

CAMARILLO
HEALTH CARE
DISTRICT
11

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Camarillo Health Care District QUARTERLY MAGAZINE



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A MESSAGE FROM

JANE ROZANSKI, CHIEF EXECUTIVE OFFICER



JANE ROZANSKI
Chief Executive Officer
Commissioner,
California Commission
on Aging

Mahatma Gandhi:
"The difference between what we do and what we are capable of doing would suffice to solve most of the world's problems."

It is time to rebrand aging as *longevity*.

The time is now to improve the perception and reality of growing older. To advance this bold sociological movement, one in which we hope everyone participates, the Camarillo Health Care District intends to dedicate our resources wholeheartedly.

Let's change current preconceptions of aging from simply the stage of life when we grow old, to the stage when we experience longevity. Whereas aging is passive -- something that happens to us -- longevity is a life-affirming accomplishment. Longevity, literally, defines a healthy and purposeful long-life experience.

I can hear some folks reciting Shakespeare, "a rose by any other name ..." But we believe that rethinking something as simple as a word choice can profoundly influence a dramatic shift in public opinion and behavior.

Our state of physical and mental health practically affects how well we age, of course. So do our circumstances such as independence, socialization, relationships, nutrition, mobility and supportive care. Even our self-perception and the attitudes of those around us contribute to how we accept growing older.

I extend a very, very special thank you and recognition to our long-time community partner, Toshi Kuge, for her years of partnership in providing hair care service to our Adult Day Clients.

We humbly believe the District is a beacon of hope. We embrace growing older by promoting wellness and mindfulness, and nurturing the body and soul.

Along with our Building Hope Adult Day Center and complementing caregiver support, we also provide transportation services; counseling services; fall alert and prevention programs; case management services; transition to home programs; chronic pain and disease management; evidence-based health programs; immunizations and screenings; legal and healthcare advocacy; exercise, strengthening and relaxation services; brain and memory; nutrition education, and so much more.

Our goal to rebrand aging requires reaching beyond District walls. We will use public forums and media to show, from the inside out, that longevity is a dignified, meaningful accomplishment. And further, that today's older adults are role models and pioneers for future generations.

With Gratitude,
Jane

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Get Well. Stay Well. Live Well.

Chief HR Officer Receives International Credential

Sonia Amezcua, Chief Human Resources Officer at the Camarillo Health Care District, has received her Certified Professional Credential from the International Public Management Association. Ms. Amezcua, one of only 22 individuals to receive this designation in Ventura County, has successfully met the professional curriculum standards and examination set by IPMA, which focuses on excellence in public sector human resources, and is a designation that symbolizes expertise in her field. In addition to this certification, she holds a Master’s degree in Public Policy and Administration from California Lutheran University, and a Bachelor’s degree in Business Administration from CSUCI. Congratulations, Sonia!

Flexible and Extended Hours Offered in Adult Day Center

It is with great excitement that the Camarillo Health Care District announces flexible scheduling and extended hours available in the Building Hope Adult Day Center (Center). In keeping with the innovative person-centered care philosophy, the Center is open from 9:00am to 5:30pm. Additionally, the Center offers half-days in the morning or afternoon for your scheduling convenience, and a variety of options for multiple days of the week. We’re here for you, and we look forward to meeting you! For more information, please call Mary Ann Ratto, Director, at (805) 388-1952 ext. 111, or email her at maryannr@camhealth.com.

Licensed Counseling Services Available

The Camarillo Health Care District is pleased to offer goal-oriented, short-term counseling. “The counseling program is intended to help individuals who are taking on new roles, leaving behind other roles, or seeking ways to improve their relationships,” says Martha Shapiro, LCSW, Wellness and Caregiver Center Director. Counseling, and the exercise of working through issues with trained professionals, is a proven method of improving quality of life and relationships, including the “new” relationships that arise during family aging and caregiver situations. All sessions are confidential. Please call 800-900-8582 for session availability, fees, and for more information.

ON THE COVER

Nathan Ratto, 4, poses on a police motorcycle as part of the “*Generation Us*” program (page 4) while the Camarillo Police Department hosts an All-American BBQ as part of the “*Chef du Jour*” program (page 2) at the Building Hope Adult Day Center.

Photo Credit: VERONICA SLAVIN/Veronica Slavin Photography

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Chef du Jour



prepare a meal, and it's been wonderful to see how they are greeted each month," says Adult Day Center Director, Mary Ann Ratto.

The **Camarillo Police Department** hosted an American-style BBQ with grilled hamburgers, hotdogs, and potato salad. Deputies and officers from the agency also gave tours of squad cars and motorcycles. "It was a real honor having these men and women in uniforms come over and serve us food," says one participant. The event's organizer, Sgt. Greg Sharp, says that this type of community service gives them a chance to give back to community members who have done so much to make Camarillo such a wonderful place to live and work.

And comfort food was on the menu again as **Camarillo Healthcare Center** staff donned aprons and whipped up pot roast, green beans, and potatoes. Later they showed off their baking skills as they demonstrated the steps for preparing mini-cherry tarts with whipped cream.

Would you ever reveal your special, and top secret, recipe?! Well, Executive Chef Robin Nishizaki, of **Spanish Hills Country Club**, did exactly that during his day as Chef du Jour at the Building Hope Adult Day Center. As he prepared his famous Chicken Marsala, he shared his special preparation methods, and then served it up along with a Caesar salad, wild rice pilaf and a variety platter of desserts.

Chef Alejandro and his crew from **Belmont Village of Thousand Oaks**, kicked it off with a delicious traditional Thanksgiving feast for more than 50 participants and their family members. "It was wonderful to see so many people here to celebrate Thanksgiving and to enjoy our first meal as a family together in the new Center," says MaryAnn Ratto, Director of the Adult Day Center.

Participants gather around the kitchen island each week as the Guest Chef prepares a variety of meals from comfort foods to fine dining. Chef Charles, of **AlmaVia of Camarillo**, demonstrated the fine art of creating a vegetable stir fry and rice dish...he also shared his famous decadent brownies.

"**AlmaVia of Camarillo**, who is also the Kitchen Sponsor of the new Center, has committed to coming once a month to

"Our participants really do love having a Guest Chef come in each week to cook in our kitchen," Ratto says. "They interact with the chefs while they're cooking, and they enjoy asking questions and watching what they're doing."

Even **Camarillo Health Care District** staff members have become chefs du jour! Donating their lunch break and the cost of groceries, they created a delicious casserole, salad and dessert. "We're creating something delicious for them, but it's really a treat for us," says staff.

Thank you to these local businesses and organizations for dedicating their time to the Center. If you know of a group or business interested in participating in the "Chef du Jour" program, please contact Director Mary Ann Ratto, at (805) 388-1952, extension 111 or at maryannr@camhealth.com, for participation information. ☪

Thank you to these local businesses, organizations and Dos Caminos School for dedicating their time to the Center. If you know of a group, business or school or interested in participating in the "Chef du Jour" or "Generation Us" programs, please contact Mary Ann Ratto at (805) 388-1952, extension 111, or at maryannr@camhealth.com.

THANK YOU TO OUR
Chef du Jour
PARTNERS

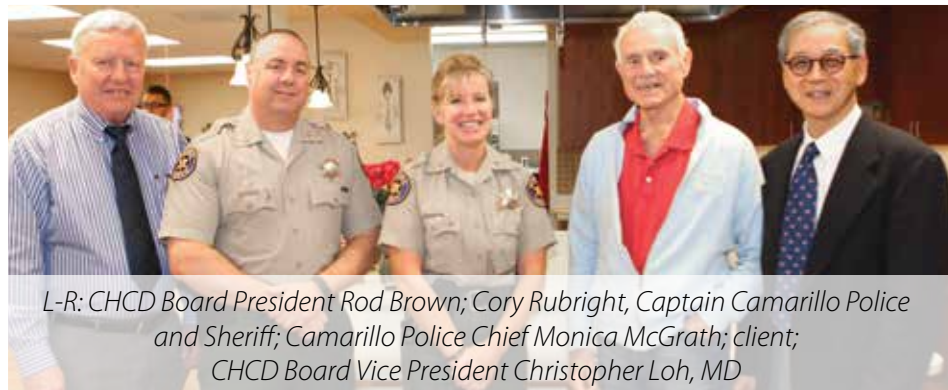
Camarillo Police Department
 AlmaVia
 Belmont Village
 Camarillo Healthcare Center
 Camarillo Health Care District
 Spanish Hills Country Club



*L-R: Camarillo Police Chief Monica McGrath;
 CHCD CEO Jane Rozanski*



*L-R: Captain Rubright, Chief McGrath,
 Sr. Dep. Holzberger, and Sgt. Franchi*



*L-R: CHCD Board President Rod Brown; Cory Rubright, Captain Camarillo Police
 and Sheriff; Camarillo Police Chief Monica McGrath; client;
 CHCD Board Vice President Christopher Loh, MD*



*L-R: Camarillo Police Captain Cory Rubright;
 Camarillo Police Chief Monica McGrath;
 CHCD CEO Jane Rozanski*

Generation Us

YouTube, “fave” websites, art and dancing... just a recent day at the Building Hope Adult Day Center! The **“Generation Us”** program at the Camarillo Health Care District regularly hosts groups from different generations at the Building Hope Adult Day Center as a way of connecting with and building inter-generational skills, relationships, and loads of fun.



Most recently, the *Associated Student Body* from Dos Caminos School, comprised of 4th and 5th graders, visited and shared their computer skills and some of their favorite websites, and formed common bonds watching fun YouTube videos.

Other **“Generation Us”** activities include interactive art and music. “These are great ways to link generations”, states Mary Ann Ratto, Director of the Adult Day Center, “It’s an expression of individuality, emotion and creativity, and is a wonderful way to bond, regardless of age.”

But how do you make music together when the crowd ranges in age from 9 to 92 years?! Well, enthusiastic 4th and 5th graders, partner them with participants at the Adult Day Center, and sing the famous Village People song “Y.M.C.A.” at the top of your lungs! “Everyone was moving to the music and forming the letters with their arms,” says Ratto, “Regardless of varying abilities, the movement of dance and the words of song, build synergy and unity, evidenced by the smiles on everyone’s faces.”

In coming months, students at Dos Caminos School will continue **“Generation Us”** activities with a sensitivity training program designed to allow them to “walk a mile” in the shoes of an older adult. For example, they will wear special glasses that replicate the obscured vision someone with cataracts may experience, or rice will be placed in their shoes to simulate the feeling of neuropathy. Other demonstrations will also be shared to help students understand the physical

and emotional changes that occur with aging, and to discuss patience, understanding and respect.


“The **“Generation Us”** program has been a wonderful way for us to link several generations and provide our students with a new perspective on aging,” says Mark Asher, Principal of Dos Caminos School, “Our 4th and 5th graders at Dos Caminos have benefited so much from their partnership with the Adult Day Center. Not only have they learned how to be more sensitive to the needs of older adults, but they have also learned ways of interacting and communicating with adults on a variety of topics. Our students look forward to every visit to see their new friends at the Adult Day Center.”



Dr. David Lipschitz, author of the book “Breaking the Rules of Aging,” expresses the value of intergenerational experiences in this statement:

“Intergenerational relationships have positive health benefits for children and older people.”

Children involved in intergenerational relationships see enhanced social skills, better academic performance, less risk of using drugs and an enhanced sense of stability.”

If you have a school, or a group, and would like to participate in the **“Generation Us”** program, please contact Mary Ann Ratto at (805) 388-1952, or at maryannr@camhealth.com. 

Thank You

The dimension of kindness and service volunteers bring to the programs and services of the District is immeasurable.

Joe Alvara
Natalie Amantia
Amber's Light Lions Club
Mary Arevalo
Bernie Barnes
Libby Barrabee
Loye Barton
Dan Bayless
Karen Bayless
Sharon Bick, RN
Eric Bolland
John Bonadio
Jessica Bornhouser
Violet Brisbine
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Amber Rodriguez
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Tillie Sakai
Craig Scalise
James Schlaak
Esther Seaward
Lynn Smiley
Peggy Smith
Catherine Sommerhauser
Trent Spangler
Lorna Stevens
Chuck Stevenson
Terrie Tarin
Jim Taylor
Lynn Thomas
Ken Tidwell
Marge Timcik
Naomi Turner
Kendall VanConas
Dick Wakefield
Bruce Watlington
LaJean Wenzel
Julie West-Walker
Ken Wilhite

Nadine Wilhite
Joan Woodward
Lee Woodward
Carl Wuest
Christopher Young
Jennifer Zirbes

Our four-legged Volunteers & their Owners

Angel: Jill Bernick
Becket & Tika: Clay Jennings
Buttons: Joanna Wullschlegler
Curley: Monica Teverbaugh
Doty: Mindy Sharp
Gracie: Janet Newton
Harry: Sharon Hartman
Katie: Jeri Jennings
Lily B.: Terry Buck
Mack: Sharon Hartman
Montana: Kathy Trauger
Nixie: Maribeth Butler
Oscar: Margie Dunne
Otto: Blair Craddock
Suki: Betsy Sumner
Thor: Quentin Rosmaier
Wizard: Missy Stayton



Doreen enjoying a doggie smooch ▲



Dorothy enjoying her furry friend ▲

How Can I Help Build Hope?

Donate Money

Become a Founding Member when you donate \$250 or more. Your legacy gift, received by July 1, 2015, will be recognized for years to come. Please visit our website, www.camhealth.com, for more information or contact Sue Tatangelo at statangelo@camhealth.com, or (805) 388-1952 ext. 106.

Donate Time

Your time is priceless. If you have 30 minutes a month, you might enjoy sharing your life experiences, career and hobbies with members of the Building Hope Adult Day Center. Building relationships by pairing individuals with similar backgrounds, interests, and hobbies adds an invaluable dimension to lives. Contact Mary Ann Ratto at maryannr@camhealth.com, or (805) 388-1952 ext. 111.

Become an Ambassador

No training required... just tell everyone you know about the Building Hope Adult Day Center and the resources available at the Camarillo Health Care District. Share it with your Facebook friends, invite us to speak at your next event, or tell a friend in need of help about our programs or services.

Thank You to our donors and partners

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\$10,000-\$20,000

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Jane Rozanski
 Carol & Robert Goodkin
Monica Teverbaugh & dog Curley
 Carol & Robert Goodkin

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 Darren, Dr. & Mrs. David & Wendy Lowe
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 Diamond, Richard & Marsha
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 Dillbert, Mr. & Mrs. Joseph
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 Dunfee, Stephany

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 Vancott, Nancy
 Vanderlaan, Mary
 Von Horn, Nancy
 Weber, Dr. Carlo
 Weber, Mary Clare
 Williams, Jim & Joanne
 Yoshida, Judy
 Zachry, Anne

Room and Program Naming Opportunities

Many community members have asked how they can be part of this new Adult Day Center . . . and many have already named rooms and programs with their generous support (see the arches on page 2 & 3). If you are considering a naming sponsorship, please contact Sue Tatangelo at 805-388-1952, ext. 106, or email her at statangelo@camhealth.com. Thank you for considering these sponsorship opportunities!

Dining Room \$10,000
 Support nutritious meals and great company in a bright, beautiful room

Family Connections \$10,000
 Remote access for families provides online access to daily activities and health screenings

Safe & Secure \$10,000
 Provide a discreet egress system to keep participants safe, with dignity and respect

Intergenerational Program \$5,000
 Support youth of all ages as they participate in programs to create bonds throughout the generations

Exercise Therapy \$5,000
 Support certified fitness instructors to provide strength, balance, and other health programs

Community Garden \$5,000
 Support the engagement of mind and motor skills in tending portable gardens

Care-A-Van \$5,000
 Provide needed transportation to the Center for those in need

Celebration Sponsor \$2,500
 Support the celebration of birthdays and holidays with flair, fanfare and fun!

Happy Hour \$2,500
 Support end-of-the day social time with beverages and hors d'oeuvres

Top of the Morning \$2,500
 Support morning greeting time with a warm smile, a hot drink, and morning pastry

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

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

askus

Martha Shapiro, LCSW

Director, Wellness and Caregiver Center
800-900-8582 ext. 215
marthas@camhealth.com

Help...I feel like I'm drowning!! I'm trying to care for my parents and it's overwhelming. What services are available that could help?

ANSWER: First of all, you are to be applauded for taking on such a demanding and important role...you are doing the best you can, and caregiving is difficult. Remember that taking care of yourself is NOT selfishness, rather, it is NECESSARY to enable you to better care for your loved one. Please consider these tips and resources that may help you in this unique role.

- **A listening ear.** If you find yourself feeling stressed, in an overwhelming situation, or feeling you could use some new strategies, professional counseling* may be helpful as a way to talk through situations, set goals and make productive changes.
- **Support from others who understand.** The unique role of caregiver comes with its own specific struggles and emotions. We've all heard "you're not alone", and it really is true. Others are also in the role of caregiver, and the practical tips, encouragement and camaraderie they can offer is invaluable. Look for a group* of like-minded caregivers and spend some time with others who going through a similar journey.
- **Enjoy a break.** Notice we said "enjoy" a break? It is critical that caregivers take some respite time away from the responsibilities... and it is equally important to enjoy it! You'll be able to recharge, and come back to the situation more rested with patience and a more positive outlook. Peace of mind knowing your loved is safe is a key element to being able to enjoy your time away, and there are professionals who can provide safe, compassionate and dignified care, such as day programs and in-home respite.*
- **Something for yourself.** Taking care of yourself is not a luxury...it's a necessity. Look for opportunities to feed your soul, and stimulate your mind. Perhaps re-visit hobbies that may have been put on hold, or regular outings that you enjoy. We understand that life may be very different than what you imagined, and that activities aren't the same anymore, but we encourage you to give it a good try. It is not easy, and we completely understand.*

**Professional Counseling, Support Groups, Respite, and activities available the Wellness & Caregiver Center of the Camarillo Health Care District.*



CAREGIVER BURNOUT QUIZ

Self-care isn't a luxury, it's a necessity. It's easy for caregivers to put their own needs on the backburner, but it can lead to caregiver burnout, which puts their own health at risk. Answer "Yes" or "No" to the following questions to see if you, or someone you know, could be experiencing burnout.

During the past week or so, I have ...

- | | YES | NO |
|---|-----------------------|-----------------------|
| Had trouble keeping my mind on what I was doing..... | <input type="radio"/> | <input type="radio"/> |
| Felt ill (headaches, stomach problems, or common cold)..... | <input type="radio"/> | <input type="radio"/> |
| Had difficulty making decisions..... | <input type="radio"/> | <input type="radio"/> |
| Felt completely overwhelmed..... | <input type="radio"/> | <input type="radio"/> |
| Become upset that my relative has changed so much from his/her former self..... | <input type="radio"/> | <input type="radio"/> |
| Felt a loss of privacy and/or personal time | <input type="radio"/> | <input type="radio"/> |
| Felt edgy or irritable | <input type="radio"/> | <input type="radio"/> |
| Experienced a loss of sleep because of caring for my relative | <input type="radio"/> | <input type="radio"/> |

If you answered "Yes" to two or more questions, then perhaps a one-on-one consultation to create a care plan, counseling, or other support services may benefit you.

Pain! Pain! Go Away!

Top Causes of Chronic Pain

- Low back pain
- Arthritis, especially osteoarthritis
- Headache
- Multiple sclerosis
- Fibromyalgia
- Shingles
- Nerve damage (neuropathy)

www.webmd.com/pain-management/chronic-pain-11/causes-pain

Chronic Pain Self-Management Program

6-week series, Stanford University program to teach practical skills regarding chronic pain; for adults living with ongoing pain due to illness or accident. Call 800-900-8582 for more information.

See page 9 Evidence Based Programs

Pain Workshop: Sport Injuries and Arthritis

Dr. Joseph Cabaret
April 21 • 6-7pm

See Page 12 Body, Mind & Strength

Pain Workshop: Peripheral Neuropathy

Dr. Joseph Cabaret
May 26 • 6-7pm

See Page 12 Body, Mind & Strength

Back & Neck Pain Workshop

June 9 • 6-7pm

See Page 12 Body, Mind & Strength

Gentle Yoga

Tuesdays • 9-10am

See Page 10 Fitness

Pain Management Support Group

Third Wednesday of each month • 5:30-6:30pm

See Page 10 Support Groups



It seems that Julius Caesar knew something about pain when he said, "It is easier to find men who will volunteer to die, than to find those who are willing to endure pain with patience."


Enduring any pain, for any length of time, can be very difficult, overwhelming and frightening, and certainly no fun. Chronic pain is often defined as any pain lasting more than 12 weeks. Whereas acute pain is a normal sensation that alerts us to possible injury, chronic pain is very different. Chronic pain persists, often for months or even longer.

The National Institute on Health goes on to report that "there may also be no clear cause. Other health problems, such as fatigue, sleep disturbance, decreased appetite, and mood changes, often accompany chronic pain. Chronic pain may limit a person's movements, which can reduce flexibility, strength,

and stamina. This difficulty in carrying out important and enjoyable activities can lead to disability and despair."

The negative effects of chronic pain on the body, mind and spirit are well documented. No doubt if someone offered a cure for pain, everyone would jump at the chance to make the pain go away.

The Camarillo Health Care District offers evidence-based opportunities and classes to help manage pain and living with chronic pain and health issues.

We encourage you to look into the following schedules to see if you can achieve an enhanced quality of life and sense of well-being. 

Advocacy

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

Adults At Risk Information Card (805) 388-1952x100

Camarillo Police Department

In partnership with the Camarillo Police Department, the Camarillo Health Care District is providing Adult At Risk cards for community members that suffer from an impairment that puts their health or safety at risk such as Alzheimer's, brain injury, dementia, and seizures. A card will be provided for those at risk and one for their family caregiver. The Adult At Risk Information Card, provides a photograph and other identifying information to assist law enforcement in locating an at-risk adult in the event that they become disoriented, lost, or are in need of medical assistance.

Third Thursday of each month 3:30-5pm | A | NC

NEW Compassion and Choices (805) 388-1952x100

Marlene Tumlin, Community Educator & Cecily Hintzen

Currently 5 states allow their mentally competent residents, who are terminally ill and in the final stages of their disease to request life-ending medication from a physician to bring about a peaceful death. Discussion will include the current Senate Bill in California, and the story behind it. Ms. Tumlin will also answer questions about Compassion and Choices, Death with Dignity, and the End of Life Options Act.

May 13 (W) 6-7:30pm | R | \$10

Elder Legal Services (800) 900-8582

Talk privately with a legal expert experienced in elder law and estate planning.

Monday | 1-4pm | A | NC

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

Consult with a financial planner on various financial topics.

Third Monday of each month | 1-4pm | A | NC

NEW HomeShare: Partnering Home Providers to Home Seekers (805) 388-1952x100

Learn about the Ventura County HomeShare Program, which provides assistance matching home providers with home seekers, who are willing to help with household tasks, transportation, rent, or a combination of these in exchange for affordable housing.

Apr 29 (W) 1-2pm | May 28 (Th) 6-7pm | NC

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

Trained counselors offer objective information and provide assistance relating to Medicare, Advantage Programs, Supplemental Medigap Plans, and Medicare Prescription Drug Plans.

First & Third Friday, Second & Fourth Tuesday of each month | A | NC

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

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

May 13 (W) 1-3pm | R | NC

NEW One-Stop Workshop (HICAP) (805) 388-1952x100

Representatives from the Health Insurance Counseling and Advocacy Program will be available to help with questions about Medicare changes, Part D prescription, Senior Advantage plans and supplemental insurance.

Apr 24 (F) 9am-1pm | R | NC

NEW Reverse Mortgages - Myths & Realities (805) 388-1952x100

Broadview Mortgage will answer all your questions about reverse mortgages.

How do you qualify? What are your responsibilities? Is it right for you?

Apr 28 (T) 5:30-7pm | R | NC

NEW Social Security: Think It Doesn't Matter? Think Again! Paul Norr, CFP (805) 388-1952x100

Social Security will continue to be a significant source of income for aging adults. The right choice now could easily add \$10,000 or more to your lifetime Social Security Income. Learn the mechanics of Social Security, when to apply, when to delay, and how to coordinate benefits with one's spouse, including divorced and survivor benefits.

Apr 13 (M) 6-7pm | R | \$10

NEW Taking Care of Tomorrow: Long Term Care Insurance Counseling (800) 900-8582

Health Insurance Counseling & Advocacy Program (HICAP)

Life after work can be our best life, if you understand the challenges and proactively plan your future. Learn strategies to offset the challenges and important insights to keep you in the best life!

Third Tuesday of each month 10am-1pm | A | NC

NEW What Is Your 2015 Medicare Economic Situation? (805) 388-1952x100

Would you like to enhance your out of pocket savings? Health Insurance Counseling and Advocacy Program (HICAP) will present ways to save on your healthcare needs. Learn about the Benefits Counseling Check-up.

Apr 17 (F) 1:30-3pm | R | NC

Evidence Based Programs

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

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

Developed by the Arthritis Foundation to create a customized walking plan to keep muscles strong and joints stable, boost energy, and control weight. Go at your own pace.

Held at Arneill Ranch Park (Sweetwater Ave.)

Jun 1-Jul 10 (M-W-F) 9-10am | R | NC

Chronic Disease Self-Management Program (CDSMP) (800) 900-8582

This award-winning "Healthier Living" series, based on research conducted at Stanford University, is designed for anyone enduring ongoing health conditions. Methods taught will reduce fatigue, anxiety, sleep loss and ensure a happier, healthier life.

Apr 13- May 18 (M) 1-3:30pm | Jun 8-Jul 13 (M) 1-3:30pm

6 week series | R | \$40

Chronic Pain Self-Management Program (CPSMP) (800) 900-8582

Chronic Pain Self-Management Program is a 6-week series designed to teach practical skills to help people with chronic pain better manage their symptoms and provide motivation for the challenges of daily living. This program is for adults living with any ongoing pain due to illness or accident. Please call for date of next session. | \$40

NEW Diabetes Self-Management Program (DSMP) (800) 900-8582

This award-winning diabetes series, based on research conducted at Stanford University is designed for anyone with, caring for, or interested in learning about Type 2 Diabetes. Methods taught will reduce fatigue, pain, stress, and fear while learning to incorporate exercise and healthy eating to effectively manage your disease and lead a happier, healthier life.

Apr 7-May 12 (T) 9-11:30am | 6 week series | R | \$40

Matter of Balance (800) 900-8582

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

May 5-Jun 23 (T) 1:30-3:30pm | 8 week series | R | NC

UCLA Memory Training (800) 900-8582

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

Apr 6-Apr 27 (M) 1-3pm | Jun 3-Jun 24 (W) 10am-12pm | 4 week series | R | \$40

Support Groups

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

Al-Anon Family Groups, Inc., Men's Stag Group Monday 7-8:15pm	Ralph (805) 482-9758	Conejo Ventura Macintosh User's Group First Tuesday of each month 6:30-8:30pm	Susan (805) 504-3610
Al-Anon Fourth STEP Study Group Wednesday 7-8pm	Larry (805) 844-2079	MOMS Club (Moms Offering Moms Support) First Wednesday of each month 10-11:30am	Letty (805) 419-3419
Al-Anon: How It Works Tuesday 7:15-8:15pm	Barbara (805) 558-2553	Pain Management Support Group Dr. J. Cabaret Third Wednesday of each month 5:30-6:30pm	(805) 388-1952x100
Al-Anon Study Group Thursday 7-8:15pm	Bridget (805) 794-4955	Parkinson's Disease Support Group Third Tuesday of each month 2-4pm	Art (805) 482-6382
Autism Spectrum & Related Disorders Support Group J. Hayden, Ph.D., BCBA-D Third Monday of each month 5:30-7pm R NC	(805) 388-1952x100	Scleroderma Foundation Support Group Second Saturday of each odd numbered month 10am-12pm	Arline (805) 987-8236
Compulsive Eaters Anonymous—HOW Thursday 5:30-6:30pm Sat 8:45-9:45am	Meg (805) 482-9623	Stroke Support Group Sharon Bick, RN Third Wednesday of each month 2-3pm	(805) 388-1952x100

Fitness

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

Bone Builders Designed to improve balance, increase muscle strength, and bone density. Mon & Wed 9:30-10:30am 11am-12pm 12:30-1:30pm Tue & Fri 10:30-11:30am Tue & Thu 5:30-6:30pm R NC	Sylvia (805) 388-8333	T'ai Chi Chih® Barbara Freie, Instructor Slow down and focus on your inner-self while improving balance, muscle strength and peace of mind. Challenge yourself physically and spiritually. Apr 8 - May 27 (W) 6-7:15pm 8 week series Beginners R \$80 Jun 3 - June 24 (W) 6-7:15pm 4 week series Intermediate R \$40	(805) 388-1952x100
Jazzercise Patty Bolland, Certified Instructor Jazzercise combines dance-based cardio with strength and balance training in one, fun and effective 60 minute workout. Mon & Thu 5:45-6:45pm Saturday 8:15-9:15am R Single class \$6 5 classes \$25 10 classes \$45	(805) 746-3025	Yoga—Gentle Mikal Rogers, Instructor Health benefits include improved flexibility, muscle tone, and stress alleviation. Once a month the class will include a light walking aerobic session. Tue 9-10am single class \$10 10 classes \$80 R	(805) 388-1952x100

Caregivers

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

Adult Day Center Enjoy a complimentary morning at our state licensed Adult Day Center that offers support, comfort and stimulation 5 days a week for those who could benefit from additional supervision and social interaction during the day. Call to make a reservation. Second Friday of each month 9:30am-12:30pm A NC	(805) 388-1952x111	Caregiver Support Groups Martha Shapiro, LCSW Designed for people who are the primary caregivers of loved ones. Second and Fourth Friday of each month 9:30-11am District Offices First Wednesday of each month 1:30-2:30pm District Offices Monday 9:30-11am Leisure Village (residents only)	(800) 900-8582
Care-A-Van Transportation Services Care-A-Van offers door-to-door, non-emergency medical transportation service for District residents to accomplish medical visits and other activities of daily living. Call for additional information on service area, fees, and reservations.	(805) 388-2529	NEW Life After Caregiving Support Group Martha Shapiro, LCSW Are you no longer providing care for a loved one due to death, or an end to your role as the caregiver? Is there life after caregiving? If so, what does it look like? First Friday of each month 9:30-10:30am NC	(800) 900-8582
Care Consultations Are you, or a loved one, in a life transition and don't know where to turn? Our care coordinators will provide a one-on-one consultation with a road map of vital links to community resources to help improve your family's quality of life, independence, and peace of mind. A NC	(800) 900-8582	Tools for Caregiving Martha Shapiro, LCSW Caring for a loved one can be overwhelming. In this series, learn from experts about the physical and emotional aspects of caregiving and the tools required to fulfill this demanding role, including legal issues, personal care, managing stress and more. Worried about care for your loved one while you are in class? Ask about our free respite care. May 5 - Jun 9 (T) 11:30am-3pm 6 week series A \$40	(800) 900-8582
NEW Caregiver Retreat Series Designed to give family caregivers a soul renewing experience. Each month offers a different topic intended to give you a break from your daily routine and allow you to refresh and recharge with other caregivers. (This series is for family caregivers of older adults only) April 16 (Th) Guided Meditation & Mindfulness 1:30-2:30pm R \$20 May 28 (Th) Benefits Of Yoga 10-11am R \$20 June 15 (M) Drumming For Health 1:30-2:30pm R \$20	(805) 388-1952x100		



SENIOR SUPPORT LINE
800.235.9980

Nutrition

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

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

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

Spring Menu & Garden Parties - Spring is here! A time to celebrate Mother's Day, graduations and bridal showers with lush produce and fresh herbs. These recipes are perfect for outdoor entertaining using local meats, fish and produce.
Apr 9 (Th) 6-8:30pm | R | \$45*
*Register for two classes and receive \$5 off

A Night in Spain - Transport your taste buds to culinary Spain. Learn to prepare and enjoy a meal of Spanish cocktail snack mix, authentic roasted potatoes with Romesco sauce served alongside basic paella and Spanish white beans with spinach. Complete the meal with a delicious Spanish almond cake.
May 7 (Th) 6-8:30pm | R | \$45*

Diabetic Cooking - Feeling stifled by the art of balancing carbs, proteins and veggies? Learn 5 delicious recipes that keep you within Diabetic guidelines. Stop thinking about what you "can't have" to what you "can have"! Generous samples provided.
Jun 3 (W) 6-8:30pm | R | \$45*

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

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

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

Lifestyle

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

NEW American Sign Language For 7-12 Year Olds (805) 388-1952x100
Let your fingers do the talking! This beginning level American Sign Language will explore the alphabet, numbers, colors, conversation, as well as discussion about the deaf culture. Judy Basque has over 30 years of experience teaching ASL.
Apr 29-Jun 10 (W) 4-5pm | 7 week series | R | \$45

Camarillo Music Together (0-4 years) Dr. Lynn Decker-Mahin (805) 469-0134
Children and parents or grandparents will experience music and its rhythms through their bodies, instruments, scarves, words, and, of course, songs in this 45 minute class.
Apr 6 (M) 9:30-10:15am & 4-4:45pm | Apr 7 (T) 10-10:45am | 10 week series | R
\$160 fee payable to instructor

NEW Co-Existing After Retirement Diane I. Gough, M.A., MFT (805) 388-1952x100
Discussion will focus on redefining household chores, activities, friendships, and shared goals.
Jun 25 (Th) 1-2:30pm | R | \$10

Keeping You On Your Toes (805) 388-1952x100
Want to improve your balance and feel secure on your feet again? This one-hour workshop will include a balance check, chair exercises, relaxation techniques and other information to help keep you safely on your feet for years to come.
Apr 23 (Th) 9:30-10:30am | Jun 2 (T) 3-4pm | R | \$10

NEW Rear Window: Your Life Review Diane I. Gough, M.A., MFT (805) 388-1952x100
What does your life review consist of? Is your impact the compassion and kindness you showed and the ripple effect it caused? Were you someone's hero? What worked and what didn't and how to improve going forward.
May 20 & Jun 3 (W) 10-11:30am | R | \$20

Safety & First Aid

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

NEW Babysitting Clinic 101 (805) 388-1952x100
Teens and tweens can learn to care for children of all ages and learn how to handle emergencies in preparation for being the best sitter on the block!
May 18 (M) 4:30-6pm | 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.
May 4 (M) 5:30-9:30pm | R | \$65 | Materials \$15

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 for advanced skills while babysitting. American Heart Association certificate is available upon completion of class.
Jun 22 (M) 5:30-8pm | R | \$45 | Materials \$15

Counseling

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

NEW Counseling for Life's Transitions (800) 900-8582
Has a parent moved in with you? Looking to have better communication with your spouse now that you are both retired? If you are having trouble managing life transitions, short term, goal-oriented counseling will help you learn the coping skills to find your own resilience.
Call for appointment | 50 minute appointment | A | \$50



Give the gift of relaxation...
give a massage...
Gift Certificates
available at 805-388-1952

Body, Mind & Strength

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

NEW Are Women Hardwired to Worry? Jill Moland, PysD (805) 388-1952x100
Is your worry reasonable? What causes anxiety? Learn to let go of old worries and controlling thoughts using relaxation techniques that may help you manage your life.
Apr 29-May 20 (W) 6-7pm (4 week series) | R | \$40

NEW Back & Neck Pain Workshop Dr. Joseph Cabaret (805) 388-1952x100
If you are one of the millions that suffer from back, neck, and limb pain, you don't have to suffer any longer. Learn the latest treatment options available to alleviate pain, as well as targeted pain management solutions.
Jun 9 (T) 6-7 | R | \$10

NEW Decompress & Let It Go! Kim Kolb, Instructor (805) 388-1952x100
This mini workshop is designed for busy moms! All the daily stresses and expectations from those around you can add up to unwanted health consequences. Learn effective techniques and acupressure points that effectively reduce stress, physical pain, and insomnia.
May 27 (W) 9-11:30am | R | \$30

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

NEW Head Trauma, Concussions & Long Term Effects (805) 388-1952x100
UCLA Internal Medicine physician, Sonia Heitmann, MD will explore concussions, head traumas, and the possible link to Alzheimer's Disease, and other related cognitive impairment.
May 19 (T) 6-7:30pm | R | NC

NEW Making Decisions for Aging Parents (805) 388-1952x100
Do you notice things slipping out of your parent's control? When is the right time to make decisions for your parents? Eileen Gold will discuss how to compassionately approach this conversation, while reducing stress for both the aging parent and adult child.
May 20 (W) 6-7:30pm | R | \$10

NEW Osteoporosis Symptoms & Treatment (805) 388-1952x100
St. John's Dignity Health will discuss prevention, symptoms and treatment options for continued bone health.
Jun 2 (T) 10-11am | R | NC

NEW Pain Workshop: Sport Injuries and Arthritis (805) 388-1952x100
Do you suffer from old sports injuries or arthritis, but would like to live an active lifestyle? Learn game changing techniques from Dr. Joseph Cabaret who has years of experience working with elite athletes, that can help to eliminate pain and get you active again.
Apr 21 (T) 6-7pm | R | \$10

NEW Pain Workshop: Peripheral Neuropathy (805) 388-1952x100
Dr. Joseph Cabaret will discuss the test, diagnosis, and available treatment options that will get you back to your best life with less neuropathic pain.
May 26 (T) 6-7pm | R | \$10

NEW Pre-Teen Life Skills for Empowerment (805) 388-1952x100
Kim Kolb, Empowerment Coach, will give your pre-teen valuable life skills and fun, stress relieving techniques to navigate their unpredictable teen years. These techniques will help with sports demands, school issues, social interactions, insomnia, and depression.
May 12 (T) 3:30-5:30pm | R | \$30

NEW Recovering Your Brain Power Eileen Gold, Instructor (805) 388-1952x100
Each of us has the ability to increase our brain power at any age. The key is brain exercise. Learn the steps and activities to grow or recover age-affected brain power.
Jun 4 (Th) 11-12:30 | Jun 16 (T) 6-7:30 | R | \$10

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

Therapeutic Massage Debbie Folino, LMT (805) 388-1952x100
The benefits of massage go beyond relaxation. Relax and enjoy the many other benefits of a soothing massage. You deserve it!
Monday & Tuesday | A | 1 hour session: \$70 | 1-1/2 hour session: \$100

Screenings

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

Dental Screening Eric S. Yum, DDS (805) 388-1952x100
Come and have a dental consultation and have your questions answered.
May 20 & July 22 10am-12pm | A | \$10

Family Immunizations / Shots (805) 988-2865
Program hosted in collaboration with St. John's Regional Medical Center.
Apr 14 (T) 3-5pm | May 12 (T) 3-5pm | Jun 9 (T) 3-5pm | A | Fees vary

Foot Screening Craig Parent, DPM (805) 388-1952x100
Come and have your feet examined and your questions answered.
May 19 (T) 9-11am | A | \$10

Health Aware Screenings (805) 388-1952x100
Do you know your blood sugar levels, cholesterol level, blood pressure, and stroke risk? Screenings for these health related issues are performed by CMH staff at no charge.
Jun 1 (M) 12-3:30pm | A | NC

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

Memory Screening Day at the District (800) 900-8582
Dr. James Sutton, Pacific Neuroscience Medical Group
May 20 (W) 1-3pm | A | \$10

Skin Cancer Screening Alicia Zaragoza, RN, MSN, ANP-C (805) 388-1952x100
Have you noticed any new, changing, itching, or bleeding moles, growths, or lesions? In the early stages of skin cancer development, you are the best observer of any changes. Early detection is your best defense for treatment.
Apr 24 (F) 9-11:30am | A | NC

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

Pet Corner

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

NEW Pets: Arthritis & Allergies Q & A Dr. Battier, DVM (805) 388-1952x100
Does your pet's intense itching make them miserable? Arthritis & allergies are common problems in our four legged friends; learn the latest treatment options that can keep your pet healthy and happy.
Apr 29 (W) 12-1pm | R | \$10

NEW Ask The Vet! (805) 388-1952x100
Dr. Battier, DVM will discuss nutrition, skin, behavior, and human medications your pet can safely take. Share your experience with your pet! Pets Welcome.
Jun 24 (W) 12-1pm | R | \$10

Mindfulness

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

NEW Energy & Dreams (805) 388-1952x100
 Explore our energy patterns along with dreams in this 2 part workshop. This is a helpful fun way to find out what dreams are conveying to us. Discussion led by Jane Ivey, Msc.D. May 11 & 18 (M) 6-7:30pm | 6-7:30pm | R | \$30

Guided Imagery Hypnotherapy (805) 218-5793
 Danette Banyai, Certified Hypnotherapist
 Let guided imagery help you find your way through whatever it is that causes you discomfort and prevents you from peace in your life. Support for mental, emotional, and physical health.
 Please call for appointment. 1 hour session: \$50

NEW Mindfulness for Veterans (805) 388-1952x100
 Mindfulness for Veterans is a core skills training for self-mastery. Designed to enhance awareness, compassion, attentiveness, responsiveness, and serenity. Drop-ins are welcome.
 Every Tuesday starting on Jan 6 (T) 6-8pm | NC

NEW Mindfulness Training - Four Part Workshop (805) 388-1952x100
 (Take 1 or Enjoy All 4) Guided meditations are part of every class.
 Danette Banyai, Certified Hypnotherapist

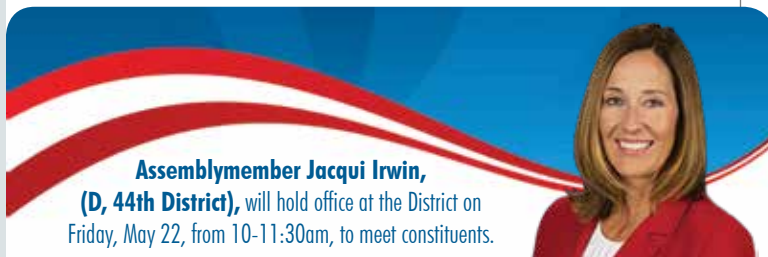
Part 1: Mindfulness Via Healing Breath Meditation
 Breath is life and brings with it calm, peace, and at times, seemingly miraculous healing. Becoming mindful of your breath is a powerful way to create a space for yourself. Practice and share your experiences.
 Apr 16 (Th) 6-7:30pm | R | \$25

Part 2: Mindfulness Training - Intentional Living
 Intentional living flows naturally as we make breathing a conscious activity. With this comes the space to notice things within and without. Begin living in a thoughtful, focused and intentional manner.
 May 21 (Th) 6-7:30pm | R | \$25


Part 3: Mindfulness Training - The Space Within
 As we continue a path of mindful meditation practice, we are more and more drawn to the space within - that space where we find the healing, calm, peace and joy regardless of what may be going on in our lives. Guided meditations are a powerful way to reach that space.
 Jun 18 (Th) 6-7:30pm | R | \$25



Part 4: Peace & Prosperity Mindfulness Training
 With meditations on Healing, Conscious Breathing, and Intentional Living, this training helps us to be more introspective. Come to a deeper connection and understanding of meditation, and why and how you might want to achieve peace and prosperity for yourself, and your loved ones.
 Jul 16 (Th) 6-7:30pm | R | \$25

If you have an idea or suggestion for a class or activity, please email Monica at monicat@camhealth.com.



How to Register

 Prepayment is required in order to secure your reservation, and we recommend that you confirm prior to attending. To cancel your class registration, or receive a refund, you must call 48 hours prior to the day of class, no refunds on cooking or CPR classes. A 20% processing fee will be deducted from any refund request received later than 48 hours prior to the event. NO refunds if cancelled on day of class.

 **Internet**
www.camhealth.com



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

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

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

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

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

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

Adult Day Center & Support Services	(805) 388-1952 x111
Care Transitions Services (Hospital to Home)	(800) 900-8582
Care-A-Van Transportation	(805) 388-2529
Caregiver Respite, Education & Training	(800) 900-8582
Counseling Services – Legal, Financial, & Emotional	(800) 900-8582
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