

Healthy ATTITUDES

SUMMER 2013

camhealth.com

Get Well. Stay Well. Live Well.

**22 NEW
CLASSES**

See Inside

**UCLA SPEAKERS -
Hoarding, Heart Disease,
Skin Cancer**

CAMARILLO HEALTH CARE DISTRICT

A MESSAGE FROM Jane Rozanski, Chief Executive Officer

It is indeed an honor for me to announce my appointment, by California Governor Jerry Brown, to the California Commission on Aging (CCoA). It is a privilege to serve you, along with the 6 million other Older Adults throughout the State, in this new capacity...and I know our "voice" will be heard! I'd like to share a brief description of the CCoA with you, and what my commitment entails. The California Commission on Aging was established in 1973 by the Burton Act. It was confirmed in the original Older Californians Act of 1980 and reconfirmed in the Mello-Granlund Older Californians Act of 1996.



The Commission serves as *"the principal advocate in the state on behalf of older individuals, including, but not limited to, advisory participation in the consideration of all legislation and regulations made by state and federal departments and agencies relating to programs and services that affect older individuals."* As such, it is the principal advisory body to the Governor, State Legislature, and State, Federal and local departments and agencies on issues affecting older individuals in order to ensure a quality of life for older Californians so they may live with dignity in their chosen environment.

Considering that fact that the CCoA is *"the principal advisory body to the Governor... on issues affecting older individuals"*, my appointment represents an unprecedented voice and access, at the State level, for all older individuals, throughout California, and especially for my beloved Ventura County, and Camarillo.

The Commission is comprised of 25 commissioners; 19 appointed by the Governor, 3 appointed by the Speaker of the Assembly, and 3 by the Senate Rules Committee. All Commissioners serve three year terms as volunteers. I was appointed by the Governor and will serve as a volunteer, on a three-year term.

As a part of the Commission duties, we study and analyze a variety of topics concerning the elder citizenship. One recent long-term care poll, conducted by The Associated Press-NORC Center for Public Affairs Research, indicates that Californians *are not prepared* for growing older with long-term care needs. Some of the statistics are startling:

- More than half of Californians worry about paying for the care they may need as they grow older
- Nearly 4 in 1 Californians indicate total avoidance of the issue and say that the idea of growing older is something they would simply "rather not think about"
- About two-thirds in California have done little or no planning for their own need for ongoing living assistance
- Women are more likely than men to favor a Medicare-style long-term care insurance program (75% versus 57%)
- Men express greater confidence than women about where to go for information about long-term care
- Women are more like than men to have discussed their care preferences with loved ones, and are more likely to plan on relying on children and grandchildren for support as they age
- Women are more apt than men to worry about burdening others and losing their independence as they age

As stated in the report, these findings reflect a gap in knowledge and awareness about aging and long-term care options, services and support. I look forward to serving the State of California, Ventura County, and Camarillo as the Commission on Aging considers these types of issues. In order to represent you well, I have established an email address for you to communicate your thoughts, suggestions and concerns. I look forward to hearing from you at commissioner-rozanski@camhealth.com.

CAMARILLO HEALTH CARE DISTRICT



For your health & wellness

How to Register



Internet

www.camhealth.com

To register for classes online go to www.camhealth.com. Add your desired class(es) to your shopping cart and "check-out" using our secure site. You will receive a confirmation e-mail when your registration is complete; an email address is required.



Phone

805-388-1952, Extension 100

If you prefer, you may place your order by phone. Please have your credit card and email address ready when calling.

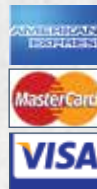


Walk-in

**3639 E. Las Posas Road, Suite 117
Camarillo, CA 93010**

Offices are open Monday through Friday from 8am-5pm. You may register at the office anytime during office hours.

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. 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.



Key

Please notice these abbreviations as they appear in the schedule. They will help determine specifics such as if an appointment, pre-registration or payment is required.

- 🍏 = NewClasses offered for the first time
- 🧡 = Wellness & Caregiver.....Wellness & Caregiver Center of Ventura County
- A=Appointment.....An appointment is required
- R=RegisterRegister online, by phone or walk-in
- NC=No ChargeThere will be no charge for this class
- D=Donation.....Voluntary donation requested

Advocacy

KEY: 🍏=New 🧡=Wellness & Caregiver A=Appointment R=Register NC=No Charge D=Donation

🍏 California - What 's The New Insurance Law All About?

(805) 388-1952 x100 R
NC

Presented by the Ventura Health Insurance Counseling and Advocacy Program (HICAP)
Are you eligible for help paying for your part B Premium, or help with your part D prescription expenses? How will the new insurance law affect me, if i am on Medicare?
Jul 18 (Th) 1-3pm

🧡 Elder Legal Services at the Resource Center

(800) 900-8582 A
NC

Talk privately with a legal expert experienced in elder law and estate planning and discover what legal tools might help you provide care for a loved one.
Mondays • 1-4pm

🧡 Estate Planning

Annette Dawson-Davis, Attorney (800) 900-8582 R
NC

Prevent your loved ones from having to deal with property issues after your death.
Jul 9 (T) 10-11am • Sep 10 (T) 5-6pm

🧡 Financial Services at the Resource Center

(805) 388-1952 x100 A
NC

Third Monday of each month • 1-4pm

🧡 Health Insurance Counseling & Advocacy Program (HICAP)

(805) 388-1952 x100 A
NC

Presented by the Ventura Health Insurance Counseling and Advocacy Program (HICAP)
First and third Friday, second and fourth Tuesday of each month

Someone Died! What Now?

Cheri Elson, Attorney (805) 388-1952 X100 R
NC

Imagine your parents, grandparents die leaving you in charge to administer their estate, Are you clueless as to what to do? This class will discuss estate administration & California laws, everything from filing documents to the value of the estate.

Jul 22 (M) 6:30-8pm

Veteran Benefits Presentation

(805) 388-1952 x100 R
NC

Mike McManus, County of Ventura-Veterans Services Officer
Learn about veteran's benefits including disability compensation, pension, aid and attendance, survivor benefits, and issues ranging from burial and bereavement to education, employment, homelessness, health care, mental health, elder abuse, and much more.

Oct 30 (W) 1-2:30pm

District Services

KEY: 🍏=New 🧡=Wellness & Caregiver A=Appointment R=Register NC=No Charge D=Donation

Adult Day Support Center

(805) 388-1952 x 111

🧡 Advocacy, Legal & Financial Resources

(800) 900-8582

🧡 Care Consultation

(800) 900-8582

🧡 Care Transitions

(800) 900-8582

🧡 Caregiver Education & Training

(800) 900-8582

🧡 Chronic Health Issues

(800) 900-8582

Community Health Education

(805) 388-1952 x 100

Facility Rentals

(805) 388-1952 x 116

Lifeline of Ventura County

(805) 388-1952 x120

Screenings & Immunizations

(805) 388-1952 x 100

Senior Meal Program

(805) 388-1952 x 143

Senior Support Line

(800) 235-9980

Support Groups

(805) 388-1952 x 100

Transportation Services

(805) 388-2529

Volunteer Opportunities

(805) 388-1952 x 116

SENIOR SUPPORT LINE (800) 235-9980

The Senior Support Line is for residents who are living alone, feeling isolated, depressed, or are at risk of losing their independence.

Monday - Friday • 8am-6pm (age 60+)



(800) 900-8582

The Center provides practical, compassionate and reality-based support for caregivers, and for those with ongoing health conditions. A variety of services are available that are beneficial throughout the many transitions and seasons of life. Services are provided at no charge.

More information and registration available at www.camhealth.com

Safety & First Aid

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AARP Safe Driver Course

(805) 388-1952 x100 R
This eight hour course is designed to teaches AARP members: \$12
preventive measures to use when driving, that saves Non-members: \$14
lives. You will learn defensive driving techniques new traffic laws, and rules of the road.

Find out how to adjust your driving to age-related changes in vision, hearing, and reaction time.

Please make checks payable to AARP and pay at time of first class.

Aug 9, 16 (F) 12-4:30pm

AARP Safe Driver Refresher Course

(805) 388-1952 x100 R
This refresher course is designed for the driver who AARP members: \$12
has completed an eight-hour Driver Safety Program. Non-members: \$14

Jul 19 (F) 12-4pm or Sept 20 (F) 12-4pm (One session)

Please make checks payable to AARP and pay at time of first class.

Basic Life Support (BLS)

Jose Godinez (805) 388-1952 x100 R

For healthcare professionals in life-threatening emergencies. \$60

Jul 15 (M) 5:30-9:30pm Materials \$15

CPR & First Aid

Jose Godinez, Certified Instructor (805) 388-1952 x100 R

This basic CPR class will include CPR for infants and children \$65

First aid includes bleeding control, caring for a shock patient, burns, and more.

Aug 5, Sept 9 (M) 5:30-9:30pm Materials \$15

Personal Safety

Deputy Mario Molina, Camarillo PD (805) 388-1952 x100 R

Includes fraud, identity theft and prevention, personal safety, and home security. NC

Aug 13 (T) 1-2:30pm

Support Groups

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

A fellowship of men of all ages.

Mondays • 7-8:15pm

Al-Anon Steps, Traditions, and Concepts

An in-depth study of our three Legacies.

Tuesdays • 7:15-8:15pm

Al-Anon 4th STEP Study Group

This group offers an in-depth study of the 4th STEP.

Wednesdays • 7-8pm

Al-Anon Study Group

For those affected by the compulsive drinking of a family member or friend.

Thursdays • 7-8:30pm

Alateen/Pre-Teen (7-12 years of age)

For young people whose lives have been affected by alcoholism in a family member.

Thursdays • 7-8:15pm

Anxiety Support Group

Develop a solid understanding of anxiety symptoms and how to overcome their effects in a supportive and encouraging environment.

First and Third Thursday of each month • 5:30-7pm

Autism Support Group

Share experiences, receive support, and learn tools to help with caring for an individual with ASD.

Third Monday of every month 5:30-7pm

Brain Injury Survivor & Family Support Groups

Denise Buttrey, Brain Injury Center of Ventura County

First and Third Wednesday of each month • 4-5:30pm

Caregiver Support Groups

Designed for people who are the primary caregivers of loved ones.

Second and Fourth Friday of each month • 9:30-11am

Compulsive Eaters Anonymous – HOW

For everyone who would like to stop eating compulsively.

Thursdays 5:30-6:30pm • Saturdays 8:45-9:45am

Conejo Ventura Macintosh User's Group

A group formed to help other Macintosh users get the most from their computers.

First Tuesday of each month • 6:30-8:30pm

Counseling Services

The Camarillo Health Care District offers confidential psychotherapy services.

Call for a free and confidential consultation to discuss your needs and for information on fees and availability.

Friendship Connection

A social group for friends of the Senior Support Line, open to any Ventura County resident age 60 or older.

Meets the second Thursday of each month • 10-11am

MOMS Club (Moms Offering Moms Support)

Feel good about your decision to stay home with your children. Kids are welcome!

First Wednesday of each month • 10-11:30am

Pain Management Support Group

Joseph A. Cabaret, MD

Share your experience, strength and hope with other pain sufferers and learn to better cope with your pain.

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

Parkinson's Disease Support Group

This group is open to those afflicted with Parkinson's disease, loved ones, and caregivers.

Fourth Tuesday of each month • 2-4pm

Peripheral Neuropathy Support Group

Dr. Michael Veselak

For anyone who has difficulty walking due to nerve pain.

Third Thursday of each month • 2-3pm

Raising Grandchildren or Other Relative Children: A Resource and Support Group

Presented by Kids and Families Together in partnership with the Moorpark Community College Foster & Kinship Care Education Program.

Second and Fourth Thursday of each month • 9-10:30am

Scleroderma Foundation Support Group

For Scleroderma patients and their families.

Second Saturday of each odd numbered month • 10am-12pm (Dark in July)

Stroke Support Group

For stroke survivors and caregivers. Receive information and share common concerns.

Third Wednesday of each month • 2-3pm

Caregivers

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Alzheimer's Care Consultations

Second Thursday of each month • 1-4pm

Alzheimer's: The 10 Warning Signs

Rosemary F. Gordon, MBA

This family education program aims to increase awareness of the warning signs of Alzheimer's and the benefits of early detection and early diagnosis.

Sept 18 (W) 10-11:30am

Alzheimer's: The Basics From A-Z

Rosemary F. Gordon, MBA

Learn about behavior and communication in the early, middle, and late stages of this disease.

Aug 7 (W) 10-12pm

Coast Caregiver Resource Center

First Wednesday of each month • 10am-12pm

Cutting Edge Solutions for Caregiver Relief

Evolution Technologies

Learn and see demonstrations of the latest technology to help seniors and people with special needs remain independent as long as possible, while reducing the stress of the caregiver.

Aug 20 (T) 10-12

Long Term Care Ombudsman Consultations

First Monday of each month • 1-4pm

Tools for Caregiving

Learn to understand the physical and emotional aspects of aging.

Sept 12-Oct 17 (Th) 9am-12:30pm (Six week series)

Lifestyle

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🍏 **Babysitting Clinic** (11-15 Years) Janice Crawford (805) 388-1952x100 R
Instructions concerning the care of infants, toddlers and older children,
and what to do in emergencies. Get Ready to be the most qualified babysitter!
Jul 9 (T) 4:30-6pm \$20

Beginning Sign Language Judy Bascue (805) 388-1952 x100 R
Do you enjoy meeting new people? Learning new languages? Helping others?
This class is for you! Come, have fun and learn American Sign Language. Learn the
alphabet, colors, numbers, emergency signs, basic conversation, and much more.
Jul 10-Aug 14 (W) 10-11am or 6:30-7:30pm (6 week Series) \$45

🍏 **Camarillo Music Together** (Newborns-4 years) (805) 469-0134 R
Dr. Lynn Decker-Mahin \$120
Join a class of child- parent participation for 45 minutes Materials \$40
each a week. Children will experience new songs, chants, movement,
activities, and instrumental jam sessions!
Music Together offers a comprehensive program designed to enhance
your child's musical growth.
Sept 9, 16, 23, 30, Oct 7, 28, Nov 4, 11, 18, 25 (M) 9:45-10:30am or 4-5pm
Sept 10, 24, Oct 1, 8, 29, Nov 5, 12, 26 (T) 9:45-10:30pm (10 week sessions)

🍏 **Dog Massage Therapy** (805) 388-1952x100 R
Judy Arnold, Certified Animal Massage Therapist \$25
Canine massage is an effective tool to increase the health and happiness of your pet.
This class will teach dog owners several basic massage techniques that can
be used on their dog. A typical therapeutic massage will be demonstrated.
This is a fun, interactive class for all dog lovers. If you love your dog, then give
him the gift of a massage! Dogs are encouraged to attend. All dogs must be
on a leash, bring a mat, and feed dog a least 1 hour before class.
Jul 10 (W) 6:30-8pm

Call it Quits! Smoking Cessation Series (805) 652-3306 Claudia R
Ventura County Public Health Department — Tobacco Education Program NC
Jul 8-Aug 19 (T) 5:30-7pm (Eight week series)

🍏 **Can You Speak Dog?** (805) 388-1952x100 R
Judy Arnold, Certified Animal Massage Therapist \$25
Attend this class in animal communication and learn how to interpret what
your dog is saying! Dogs use a combination of body movements, verbalizations and
signals to communicate. Bring your dog & leash!
Jul 24 (W) 6:30-8pm

🍏 **Compulsive Hoarding: Management & Treatment** (805) 388-1952x100 R
\$5

Karron Maidment, RN, MFT
UCLA OCD Intensive Treatment Program
Learn the three criteria that differentiate "normal" collecting from compulsive
hoarding. This presentation will describe the clinical picture, management,
and treatment of this disorder.
Aug 13 (T) 6:30-8pm

🍏 **Eye Lids - When Is It Time For Surgery?** (805) 388-1952 x100 R
Mauricio Chavez, MD \$10
Do droopy eye lids limit your peripheral vision? Join us and learn about
the latest in cosmetic surgery and improve your vision!
Jul 25 (Th) 6-7:30pm

🍏 **Family Drumming Night** Brad Anderson (805) 388-1952 x100 R
Join us for a fun-filled music program with your kids! Unique Family of four \$25
opportunity for self expression, create music in the moment, hand drums
and percussion instruments will be provided.
Jul 15, Sept 9 (M) 6:30-7:30pm

Health RHYTHMS Group Drumming Brad Anderson (805) 388-1952 x100 R
Create music in the moment with an emphasis on Per session: \$10
the healthful aspects of adult group drumming.
Jul 15, Aug 19, Sept 9, Sept 23 (M) 4-5:15pm

🍏 **Long Term Care- What's Your Plan?** (805) 388-1952 x100 R
Corrinne Berenson \$10
Learn to create a financial plan to protect yourself against the cost of long term care.
Jul 29 (M) 6:30-7:30pm

🍏 **Money Savvy Teen\$** Chase Bank (805) 388-1952 x100 R
A presentation designed to have your teen financially literate. \$5
Learn wants versus needs, establish credit, balance a check book and
figure out how to Save!
Aug 6 (T) 10-12pm

UCLA Memory Training (800) 900-8582 R
Sharon Tatelman, Mary Ann Ratto NC
The techniques in this course include strategies such as organization,
association and imagery to make information more memorable.
Aug 27-Sept 17 (T) 9:30 -11:30am (Four week series)

Nutrition

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🍏 **Free Produce Day**
The Camarillo Health Care District in partnership with FOOD Share hosts a Free Produce
Day. Participants can select from a wide variety of seasonal produce items at no charge!
Located at the Camarillo Health Care District, Courtyard. First come, first serve basis.
Second Thursday of each month • 11-1pm

Apple-A-Day Café (805) 388-1952 x100 R
Appropriate and adequate nutrition has a direct effect on the aging process and
overall sense of well-being. Catered lunch served in a friendly, social and educational
atmosphere. This service is available to Camarillo residents age 60 and over. D
Second Thursday of every month \$3 suggested donation

Diabetes Jasmine Razeghi, Pharm D (805) 388-1952 x100 R
Learn about diabetes, how it is treated, diabetic \$10
medications, side effects, drug interactions and more.
Jul 24 (W) 2-3pm

Home Delivered Meals (805) 388-1952 x100 R
Homebound residents 60 and over can have "ready to heat" meals delivered. D
Monday, Wednesday, Friday 11:30am, \$3 suggested donation \$3

Inflammation – How Diet Changes Can Reduce Pain and Illness and Increase Happiness!
Jessica McGrath, Certified Holistic Health Coach (805) 388-1952 x100 R
Reduce your risk of excess inflammation by learning how specific foods can affect
the body. Learn the 10 things we know to be true about the anti-inflammatory
diet and how to easily adopt them into your lifestyle. \$25
Jul 29 (M) 7-8:30pm • Sept 20 (F) 11-12:30pm

Nutrition Counseling Laura Cooper Fuld, RD (805) 388-1952 x100 A
Learn how to eat, increase your energy level, and attain optimal health. \$65
Second Monday of each month • 6-8:00pm
Third Thursday of each month • 6-8:00pm

Body, Mind & Strength

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🍏 Abdominal Pain - What's Your Gut Feeling? (805) 388-1952 x100 R
Dr. Mayur Trivedi
This class will cover a variety of important symptoms and when to seek medical attention for conditions that cause abdominal pain. \$10
Aug 14 (W) 1-2pm

Arthritis Foundation® Exercise Program (805) 654-1122 Barbara R
This class helps reduce pain and stiffness, and maintain or improve your mobility, balance and coordination. NC
Tuesdays and Thursdays • 11:30am-12:30pm

Arthritis Foundation Walk with Ease - Walking Group (800) 900-8582 R
NC

Developed by the Arthritis Foundation to create a customized walking plan to stay motivated, keep muscles strong and joints stable, boost energy, and control weight. Go at your own pace. Held at Arneill Ranch Park (Sweetwater Ave.)
Mon, Wed, Fri • Jul 15-Aug 23 • Sep 16-Oct 25 • 9-10 am

Body Mind Connection Michael Roth, DC (805) 388-1952 x100 R
Learn how symptoms correlate with your brain and your organs. NC
Aug 26 (M) 6-7:30pm

Bone Builders Balance and Building Program (805) 388-8333 Sylvia R
Sponsored by RSVP for 50+ seniors
Designed to improve balance, increase muscle strength and bone density. NC
Mondays and Wednesdays • 9:30-10:30am • 11am-12pm • 12:30-1:30pm
Tuesdays and Fridays • 10:30-11:30am

Bone Builders Balance Program Evening Class (805) 388-8333 Sylvia R
Sponsored by RSVP for 50+ seniors. Designed to fight osteoporosis, improve balance, increase muscle strength and bone density. NC
Tuesdays and Thursdays • 5:30-6:30pm

🍏 Breathing Workshop - What's Your IQ? (805) 388-1952 x100 R
Diana Wightman, LMFT \$25
Learning to be a better breather can clean toxins, reduce stress, energize and balance us!
Jul 18 (Th) 3:30-5pm • Aug 28 (W) 5:30-7pm • Sept 26 (Th) 5:30-7pm

🍏 Energy Healing Brock Travis, PhD (805) 388-1952 x100 R
Brock Travis will explain the basics of energy healing- using the power of light and love for helping others find wellness. \$10
Aug 6 (T) 6:30-8pm

🍏 Facials Celine Collins, Esthetician (805) 388-1952 x100 A
Re-energize and boost cell renewal for a smoother, more vibrant complexion. \$65
Second and third Wednesday of each month • 10-5pm

🍏 5 Secrets to Eliminate Chronic Pain (805) 388-1952 x100 R
Michael Roth, DC NC
Develop a better understanding of chronic pain from fibromyalgia, irritable bowel syndrome. Understanding the causes and learn natural solutions.
Sept 30 (M) 6-7:30pm

🍏 Guided Meditation Danette Banyai (805) 388-1952 x100 R
Make the connection between body, mind and spirit for increased health 1 session \$8
in all areas of your life. Private sessions are available.
Jul-Sept (Th) 5:45- 6:45pm • (F) 9-10am

🍏 Heart Disease Men & Women- Surviving a Heart Attack Dr. Ravi Dave, UCLA Director of Cardiology (805) 388-1952 x100 R
Learn the signs, and what you can do to increase your chance of survival. \$10
Sept 12 (Th) 2-3pm

Healthier Living: Chronic Disease Self-Management Program (800) 900-8582 R
NC
Join others with ongoing health conditions.
Six Wednesdays • Jul 24-Aug 28 • 1-3:30pm at Mira Vista Senior Apartments.
Six Thursdays • Sept 18-Oct 17 • 9:30-12pm at Padre Serra Parrish.

🍏 Snoring and Apnea Brigitte Lovell, DMD (805) 388-1952 x100 R
Learn about Cpap, and custom appliances that can help you sleep soundly. \$10
Aug 8 (Th) 10-11am

Jazzercise Patty Bolland, Instructor (805) 746-3025 R
Jazzercise will improve your aerobic endurance, muscle tone and flexibility. 1 class at the door: \$6
Mon and Thur 5:45-6:45pm • Sat 8:15-9:15am 5 class card: \$25
Classes are on-going (Class tickets expire 30 days from purchase) 10 class card: \$45

🍏 Joint Replacement - What To Expect Before & After Livingston Memorial (805) 388-1952 x100 R
NC
When severe pain or joint damage limits your daily activities, joint replacement may be your best option. This class will prepare you for what to expect before and after to achieve the best possible outcome.
Aug 8 (Th) 2-3pm

Matter of Balance (800) 900-8582 R
This program emphasizes practical strategies to manage falls and improve balance. NC
Sept 18-Nov 6 (W) 10-12 (Eight week series)

The Power of Positive Thought (805) 388-1952 x100 R
Jane Ivey, Board Certified Reflexologist \$30
Techniques explored to enhance positive thinking. We will also look at our energy field and how dreams may contribute to our positive thoughts.
Aug 5, 12, 19 (M) 7-8:30pm (Three week series)

🍏 Prenatal Breastfeeding Class Tara Stivers, IBCLC (805) 388-1952 x100 R
Learn what to expect with breastfeeding both during the newborn stage and as your baby grows. Getting off to a good start, and avoid common breastfeeding challenges. Partners are encouraged to attend. \$40
Jul 18 (Th) 5:30-8pm • Sept 23 (M) 5:30-8pm

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

🍏 Rheumatoid Arthritis - Just Diagnosed (805) 388-1952 x100 R
Understand the cause of the pain and the best ways to manage it. NC
Jul 10 (W) 1-4pm

🍏 Skin Cancer- What You Don't Know UCLA (805) 388-1952 x100 R
Anita Pakula, MD
Learn the most common types of skin cancer, early recognition and prevention. \$5
Aug 14 (W) 6:30-8pm

T'ai Chi Chih® Barbara Lippert, Instructor (805) 388-1952 x100 R
Learn slow, gentle movements that build muscle strength and improve your balance without stressing your joints. \$80
Aug 21-Oct 16 (W) 6-7:15pm (Eight week series) Beginners (No class Sept 25)

Therapeutic Massage Debbie Folino, LMT (805) 388-1952 x100 A
Especially helpful for chronically tense and contracted areas such as a stiff neck, and low back tightness. 1 hour session: \$70
Jul-Sept (M, T) 1-1/2 hour session: \$100

🍏 What If You Don't Replace your Teeth? (805) 388-1952 x100 R
Charles Scholler, DDS \$5
Learn the detrimental effects of not replacing your missing teeth, bone loss, drifting teeth, and facial changes. Teeth can be replaced quickly, painlessly and less expensive.
Sept 6 (F) 11am-12pm

Yoga - Gentle Mikal Rogers, Instructor (805) 388-1952 x100 R
Health benefits include improved flexibility, muscle tone, and stress alleviation. Classes do not meet in sessions, you may begin anytime. Single session: \$10
Tuesdays • 9-10am 4 classes: \$40
10 classes: \$80

🍏 Zumba Gold® (805) 388-1952 x100 R
Mary Arevalo, Licensed Zumba Gold Instructor
Zumba Gold® is the complete package which offers both physiological and psychological benefits. Single session: \$5
Tuesdays 12-1pm • Fridays 9-10am 4 classes: \$15
10 classes: \$35

Screenings

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Blood Pressure Screening	(805) 388-1952 x100	A
For individual screening of hypertension and any questions you may have regarding your blood pressure.		D
Jul 15, Aug 19, Sept 16 (M) 1-2pm		
Blood Sugar Testing	(805) 388-1952 x100	A
The test is done with a simple finger stick.		D
Jul 15, Aug 19, Sept 16 (M) 1-2pm		
Cholesterol Screening	(805) 388-1952 x100	A
If you do not know your cholesterol level, now is the time to have it checked.		D
Jul 15, Aug 19, Sept 16 (M) 1-2pm		
Dental Screening Eric S. Yum, DDS	(805) 388-1952 x100	A
Come and have a dental consultation and your questions answered.		\$5
Jul 10, Sept 11 (W) 10-12		
DIABETESaware	(805) 388-1952 x100	A
In cooperation with Community Memorial Hospital		NC
Jul 15, Aug 19, Sept 16 (M) 2-4:30pm		
Family Immunizations- Shot call for information.	(805) 988-2865	A
In cooperation with St. John's Regional Medical Center		fees vary,
Jul 9, Aug 13, Sept 10 (T) 3-5pm		call for information

Foot Screening Craig Parent, DPM	(805) 388-1952 x 100	A
Concerned about your foot problems? Come and have your feet examined and your questions answered.		\$5
Aug 20 (T) 9-11am		
Hearing Screening and Seminar Ron Roberts	(805) 388-1952 x100	R
This informational seminar will explain the latest advances in hearing aids.		\$5
Sept 19 (Th) 1-3pm		
Memory Screening Day at the District	(800) 900-8582	A
James Sutton, MD, Pacific Neuroscience Medical Group		NC
Are you becoming more forgetful? You may benefit from a memory screening.		
Second Monday of each month • 1-3pm		
STROKEaware	(805) 388-1952 x100	A
In cooperation with Community Memorial Hospital		NC
Jul 15, Aug 19, Sept 16 (M) 2-4:30pm		
Tuberculosis (TB) Testing	(805) 988-2865	A
To have your test results read, return on the following Thursday 4-5pm.		\$20
Second Tuesday of each month • 4-5pm		



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CAMARILLO HEALTH CARE DISTRICT

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Camarillo Health Care District

Camarillo Health Care District is a public agency formed in 1969 by the voters of the Pleasant Valley and surrounding areas to provide community health services.

Over the decades, California state legislators and visionary Board members have kept Camarillo on the cutting edge of community health and wellness, as the health care needs of the community have changed. Today, the District focuses on maximizing health and wellness through prevention, screening, education and support. The continuum of services provided today include Care Transition Services, Adult Day Support Services, Transportation, Lifeline Personal Help Button and Fall Prevention, Care Management Services, Chronic Disease Self Management Programs, Caregiver Education and Training, Senior Support Line, Senior Lunch Program, Wellness & Caregiver Center of Ventura County, Health Screenings, Counseling Services, Exercise, Support Groups, Education and Advocacy.

Recognized statewide as California's Outstanding Healthcare District, the Camarillo Health Care District serves as a model of efficiency and effectiveness. Through the years, the District's Board of Directors, as well as staff and programs, have been awarded and recognized locally and nationwide.

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

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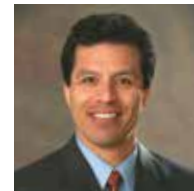
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