

# Healthy ATTITUDES

camhealth.com

FALL 2017

Camarillo Health Care District QUARTERLY MAGAZINE

# LIVING AN INTENTIONAL LIFE

CONNECTION | SUPPORT | PURPOSE | DIET | MOVEMENT



## INSIDE

Healthy Habits of the  
World's Longest-Lived  
Societies

Caregiving Through  
the Holidays – How to  
Make It All Work!





## Living Intentionally

Living longer is a discussion topic that requires great sensitivity. Disease, accident, environment and genetics, to mention just a few factors, all have a say in how long an individual's life might be. One life might not be considered long enough, while another life might be considered longer than anyone wants to suffer through. Perhaps we can use this foundational agreement... for as long a

life as we have, we'd like it to be as healthy, peaceful and fulfilling as possible.

This issue of the *Healthy Attitudes* magazine reflects some findings of the Blue Zones Project®, a 2004 study conducted by Dan Buettner with National Geographic and some of the world's best longevity researchers. They set out to identify geographic areas of the world where people were reaching the age of 100 at rates 10 times greater than in the United States.

They discovered nine common denominators shared by these longest-lived people, and coined them the Power 9®. Interestingly enough, five out of the nine characteristics had to do with belonging, having purpose and a sense of worth. I was particularly struck by a practice of Okinawans. They create "moias" ("meeting for a common purpose"), which are groups of five friends who commit to each other... for life. They support each other through good and bad times, illnesses, celebrations, and journeys of life. What a simple yet complicated commitment. And how very rich one is indeed to have five friends to "do" life with, whom you know you can count on, even when life seems impossibly difficult. We were somewhat relieved that the majority of the common denominators were about connecting and supporting and encouraging one another. Proper diet, exercise and overall lifestyle choices remain essential to good health, but in this study, they're concluding that perhaps food is only part of good life diet.

I hope that you'll continue reading, especially the Power 9® characteristics. The research for this edition has compelled us here to make new commitments in our lives to consciously think about those 9 concepts. Perhaps you will also, and we'd love to hear from you! Leave us a message on our Facebook page or email me anytime at [kralston@camhealth.com](mailto:kralston@camhealth.com). Here's to peace and fulfillment.

*Kara*

## IN THE NEWS

### District's Adult Day Center Selected for Johns Hopkins Research Study

The Camarillo Health Care District's Adult Day Center is one of only 30 sites selected throughout the United States to participate in the Adult Day Services Plus Initiative (ADS) project. This project is a research study spearheaded by Johns Hopkins University and the University of Minnesota, and funded in part by the National Institute on Aging. ADS is a care management program to improve the experience and capabilities of family caregivers by providing connection to resources, education about dementia, counseling, emotional support, stress reduction techniques, and skills to manage difficult behaviors. The District is honored to participate in this prestigious study.

### District Receives \$150,000 Grant

The Camarillo Health Care District is pleased to announce a \$150,000 partnership grant from Gold Coast Health Plan for an innovative program to provide support, improve access to quality health care during transitions between care settings, and thereby reduce unnecessary hospital readmissions. Patients are at increased risk for a host of potential problems when moving from one care setting to another and this program will utilize the District's Health Promotion Coaches to assist with the transition to a new care setting and provide ongoing care management support. The program also addresses the critical role of family caregivers by providing adequate and appropriate family support. Thank you, Gold Coast Health Plan... the District is excited to be a part of this innovative project!



*Tyler Sutton, a traumatic brain injury survivor, receives the "Above and Beyond" Distinguished Service Award at the Brain Injury Center's annual gala.*

### District and Brain Injury Center Create Seamless Transitions

The Camarillo Health Care District is partnering with the Brain Injury Center of Ventura County, area hospitals, and CSU-Channel Islands to provide support for individuals with traumatic brain injury or dementia, and their caregivers. The goal of the project, funded by Dignity Health St. John's Hospitals, is to create a seamless transition for individuals who are moving from acute-inpatient treatment to community living using evidence-based interventions such as medication management, caregiver support and education, health education and empowerment, and linkages to community resources. Let us know how we can help you and your family!

#### BOARD OF DIRECTORS

Rod Brown, MBA  
President  
(805) 388-1513

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

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

Mark O. Hiepler, Esq.  
Director  
(805) 988-5833

Thomas Doria, MD  
Director  
(805) 482-3232

#### STAFF

Kara Ralston  
Chief Executive Officer  
  
Sue Tatangelo  
Chief Resource Officer

Sonia Amezcua  
Chief Administrative Officer

# Testimonials



*I don't know why I didn't think of you earlier. I had such a lovely experience with your caregiver course and day care center for my husband. Thank you for being such a comprehensive and quality driven service.*

—“Tools For Caregiving” Series participant  
& spouse of Adult Day Program participant

*My husband enjoys going to the [club] so much. It's so bright and cheerful and so is the caring staff. Thank you all!*

—Spouse of Adult Day Program participant

*I was recently house sitting and watching over one of your adult day care attendees. She loves the daily interaction and positive people who work there. Wish we had taken my father there during his final years. It is a positive social gathering for people of similar (experiences) with a nice variety of activities to make the day memorable. Thanks for all you do.*

—Caregiver for Adult Day Program participant

*You were all sweet and kind to John. Thank you so much for making his time there a great experience for both of us.*

—Spouse of Adult Day Program participant

## 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



### ON THE COVER

The Blue Zones Project® identified 9 evidence-based common denominators contributing to longer lives.

## contents



2

The Longest-Lived  
People on Earth

5

Blue Zones®



6

Giving A Holiday  
Gift To Yourself

7

Yule Love This



8

Mindfulness  
Family Care

9

Advocacy  
Evidence-Based Programs

10

Body, Mind & Strength

11

Screenings  
Nutrition  
Support Groups

12

Fitness  
Safety & First Aid  
Important Numbers



# The Longest-Lived People On Earth

It is the age-old question...

What is the secret to a long, healthy life?

From the moment we enter the world, we start working to live a long life. Yet we make daily choices that seem to fly directly in the face of everything that contributes to a long life. We overeat, under-exercise, and incorrectly prioritize the many aspects of our lives.

## Blue Zones®

It turns out that there are some areas of the world where communities have mastered the balancing act of lifestyle choices and as a result, live long, healthy lives. These longevity-rich populations were discovered when journalist Dan Buettner and a team of demographers and researchers from National Geographic traveled the world to determine where the longest-lived people were residing. They eventually narrowed their observations down to five locations where people were either reaching age 100 at extraordinary rates, maintaining a high life expectancy, or had the lowest rate of middle age mortality (National Geographic, 2015). These "longevity hotspots" were dubbed "Blue Zones®".



The Camarillo Health Care District continues its commitment to "Changing Aging", by developing programs and services that promote longevity, encourage a thriving, happy existence, and create optimal health choices.

## Power 9®

Buettner's assembled team of medical researchers, anthropologists, demographers, and epidemiologists then searched for evidence-based common denominators among all the places, and found nine. Those were coined the "Power 9®", and in the original five Blue Zones, the people intentionally incorporated the Power 9® into the very fabric of their daily lives. As you read through the Power 9®, keep track of your life choices and visit our Facebook page to tell us how you're doing! [www.facebook.com/CamarilloHealthCareDistrict/](http://www.facebook.com/CamarilloHealthCareDistrict/).



# Power 9<sup>®</sup> 1 Move Naturally

The world's longest-lived people don't pump iron, run marathons or join gyms. Instead, they live in environments that constantly nudge them into moving without thinking about it. They grow gardens and don't have mechanical conveniences for house and yard work.

## 2 Purpose

Okinawans call it "Ikigai" and Nicoyans call it "plan de vida," for both it translates to "why I wake up in the morning." Knowing your sense of purpose is worth up to seven years of extra life expectancy.

## 3 Down Shift

Even people in the Blue Zones experience stress. Stress leads to chronic inflammation, associated with every major age-related disease. What the world's longest-lived people have that we don't are routines to shed that stress. Okinawans take a few moments each day to remember their ancestors, Adventists pray, Ikarians take a nap and Sardinians do happy hour.

## 4 80% Rule

"Hara hachi bu" – the Okinawan, 2500-year old Confucian mantra said before meals reminds them to stop eating when their stomachs are 80 percent full. The 20% gap between not being hungry and feeling full could be the difference between losing weight or gaining it. People in the Blue Zones eat their smallest meal in the late afternoon or early evening and then they don't eat any more the rest of the day.

## 5 Plant Slant

Beans, including fava, black, soy and lentils, are the cornerstone of most centenarian diets. Meat—mostly pork—is eaten on average only five times per month. Serving sizes are 3-4 oz., about the size of deck of cards.

## 6 Wine @ 5

People in all Blue Zones (except Adventists) drink alcohol moderately and regularly. Moderate drinkers outlive non-drinkers. The trick is to drink 1-2 glasses per day (preferably Sardinian Cannonau wine), with friends and/or with food. And no, you can't save up all weekend and have 14 drinks on Saturday.

## 7 Belong

All but five of the 263 centenarians we interviewed belonged to some faith-based community. Denomination doesn't seem to matter. Research shows that attending faith-based services four times per month will add 4-14 years of life expectancy.

## 8 Loved Ones First

Successful centenarians in the Blue Zones put their families first. This means keeping aging parents and grandparents nearby or in the home (It lowers disease and mortality rates of children in the home too.). They commit to a life partner (which can add up to 3 years of life expectancy) and invest in their children with time and love (they'll be more likely to care for you when the time comes).

## 9 Right Tribe

The world's longest lived people chose, or were born into, social circles that supported healthy behaviors, Okinawans created "moais", or groups of five friends that committed to each other for life. Research from the Framingham Studies shows that smoking, obesity, happiness, and even loneliness are contagious. So the social networks of long-lived people have favorably shaped their health behaviors.

The Power 9<sup>®</sup> has been reprinted with permission from Blue Zones, LLC.



# Blue Zones®

## Loma Linda CALIFORNIA

## Sardini ITALY

### Seventh-Day Adventists Loma Linda, California:

This small town shows up on the Blue Zones list due to a predominant lifestyle embraced by a high concentration of Adventists, who live 10 years longer than their other North American counterparts. The Adventists' 24-hour Sabbath provides a time to focus on family, God, camaraderie, and nature. Adventists claim this relieves stress, strengthens social networks, and provides an opportunity to get consistent exercise.

**Nicoya Peninsula, Costa Rica:** Contains the world's lowest rates of middle-age mortality. This could be the result of Nicoyans placing importance on a "plan de vida" – or "purpose for one's life". Nicoyans spend much time with family and neighbors, and emphasize laughing and storytelling as a means of reducing stress. They also consume low-calorie diets, having just a light meal early in the evening for dinner.

## Nicoya COSTA RICA

### Barbagia region of Sardinia, Italy:

Contains the highest concentration of male centenarians. Cannonau wine, which has two to three times the level of artery-scrubbing flavonoids as other wines, is thought to be partly responsible for the widespread longevity, and may play a role in reducing stress. Another contributing factor to the Sardinian's health is the M26 genetic marker, which is associated with significant longevity. Due to the topography of the region, the Sardinian population has remained relatively isolated, keeping the genetic makeup of its residents undiluted.

## Longevity in Ventura County

A recent report by Ventura County Public Health suggests that we are a community already doing pretty well on longevity. The national average for longevity life expectancy is 78.8 years, while Ventura County residents can expect to live 82 years. And women in Ventura County tend to outlive their male counterparts by 4.2 years on average.

(Ventura County Public Health; vchca.org)

## District Program and Services in All

### Move Naturally

**Arthritis Foundation's "Walk With Ease" Program:** Participants create customized walking plans to boost energy, form a support network, and keep muscles and joints strong.

**Fitness Classes:** The District offers a variety of fitness classes for all ability levels to promote strength, flexibility, and endurance, including Jazzercise, Seated and Standing Ta'I Chi Chih, Drumming for Health, and yoga.

### Know Your Purpose

**Mindfulness Classes:** Mindfulness is a meditation practice that trains the mind to be in the present – an activity that researchers believe may lead to a more healthy, agile brain. (mindful.com)

### Down Shift

**Yoga:** Weekly yoga classes at the District promote the many proven benefits of the practice – including a few that are perhaps lesser-known contributors to good health, such as increased bone health, improved blood flow, regulation of adrenal glands, boosted immune system functionality, and improved sleep.

**Massage:** Many health benefits are associated with massage. Licensed therapists are available at the District and specialize in various forms of therapeutic massage including Swedish, Deep Tissue, Rehabilitative, Pregnancy and Lymphatic.



## Ikaria GREECE

**Ikaria, Greece:** Ikarians are almost entirely free of dementia and some of the other chronic diseases common in America. One in three Ikarians live into their 90s. Ikarians consume wild greens called “horta” that are incorporated into everything from pie to salad. Horta have very few calories, are rich in antioxidants and a source of omega-3 fatty acids.

## Okinawa Japan

**Okinawa, Japan:** Okinawan females over 70 are the longest-lived population in the world. This may be linked to the Okinawan tradition of forming maais (pronounced “mo-eyes”), secure social networks that act as lifelong safety nets, offering financial and emotional support during life’s more challenging times. Homes contain very little furniture, and people take their meals and relax on tatami mats on the floor. Getting up and down from the floor multiple times a day helps older people maintain strength and balance, which can help prevent dangerous falls. Older Okinawans are also active gardeners and walkers.

Source: Blue Zones: Lessons For Living Longer From The People Who’ve Lived The Longest by Dan Buettner, Copyright 2008, all rights reserved.

## Can we bring these longevity-inspiring elements here...to Ventura County?

It requires specific, intentional change, and changing is hard...but not impossible! Will you join us in committing to change just one of the Power 9® elements this year? And please let us know how you’re doing!

We invite you to visit us and see the efforts we are making to encourage long and happy lives.

## Alignment With Blue Zones® Principles

### Plant-based Diet

**Senior Nutrition:** The District’s Senior Nutrition program includes a monthly community meal for residents age 60+, a home-delivered meals program for the home-bound, and a monthly collaboration with FOODShare of Ventura County to bring fresh, no-cost produce to our community.

### Family First

**Caregiving Services:** The District operates the Wellness & Caregiver Center of Ventura County, which serves as a sanctuary for people who have a loved one with a health condition that requires regular care from a family member or professional caregiver. The Center provides consultation with licensed social workers, a resource library, weekly support groups, and one-on-one coaching through the Rosalynn Carter Institute’s REACH program.

**Care Management:** Our Health Promotion Coaches work with individuals who have a health issue that requires long-term services and supports to address all areas of a person’s life – such as home safety modifications, medication management, nutrition, transportation, and more.

**Adult Day Program:** Our state-licensed, award-winning program provides a safe, engaging environment for individuals with dementia or other health issue to socialize and participate in activities that encourage cognitive function, while providing caregivers a respite break.

### Have a Tribe

**Memory Café:** A social gathering for individuals with memory loss and their families and caregivers to enjoy an outing and form support networks.

**Support Groups:** The District offers many support groups to facilitate connection between individuals experiencing similar health issues, including Parkinson’s disease, stroke, pain management, and COPD.



# askus

## Giving A Holiday Gift To Yourself



**By Mary Ann Ratto, CSA**

Director, Adult Day Center  
maryannr@camhealth.com  
(805) 388-1952 ext 111

*I'm a caregiver for my mother-in-law and I'm concerned about being able to have our holiday traditions. How can I enjoy this time of year, when it only seems overwhelming?*

**ANSWER:** It is not uncommon for caregivers to find themselves dreading the holidays. Knowing that you can't do everything is the first step...knowing what you can do is the next step.

Your role in your household took on a whole new dimension with the addition of caring for your mother-in-law. We understand that caregiving is difficult, but what if we add that it's also a little surreal, creating what feels like an "outside in, downside up, backward" world? In this unfamiliar setting, caregivers are asked to focus on themselves, and are asked to receive more than they give. Both of which go against what the heart feels...especially during the holidays!



### Common signs of caregiver burnout

- You're constantly exhausted, even after sleeping or taking a break
- You neglect your own needs, either because you're too busy or you don't care anymore
- You have trouble relaxing, even when help is available
- You're increasingly impatient and irritable with the person you're caring for
- You feel helpless and hopeless

[www.helpguide.org](http://www.helpguide.org)

The following ideas aren't necessarily new, but they may be new for you and your family:

✳ **Become familiar with the signs of stress and burnout.** Some signs include lack of energy, depression, fatigue and anger. The District's Caregiver Center provides professional staff trained in recognizing the vast issues around caregiving, who are available to speak to you, either in your home, on the phone or at the Caregiver Center, in a confidential setting. Please call Samantha Carnell, MSW or email her at [samanthac@camhealth.com](mailto:samanthac@camhealth.com).

✳ **Keep your own self-care at the top of the list.** Seriously! Stress of caregiving, if left unaddressed, can result in serious health implications for the caregiver. Skipping medical appointments and medications can cause life-changing health issues for caregivers.

✳ **For the holidays, focus on what is most meaningful.**

- Would it be more meaningful to spend unfrazzled time together, rather than take the now more difficult family road trip? Ask family to come to your house...and maybe also ask them to be prepared to stay at a hotel!
- Will it be more meaningful to enjoy the traditional holiday cookies, rather than the stress of being the one to bake them? Ask family to choose/assign the next cookie expert (even if it's not perfect it's still a yummy cookie!).
- Maybe what will be most meaningful for you this year will be just your immediate family. There is nothing wrong with an explanatory message about how you would like to spend your holiday season. You might be surprised by the support and encouragement you receive.
- Perhaps select one or two social events. Your friends will understand that the last-minute get-togethers are more difficult for you now.

✳ **Ask for help for yourself.** Perhaps a list of what you need... errands, run to the post office, help you go to a medical appointment, clean the house...is exactly what your friends and family are waiting for. You might also take advantage of paid care for your loved one, including using individual caregivers, adult day centers or respite care programs that can create free time for holiday activities.

✳ **Start new traditions.** Traditions are comforting, sentimental, and fun. No one wants the situation to be what it is, but there is no denying the health journey you and your family are on. If you can't attend a gathering, consider using video chat technology. Rather than a road trip, consider an event local to you. Rather than cooking the traditional meal, consider ordering out or asking family to bring a meal to you.


No one wants these circumstances, but there are ways and resources to help make it more supportive and a little easier. Your situation is unique to you and your family and we can offer you a different perspective. We're here for you. 🐾

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



# *Yule*

## LOVE THIS!



The holiday season is around the corner! Here is a list of District activities that aim to support a festive, organized, stress-free experience during this eventful time of year so you may enjoy family traditions, time spent with loved ones, and all that brings joy to your life.

### **Babysitting For the Holidays!**

**Monday, October 23 • 5-6:30pm**

Teens and tweens can 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.

### **Now I am Wise: A New Conversation on Aging**

**Thursday, October 26 • 5:30-7pm**

Eileen Gold, M.A., will discuss the importance of honoring the aging process and embracing the beauty of slowing down. This shift in perception can be liberating, life-affirming, and help individuals understand that aging can be joyous and full of good things.

### **Food Gifts for the Holidays!**

**Wednesday, November 1 • 6:30-8pm**

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

### **Simply Organizing with Tracy**

**Thursday, November 2 • 1:30-3pm**

This workshop is designed to transform cluttered areas of your home into relaxing, peaceful living spaces. Professional organizer Tracy Bowers will discuss tips and tricks to stay organized, giving you peace of mind, less stress, and more free time.

### **Staying Balanced & Connected Through the Holidays**

**Thursday, November 16 • 6:30-8pm**

The busy holiday season often brings stress and anxiety, disconnecting us from the joy of festivities. Practice mindfulness to achieve appreciation for each moment and a calm, attentive approach to the holiday season

### **Aging Parents, A Houseful of Stuff & The Kids Who Don't Want It**

**Thursday, February 1 • 6:30-8pm**

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.

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



## CLASSES

## HOW TO REGISTER



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

**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.

## MINDFULNESS

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

### 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

### Discover Mindfulness Series Danette Banyai (805) 388-1952x10

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

### EW 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 Me, Worry? Mindfulness Can Quiet the Mind (805) 388-1952x100

Are you a worrier? Mindfulness can help ease confusion and chaos produced by the brain. Practice quieting the mind by paying attention to and accepting thoughts, whether they are positive or negative, and savor the present moment.

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

### NEW Staying Balanced & Connected Through the Holidays (805) 388-1952x100

The busy holiday season often brings stress and anxiety, disconnecting us from the joy of festivities. Practice mindfulness to achieve appreciation for each moment and a calm, attentive approach to the holiday season

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

### NEW The Stories of Our Dreams Jane Ivey, Msc.D. (805) 388-1952x100

Dreams are stories the mind creates while sleeping - they can be funny, disturbing or just plain weird! The most vivid dreams occur during REM (rapid eye movement) sleep, when our brains are the most active. Join us for this three-part workshop to discuss dream interpretation in a fun, interactive way. Bring your curious mind!

Oct 30 | Nov 6 | Nov 13 (M) 6:30-8pm | R | \$30

## FAMILY CAREGIVERS

### Adult Day Center (805) 388-1952x111

Enjoy a complimentary half-day at our state-licensed, award-winning Adult Day Center that offers support, comfort and activity 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

### 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)

### Memory Café (800) 900-8582

Join others affected by dementia, along with their families and caregivers, for a fun, supportive lunch gathering.

Oct 28 (S) 11-12:30pm | Registration required | NC | Adults only

### NEW Powerful Tools for Caregivers (805) 388-1952x100

Caring for a loved one can be overwhelming. This 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.

Nov 1-Dec 6 (W) 10-11:30am | 6 week series | A | \$40

### 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.



## 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) 4-6pm | R | \$10

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

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

**Health Insurance Counseling & Advocacy Program (HICAP)** (805) 388-1952x100  
Trained counselors offer objective information and provide assistance for Medicare eligible individuals. Assistance available for Supplemental Medigap, Medicare Advantage, Prescription Drug Benefits, and Long Term Care Insurance. One on one counseling provided.  
Will resume January 2018

**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 27 (F) 10am-2pm | Nov 3 (F) 10am-2pm | Nov 17 (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.  
Oct 12 (Th) 3-4pm | R | NC

**NEW Medicare Changes for 2018** (805) 388-1952x100  
Health Insurance Counseling and Advocacy Program (HICAP) community educators will discuss changes to Medicare in 2018. Learn how to save money on healthcare and avoid late-enrollment fees.  
Oct 6 (F) 1:30-3pm | R | NC

**NEW Someone Died! What Now?** Christopher P. Young, Attorney (805) 388-1952x100  
Dealing with the death of a loved one is not only emotionally difficult, it's stressful sorting out someone's affairs after he or she has passed. Not knowing how to navigate this process can become an additional burden. Learn about estate administration, California law, what happens in the absence of a will or trust, and what steps can be taken to alleviate the burden for loved ones left behind.  
Nov 8 (W) 6-7:30pm | R | \$10

**NEW Veterans Benefits Presentation** (805) 388-1952x100  
Learn about veterans 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.  
Nov 8 (W) 2-3:30pm | R | NC

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

## 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. Extended one week due to holiday.  
Oct 9-Nov 20 (M-W-F) 9:30-10:30am | 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.  
Oct 25-Nov 29 (W) 1:30-4pm | R | \$40

**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 your first step to manage ongoing health conditions, with easy methods to reduce fatigue, anxiety, and sleep loss.  
Oct 24-Nov 28 (T) 9:30am-12pm | 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.  
Nov 13- Dec 18 (M) 1:30-3:30pm | 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.  
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.  
Oct 12-Dec 7 (Th) 9:30-11:30am | 8 week series | R | NC

**NEW Powerful Tools for Caregivers** (805) 388-1952x100  
Caring for a loved one can be overwhelming. This 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.  
Nov 1-Dec 6 (W) 10-11:30am | 6 week series | A | \$40

**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.  
Oct 11-Nov 1 (W) 10am-12pm | 4 week series | R | \$40



# BODY, MIND & STRENGTH

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

## NEW Advances in Radiation Therapy (805) 388-1952x100

Oncologist Dr. Jonathan Abelson with Coastal Radiation Oncology Medical Group will discuss radiation therapy advances for prostate, lung and breast cancer. New technology and paradigms have made treatment more effective, safe and convenient.  
Oct 19 (Th) 6-7pm | R | \$10

## 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 Schlamm, award-winning painter, sculptor, and author, will teach a hands-on series of exercises using paper in different formats. The first class, "I am Camera", introduces students to light and shade. Session Two is devoted to paper 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, 9, 16 (F) 9:30am-12pm | R | \$60 (Some materials supplied)

## NEW Allergy Health - Vitamins & Supplements (805) 388-1952x100

Seasonal allergy and sinus problems can be debilitating for some people, and many available remedies can leave someone feeling either wired or listless. Rajinder K. Rai, pharmacist at All Med Drugs & Compounding Pharmacy, will discuss options for finding the best relief.

Dec 13 (W) 11am-12pm | R | NC

## NEW Cholesterol Health & Vitamin Supplements (805) 388-1952x100

Dietary supplements claiming to lower cholesterol abound. What really works? Rajinder K. Rai, pharmacist at All Med Drugs & Compounding Pharmacy will discuss various cholesterol medications and potential interactions. Bring old prescriptions for safe disposal.  
Oct 19 (Th) 11am-12pm | R | NC

## NEW Diagnosis Cancer: Challenges for Friends & Family (805) 388-1952x100

A cancer diagnosis affects not only the patient, but also family members and friends. Fear of the unknown may prevent patients and family from engaging in clear, open communication. Cheryl Beatrice, MS, LMFT will explore the most common challenges.  
Oct 9 (M) 6-7pm | R | NC

## 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)  
Oct 25 | Dec 27 (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. Pacific Neuroscience Medical Group Neurologist Dr. Sutton will discuss the combination of warning signs, treatment options, and how early detection and treatment can help reduce complications.  
Nov 9 (Th) 6-7:30pm | R | \$10

## NEW Food For Thought = Energy for Life (805) 388-1952x100

Holistic Health Coach, Karen Choske-Anderson will explain how to regain energy and vitality in this four-part series. | R | \$45 for series

### Workshop # 1 Nov 8 (W) 6:30-8pm

The presentation will examine digestion, energy from foods, and what the Blue Zones diets and lifestyles can teach us.

### Workshop # 2 Nov 15 (W) 6:30-8pm

Enjoy the holidays with vigor rather than exhaustion. Discussion will focus on how stress and sugar affect bodily functions and digestion. Karen will share useful tips and Blue Zones-type recipes to enhance vitality.

## Workshop #3 Nov 29 (W) 6:30-8pm

Prepare for the upcoming holidays by modifying lifestyle choices. Learn to identify foods that provide energy to thrive.

## Workshop # 4 Dec 6 (W) 6:30-8pm

Learn to preplan high energy snacks to help maintain your health and boost your energy. Recipes included.

## NEW Headache, Migraine & Aneurysm (805) 388-1952x100

Five to ten percent of individuals may have an aneurysm, yet have no obvious symptoms. Pacific Neuroscience Medical Group Neurologist Dr. Sutton will discuss the difference between a headache, migraine, and aneurysm. Learn who may be at risk, what treatments are available, and when to seek medical advice.

Oct 12 (Th) 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, Saturdays | A | 1 hr session: \$75 - 1 1/2 hr session \$95

## NEW Now I am Wise: A New Conversation on Aging (805) 388-1952x100

Eileen Gold, M.A., will discuss the importance of honoring the aging process and embracing the beauty of slowing down. This shift in perception can be liberating, life-affirming, and help individuals understand that aging can be joyous and full of good things.

Oct 26 (Th) 5:30-7pm | R | \$10

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

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

First Wednesday of each month | 10am-1:30pm | 1/2-hr sess: \$25 | 1 hr sess: \$45

## NEW Simply Organizing with Tracy (805) 388-1952x100

This workshop is designed to transform cluttered areas of your home into relaxing, peaceful living spaces. Professional organizer Tracy Bowers will discuss tips and tricks to stay organized, giving you peace of mind, less stress, and more free time.

Nov 2 (Th) 1:30-3pm | R | \$20

## NEW 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 up with a signed parent permission form. Participants will learn pertinent skills and how to utilize resources. A certificate of completion will be provided.

Oct 27 (F) 9am-12pm | R | NC

## NEW Vitamins & Supplements for Senior Health (805) 388-1952x100

Supplement ads promise to make you feel great and live a longer, healthier life, but are they safe? 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? Rajinder K. Rai, pharmacist at All Med Drugs & Compounding Pharmacy, will discuss different types of supplements and potential interactions.

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

## NEW Vitamins & Supplements for Arthritis (805) 388-1952x100

Are you considering taking a vitamin or supplement to treat arthritis? With so many choices on the market, are any proven to be effective? Rajinder K. Rai, pharmacist at All Med Drugs & Compounding Pharmacy, will discuss various arthritis medications and their potential side effects and interactions. Bring old prescriptions for safe disposal.

Nov 16 (Th) 11am-12pm | R | NC

## NEW What Does Your Handwriting Say About You? (805) 388-1952x100

What does your handwriting reveal about you? Linda Miller, Ch.T., a certified handwriting expert, will discuss how to discover personality traits, emotions and thoughts by examining handwriting. Learn the basic tools that experts use to analyze cursive writing.

Nov 8, 15 (W) 6-7pm | R | \$40



## 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.

Nov 16 (Th) 9-10am | 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.

Nov 3 (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.

Nov 16 (Th) 9-10am | 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

**Memory Screening Day at the District**

(805) 388-1952x100

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

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

Dec 6 (W) 3:30-5pm | 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.

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

## 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 food gifts to share with friends and family this holiday season. Generous samples provided.

Nov 1 (W) 6:30-8pm | R | \$45

**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 Mediterranean Cooking - Living Longer & Better**

(805) 388-1952x100

If you are looking for a heart-healthy diet with an amazing splash of flavor the Mediterranean diet might be a wise choice! It's been shown to cut a person's risk of heart attack and stroke by 30%. Jennifer Ersonmez will demonstrate how to cook a delicious meal everyone in the family will enjoy! Generous samples will be provided.

Nov 2 (Th) 6:30-8:30pm | R | \$45

**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

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

## SUPPORT GROUPS

**Al-Anon Family Groups, Inc., Men's Stag Group**

Dino (818) 720-1462

Monday | 7-8:15pm

**Al-Anon Fourth STEP Study Group**

Larry (805) 844-2079

Wednesday | 7-8pm

**Al-Anon: How It Works**

Shirley (805) 824-7291

Tuesday | 7:15-8:15pm

**Al-Anon Study Group**

Peter (805) 665-8382

Thursday | 7-8:15pm

**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 \$2 | 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 a variety of current upbeat music.  
Mon & Thu 5:45-6:45pm | Saturday 8:15-9:15am | R  
Single class \$8 | 5 classes \$30 | 10 class \$50 | Tickets expire 30 days from purchase

- 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 four-week series.  
Nov 15-Dec 6 (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.  
Tue 9-10am | single class \$10 | 10 classes \$80 | R

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

## SAFETY & FIRST AID

- Babysitting For the Holidays!** (805) 388-1952x100  
Teens and tweens can 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.  
Oct 23 (M) 5-6:30pm | R | \$25
- 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.  
Nov 13 (M) 5:30-9:30pm | Jan 22 (M) 5:30-9:30pm | \$65 | 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.  
Dec 11 (M) 5:30-8pm | R | \$45 | Materials \$15

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

CAMARILLO  
HEALTH  
CARE  
DISTRICT



For your health & wellness

*Serving Ventura County since 1969*

3639 E. Las Posas Road, Suite 117

Camarillo, CA 93010

**(805) 388-1952**

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

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

## Scholarships Available

Transportation included • Offer valid while funds are available

## Take a Tour Today!

**(805) 388-1952, ext. 111**

AWARD-WINNING. INNOVATIVE. TRANSFORMING.

# Season of Giving

SAVE UP TO

**\$70**

with **FREE**  
**ACTIVATION**

*This holiday season choose  
the gift with lasting value.*

PHILIPS

**Lifeline**

OF VENTURA COUNTY

\$0 - No long-term contract!

\$0 - No equipment to buy!

Not valid with other promotions or offers.  
Coupon Expires: 2/28/2017



**CALL NOW**

to take advantage of this  
**LIMITED TIME OFFER**

**805-388-1952**

**ext. 120**

 CAMARILLO HEALTH CARE DISTRICT

CAMARILLO  
HEALTH  
CARE  
DISTRICT



For your health & wellness  
3639 E. Las Posas Road, Suite 117  
Camarillo, CA 93010  
camhealth.com



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

LEADING THE WAY IN VENTURA COUNTY SINCE 1979.

RADIATION  
ONCOLOGY



## Put Breast Cancer Behind You.

If you or a loved one has breast cancer, it's reassuring to know that you're receiving the absolute best care and technology. Our Integrated Breast Program includes a team of specialists that helps you step by step through the entire treatment of care. For the most precise radiation treatment available in Ventura County, call us today.

Let us help you  
put cancer where  
it belongs –  
behind you.



Our new 6-D Robotic System, currently used at UCLA,  
is now available in Ventura County.



Timothy A.  
O'Connor, M.D.



Henry Z.  
Montes, M.D.

[www.rocvc.com](http://www.rocvc.com) ■ *Se habla Español.*

OXNARD CENTER 805-988-2657 ■ CAMARILLO CENTER 805-484-1919