthritis Foundation's® Walk with Ease-Walking Group

**October 9 - November 20 (M-W-F) 9:30-10:30am**

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. Extended one week due to holiday.

## Chronic Pain Self-Management Program (CPSMP)

**Wednesdays, October 25 - November 29 (W) 1:30-4pm**

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.

## Matter of Balance 8 week series

**October 12 - December 7 (Th) 9:30-11:30am**

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.

## Care-A-Van Transportation Services

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.

## Powerful Tools for Caregivers

**November 1 - December 6 (W) 10-11:30am**

Caring for a loved one can be overwhelming. This six week educational program is designed to help caregivers maintain their own well-being while caring for a relative or friend. Worried about care for your loved one while you are in class? Ask about free respite care.

## Ta'i Chi Chih® Barbara Freie, Accredited Instructor

**November 15 - December 6 (W) 5-6:15pm**

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 four-week series.

## Depression Screening

**November 16 (Th) 9-10am**

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.

## 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. Non-district residents include \$4.00 out-of-district fee on fee-based classes.

**Online**  
camhealth.com

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

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

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

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

## 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.  
Feb 22 (Th) 9-11am | 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. Screening is for all ages.  
Mar 9 (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.  
Feb 22 (Th) 9-11am | A | \$10 Screenings are 30 minutes.

**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

**StrokeAware Screenings** (805) 388-1952x100  
Do you know your risk for a stroke? Community Memorial Hospital staff will provide a mini stroke screening to check blood pressure and cardiac rhythm, followed by a brief exam. Educational material provided.  
Mar 12 (M) 12-3:30pm | 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

**NEW 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.  
Jan 23-Feb 27 (T) 9:30am-12:30pm | 6 week series | A | \$40

**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 The Art of Communicating with a Person with Memory Loss** (805) 388-1952x100  
Communication problems can cause distress in a person with dementia and contribute to increased stress in caregiving. This workshop is designed to teach practical communication strategies to caregivers who want to facilitate positive interactions with their loved ones. Caregivers will learn how dementia and memory loss can impair communication, and how effective communication can improve quality of life for those who give and receive care.  
Feb 20 (T) 6-7:30pm | R | \$10

**Memory Café** (800) 900-8582  
Join others affected by dementia, along with their families and caregivers, for a fun, supportive lunch gathering.  
Feb 3 (S) 11-12:30pm | 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 A Mind's Journey - Dreams** Jane Ivey, Msc.D. (805) 388-1952x100  
If you have dreams that are interesting, or just weird, join us for this interactive workshop where everyone will share their dreams and perhaps find a hidden meaning.  
Mar 19 (M) 6:30-8pm | R | \$20

**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** (805) 388-1952x100  
Mindfulness: The practice of being fully aware of your body, mind, and feelings in the present moment, without interpretation or judgement. Learn how to truly experience the happiness and joy of each day.  
Jan 18 (Th) 6:30-8pm | R | \$20

**NEW Being Present in the Now in 2018** (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.  
Feb 15 (Th) 6:30-8pm | R | \$20

**Hypnotherapy - Healing the Heart, Mind, Body & Soul** (805) 218-5793  
Hypnotherapist and Health Education Specialist Danette Banyai  
Receive help for healing anxiety, sadness, and stress. Resolve physical, emotional or mental issues.  
Private healing sessions | 1-hour | A | \$50

**NEW Mindfulness Trio: Changing & Healing Lives, One Breath at a Time** (805) 388-1952x100

### »A Beginner's Practice - From Confusion to Calm - Part 1

The short video in this class shows the immense impact of mindfulness practice for people of all ages. Learn what causes confusion and how to change that to calm. Be open to these very easy techniques that will change your life - pausing, breathing, and smiling. A guided imagery session is included with all sessions.  
Mar 20 (T) 6:30-8pm | R | \$55 for 3 part series

### »Healing and Mindfulness - Part 2

Mindfulness, with conscious breath, is the easiest and most natural way to reduce the source of stress and improve health physically, emotionally, and mentally. Be at peace for a moment. Be conscious of the moment. Live your life fully. Discover a true sense of self and purpose, with an awareness of who and what you are.  
Mar 27 (T) 6:30-8pm | R

### »Warrior Mindfulness - Part 3

Learn through mindfulness how to push the "reset button" by practicing techniques that will ease the transition and give you a break from the chaos in your life.  
Apr 5 (Th) 6:30-8pm | R

**NEW The Story of Our Dreams Continues...** Jane Ivey, Msc.D. (805) 388-1952x100  
Four-part series explores the disturbing, funny and weird dreams that fill our minds while we sleep. Join us to discuss dream interpretation in a fun interactive way. Bring your curious mind!  
Jan 29, Feb 5, Feb 26, Mar 5 (M) 6:30-8pm | R | \$40

## 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.  
Mar 19-Apr 27 (M-W-F) 10-11am | R | NC

**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.  
Feb 26-Apr 2 (M) 1:30-4pm | R | NC

**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 first step to manage ongoing health conditions, with methods to reduce fatigue, anxiety, and sleep loss.  
Jan 25-Mar 1 (Th) 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.  
Feb 22- Mar 29 (Th) 9:30-11:30am | 6 week series | R | NC

**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.

Feb 21- Mar 28 (W) 1:30-4pm | 6 week series | R | NC

**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.  
Jan 30-Mar 20 (T) 2-4pm | 8 week series | R | NC

**Stepping On** (800) 900-8582  
Facilitated by VCAAA, each session features an expert who will address ways to prevent falls. A physical therapist will provide suggestions to improve 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.  
Apr 19-May 31 (Th) 1:30-3:30pm | 8 week series | R | NC

**NEW 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!  
Jan 29-Mar 26 (M-W) 9:45-10:45am | 8 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.  
Apr 30-May 21 (M) 1:30-3:30pm | 4 week series | R | \$40



# BODY, MIND & STRENGTH

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

## NEW Aging Parents, A Houseful of Stuff & The 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.

Feb 1 (Th) 6:30-8pm | R | \$20

## NEW Adventures in Paper Art

(805) 388-1952x100

Carolyn Schlam, award-winning painter, sculptor, and author, will teach a hands-on series of classes using paper in different formats. The first class, "I am Camera", introduces students to light and shade. Session Two is devoted to a collage, where students will create images of multi-layered designs. In Session Three, students will create mosaics using paper as tiles. In the final session, students will design and create intricate mandalas.

Jan 26, Feb 2, Feb 9, Feb 16 (F) 9:30am-12pm | R | \$60 (Some materials supplied)

## NEW Asthma Update - UCLA Speaker Series

(805) 388-1952x100

Asthma is a condition in which your airways become narrow and swollen, making breathing more difficult, and triggering coughing and wheezing. May Lin Wilgus, MD, UCLA pulmonologist will give an overview of asthma symptoms, diagnosis and treatments. Learn new and emerging therapies for asthma.

Feb 26 (M) 6:30-8pm | R | NC

## NEW Biggest Threat to Men's Health

(805) 388-1952x100

Life is busy with career, personal and family obligations. "Me time" doesn't exist any longer and friendships lapse. Allowing those connections to lapse has great health consequences. Research indicates the lack of social interaction is a bigger threat to men's health than obesity, cancer or heart disease. Jesse S. Esqueda with Engage Psychological Services will discuss the health benefits of simple changes that can add years to your life.

Mar 7 (W) 6-7:30pm | R | \$10

## NEW Bone Up on Osteoporosis

(805) 388-1952x100

Osteoporosis causes bones to become weak and brittle, affecting both men and women. There are several risk factors which include age, sex, family history, body frame, smoking and medications. Sharia Cohen, MD, will discuss prevention, causes, and risk factors, as well as treatment options to prevent serious complications in the future.

Feb 21 (W) 6-7:30pm | R | \$10

## NEW Chronic Illness -

### How Friends & Family Can Really Help

(805) 388-1952x100

A diagnosis of cancer (or any major illness) can be difficult and life changing for family and friends as well as the patient. There are no set rules and everyone is different in their experience. Communicating feelings can help us to stay focused on loved ones. Cheryl Beatrice, MS, LMFT will discuss how to be supportive and practical ways to help.

Mar 8 (Th) 6-7pm | R | NC

## NEW Create Your Personal Mission Statement for Work & Life

(805) 388-1952x100

Do you know what you want to do in work and life? By establishing a personal mission statement, you create a "rudder" which brings both together in one direction and for one purpose, leaving you focused and more fulfilled. Alan Young from iCoachOnCall will provide inspiring and practical advice, interjecting humor and case histories.

Mar 28 (W) 6-7:30pm | R | \$10

## Drumming For Health

(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)

Jan 24 | Mar 28 (W) 6-7:15pm | R | \$10

## NEW Estrogen and Osteoporosis - Vitamins & Supplements

(805) 388-1952x100

Osteoporosis is a disease that weakens the bones and increases risk of unexpected fractures. Rajinder K. Rai, Pharmacist at All Med Drugs & Compounding Pharmacy will discuss prevention, who is at risk, and the role estrogen plays in bone health.

Mar 21 (W) 11am-12pm | R | NC

## NEW Everything You Should Know About Dental Implants

(805) 388-1952x100

Dr. Scholler will discuss why it is important to replace missing teeth and explain new techniques that make this procedure faster, less invasive, painless and affordable!

Feb 16 (F) 12-1pm | R | NC

## NEW Heart Disease and Varicose Veins

(805) 388-1952x100

People think varicose veins are simply a cosmetic issue, but that's not the case for those who suffer from both heart disease and varicose veins. Having both increases your risk of infections and swelling which could lead to blood clots. Dr. Shaun T. Patel from Cardiology Associates Medical Group will discuss what treatments are available and what you can do to minimize your risk. Bring your questions.

Mar 21 (W) 6-7:30pm | R | \$10

## 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 session: \$75 - 1 1/2 hr session \$95

## NEW Memory Loss - When to See a Doctor

(805) 388-1952x100

Everyone forgets things from time to time, but how do you determine when it is ordinary forgetfulness or something more serious? Behzad B. Ourmazdi, MD will discuss the difference between normal age-related forgetfulness and memory loss that could be a major disrupter to daily life. Bring your questions.

Mar 14 (W) 6-7:30pm | R | \$10

## NEW Preventing Type 2 Diabetes - UCLA Speaker Series

(805) 388-1952x100

While there is no cure for diabetes, progression from pre-diabetes to diabetes is preventable. Susan Ahern, MD, UCLA endocrinologist will highlight the evidence-based strategies that have shown to reduce the risk of developing diabetes. Learn practical ways you or loved ones can implement these strategies to prevent Type 2 diabetes.

Mar 13 (T) 6:30-8pm | 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

## safeTALK - Becoming Suicide Alert

(805) 388-1952x100

Learn four basic steps for recognizing a person with suicidal thoughts and how to connect him or her with help. safeTALK is an internationally recognized training from Living Works Education, presented by the Ventura County Office of Education. This presentation is appropriate for ages 15 and older. Participants will learn pertinent skills and how to utilize resources. A certificate of completion will be provided. Space is limited.

Feb 22 (Th) 5-8pm | R | NC

## NEW Stepping Into A Wise Life...

### The Conversation Continues

(805) 388-1952x100

Join us for Part 2 of the "Now I am Wise" series with Eileen Gold, a continuing conversation into the nature and possibility of living intentionally. This interactive session explores the power of intention. Experience the benefits of deliberately molding a meaning-filled tomorrow regardless of age or gender. (Enrollment in class #1 is not a pre-requisite) Join the conversation!

Mar 22 (Th) 5:30-7:30pm | R | \$10

## NEW Vitamins & Supplements for Senior Health

(805) 388-1952x100

The best way for the body to get vitamins and minerals is through the nutrients found naturally in foods. Are we wasting our money by taking additional vitamins? Do brand names make a difference? Are they safe? Rajinder K. Rai, pharmacist at All Med Drugs & Compounding Pharmacy, will discuss supplements and potential interactions.

Jan 24 (W) 11am-12pm | R | NC

## NEW Vegetable Gardening 101 - Master Gardener

(805) 388-1952x100

Here's your chance to learn how to select the right plants for a summer garden and about growing them in the ground or containers. Charleen Schuss, Master Gardener, will discuss soil, light and water needed to grow your own healthy vegetables as well as common gardening problems.

Mar 28 (W) 1-3:30pm | R | NC

## 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.  
Jan 31 (W) 4:30-6:00pm | R | \$10

**NEW Common Senior Scams in Ventura County** (805) 388-1952x100  
Detective Tim Lohman from Ventura County Sheriff's Department will be discussing common scams that affect older adults in our area including the Grandparent scam, the Internal Revenue Service scam, and the U.S. Justice Department scam. Bring your concerns and questions!  
Feb 1 (Th) 2-3:30pm | R | NC

**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 (800) 900-8582  
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. 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

**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.  
Mar 15 (Th) 3-4pm | May 17 (Th) 3-4pm | R | NC

**NEW Income Tax Assistance with AARP** (805) 388-1952x100  
No-cost income tax assistance for seniors with low-to-moderate income. Bring a copy of your 2016 tax return, 2017 W-2's, interest statements, and 1099's.  
Feb 7-Apr 11 (W) 12-3pm | A | NC

**NEW Save Your Money, Save Your Mind** (805) 388-1952x100  
Explore common mental traps which can sabotage your financial choices. Understand how to use mindfulness to train the mind and improve money-related behavior. Paul Norr, CFP will discuss the four mindful steps to better money management in 2018.  
Feb 13 (T) 6:30-8pm | R | \$20

## 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 Mediterranean Diet & Lifestyle** (805) 388-1952x100  
Feel better mentally and physically while reducing your risk of heart disease, high cholesterol, Alzheimer's and Parkinson's disease. Margaret Aslanian, RD will discuss the dietary do's and don'ts when incorporating this healthy eating lifestyle. The Mediterranean diet is a delicious and healthy way to eat and very easy to adapt into family meals. This is not a cooking class.  
Feb 28 (W) 6-7:30pm | R | \$25

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

**NEW Eat Like A Greek! Mediterranean Brunch...OPA!** (805) 388-1952x100  
The robust flavors of the Mediterranean diet are perfect for a heart-healthy springtime brunch. Jennifer Ersonmez will demonstrate how to put together a delicious brunch with recipes that will have your guests saying "OPA!" Generous samples will be provided.  
Mar 13 (T) 6-8pm | R | \$45 | No refunds available.

**Produce Day**  
A collaboration with FOODShare 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

## SUPPORT GROUPS

**Al-Anon Family Groups, Inc., Men's Stag Group** Dino (818) 720-146  
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)

**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

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

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

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

**Scleroderma Foundation Support Group** 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

- 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 | 4 classes \$28 | 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 improving balance and peace of mind.  
Jan 17-Mar 14 (W) 5-6:15pm | 9 week series | R | \$90  
Mar 22-May 17 (Th) 10-11:15am | 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 series.  
Mar 21-Apr 11 (W) 5-6:15pm | 4 week intermediate series | R | \$40
- 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.  
Tuesdays 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.  
Apr 23 (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.  
Jan 22 (M) 5:30-9:30pm | Apr 16 (M) 5:30-9:30pm | \$65 | Materials \$18
- NEW Earthquake Safety - What You Need to Know!** (805) 388-1952x100  
Darryl Smith, with Ventura County Sheriff's Office of Emergency Services will discuss how to make your home more secure, which preparations need to be completed, and what critical supplies will be needed.  
Feb 22 (Th) 1-2:30pm | R | NC
- First Aid & CPR for Teens & Tweens** Jose Godinez, Cert. Instr (805) 388-1952x100  
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.  
Mar 26 (M) 5:30-8pm | R | \$45 | Materials \$15 | No refunds available.

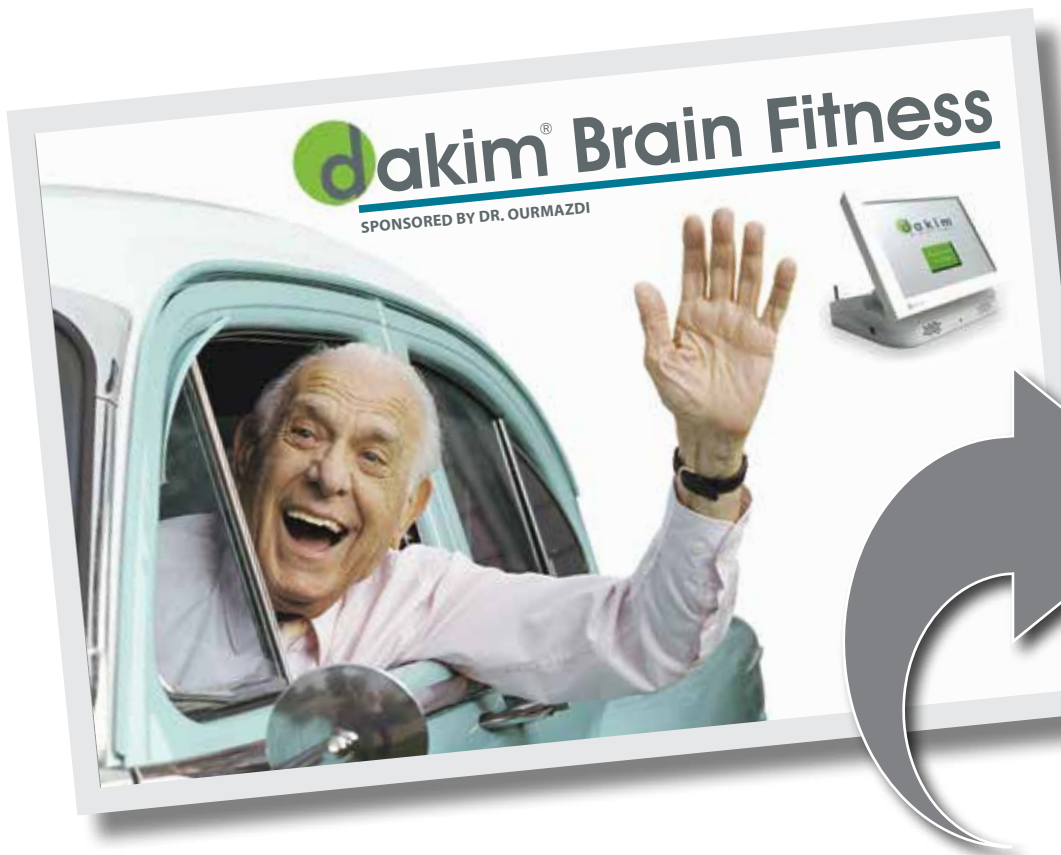
## IMPORTANT NUMBERS

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

- |  |                     |  |                     |
|--|---------------------|--|---------------------|
| <b>Adult Day Center &amp; Support Services</b> .....                 | (805) 388-1952 x111 | <b>Health Screenings</b> .....   | (805) 388-1952 x100 |
| Award-winning, person-centered day program                           |                     | Variety of screenings  |                     |
| <b>Care Management Services</b> .....                                | (800) 900-8582      | <b>Lifeline Personal Help Button</b> .....                                 | (805) 388-1952 x120 |
| Supporting well-prepared transitions from hospital to home           |                     | Enhanced safety and independence, at the touch of a button                 |                     |
| <b>Care-A-Van Transportation</b> .....                               | (805) 388-2529      | <b>Custom Care Consultations</b> .....                                     | (800) 900-8582      |
| Door-through-door non-emergency service throughout Ventura County    |                     | Create a personalized plan with vital links to community resources         |                     |
| <b>Caregiver Respite, Education &amp; Training</b> .....             | (800) 900-8582      | <b>Senior Nutrition Program</b> .....                                      | (805) 388-1952 x168 |
| Training, resources, respite and options for family caregivers       |                     | Nutrition and socialization for home-bound and active residents age 60 +   |                     |
| <b>Counseling Services – Legal, Financial, &amp; Emotional</b> ..... | (800) 900-8582      | <b>Senior Support Line</b> .....   | (800) 235-9980      |
| Confidential sessions with certified experts                         |                     | Trained volunteers provide resources and friendly conversation             |                     |
| <b>Evidence-Based Programs</b> .....                                 | (800) 900-8582      | <b>Support Groups</b> .....  | (800) 900-8582      |
| Rigorously tested programs scientifically proven to show results     |                     | Choose from a wide variety of groups available at various times of the day |                     |
| <b>Exercise Classes</b> .....  | (805) 388-1952 x100 | <b>Volunteer Opportunities</b> .....                                       | (805) 388-1952 x112 |
| Cardiovascular, strength and flexibility classes for all levels      |                     | Join the Acts of Kindness movement...give of your time and talent!         |                     |
| <b>Fall Prevention &amp; Home Modifications</b> .....                | (800) 900-8582      | <b>Wellness &amp; Caregiver Center of Ventura County</b> .....             | (800) 900-8582      |
| Home safety through resources and education                          |                     | No-cost resources for caregivers and their loved ones                      |                     |
| <b>Health Education, Promotion &amp; Advocacy Classes</b> .....      | (805) 388-1952 x100 |  |                     |
| Changing Aging through hundreds of classes offered each year         |                     |  |                     |



# Changing Aging.



## **Person-Centered Care**

9:00 am – 5:30 pm

5 days a week

(Open until 5pm on Friday.)

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

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

**Pet, Music, & Art Therapy**

## **Ourmazdi Brain Fitness**

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

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

**Health Screenings** in the Wellness Room

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

**Imaginarium** Wii, Skype and Facetime

**Transportation available**

## ASK US

About a Complimentary  
Half-Day

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

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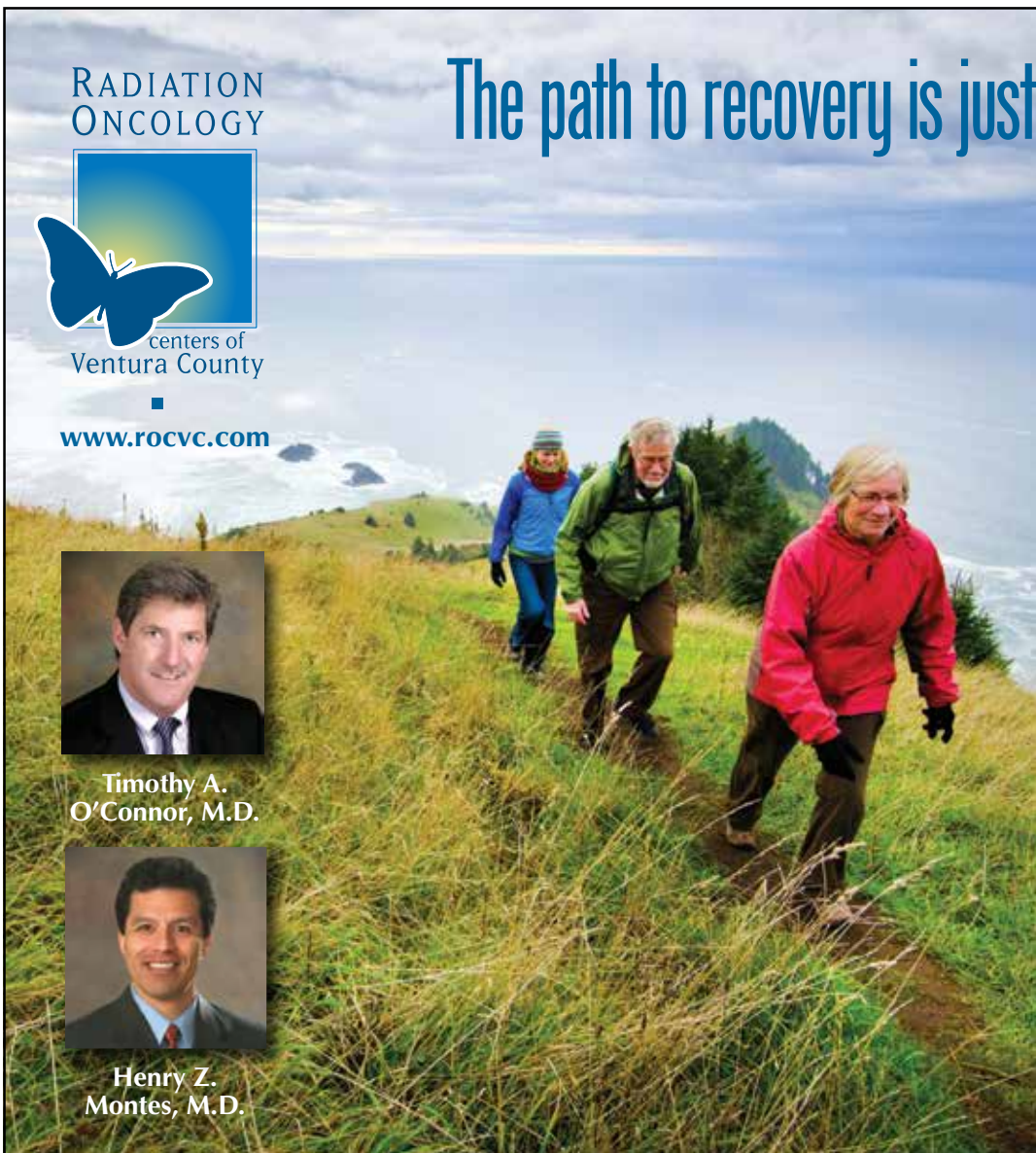
  

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# The path to recovery is just around the corner.

## 6D Robotic System for Stereotactic Body Radiotherapy is available in Ventura County!

A leader in cancer treatments, Radiation Oncology Centers of Ventura County offers some of the most advanced technologies available.

With this 6D Robotic System, Dr. O'Connor and Dr. Montes can pinpoint tumors with sub-millimeter precision and real-time tracking while protecting healthy tissue. This technology, currently used at UCLA, is available for patients in Ventura County.

Call us today - We will guide you on your path to recovery.

**CAMARILLO CENTER**  
 805-484-1919

**OXNARD CENTER**  
 805-988-2657

**Timothy A.  
 O'Connor, M.D.**



**Henry Z.  
 Montes, M.D.**