

# Healthy ATTITUDES

camhealth.com

SPRING 2018

Camarillo Health Care District QUARTERLY MAGAZINE



## *Elder Abuse is Illegal*

### INSIDE

District Receives  
Highest Accreditation

Elder Abuse Takes  
Many Forms

Programs & Services  
to Change Your Life



## No One. Ever.

The topic of this issue of the Healthy Attitudes magazine centers around the very real issue of elder abuse. In addition to being

despicable, heartbreaking, and wholly unacceptable (among many other things), it is also illegal.

Elder abuse includes physical, emotional, psychological, neglect, fraud and scams. While the most easily visible form of abuse is physical abuse...bruises, black eyes, marks, injuries...other forms of abuse are more difficult to see.

According to the Centers for Disease Control and Prevention (CDC), 1 in every 10 adults over the age of 60, who live at home, experience abuse. And while specific statistics vary, it has become increasingly clear that elder abuse is also an issue for many living in long-term care facilities.

The effort is not only how to *decrease* the number of cases, but also how to *stop* the abuse altogether. It is unacceptable treatment of anyone, especially the frail or otherwise vulnerable, voiceless members of our society. It is unacceptable behavior on anyone's part. There is no justification, and there is zero tolerance for it.

As you read through this issue of the magazine, I encourage you to review any living or caregiving arrangements in your life, or in the life of loved ones, friends and neighbors, for any sign of elder abuse of any kind, or a living arrangement that might benefit from some additional assistance. The District's Caregiver Center offers a variety of resources, many at no charge, to assist caregivers, clients and their families during life's transitions...we are happy to help!

Please share the information in this magazine to empower friends, loved ones and the community in recognizing elder abuse and taking action against it. We'll stand with you.

*Kara*

### District Awarded Highest Accreditation in Case Management

The District is pleased to announce that it has received the highest accreditation certification from the National Committee for Quality Assurance, for Case Management in Long-term Services and Supports (LTSS), and was among the first in the United States to be evaluated under the new program requirements.

LTSS include a broad range of supportive services, such as help bathing, shopping, and cooking, that people may need when they experience difficulty completing self-care tasks as a result of aging, chronic illness or disability. Services are delivered in institutional, home and community-based settings, and create a person-driven support system to help people live more independently in their preferred setting—often, their home.

Accreditation of Case Management for LTSS measures quality across population health management initiatives, adds value to existing quality improvement efforts, and demonstrates an organization's highest level of commitment to improving the quality of care that meets people's needs.

*NCQA is a private, non-profit organization dedicated to improving health care quality. NCQA accredits and certifies a wide range of health care organizations. It also recognizes clinicians and practices in key areas of performance. NCQA's Healthcare Effectiveness Data and Information Set (HEDIS®) is the most widely used performance measurement tool in health care. NCQA's Web site (ncqa.org) contains information to help consumers, employers and others make more informed health care choices.*

### District Featured in American Society on Aging Journal

The District is proud to have authored a feature article in "Generations", a journal of the American Society on Aging, titled "A Field Guide To Managed Care". This article was released at the national Aging in America Conference in San Francisco in March 2018, and addresses the issues of improving health outcomes, at a lower cost, through innovative approaches to health services. The Camarillo Health Care District, in partnership with Community Memorial Health Systems (CMHS), is recognized as a pioneer in health promotion, evidence-based care management, and continues to garner national attention.

#### BOARD OF DIRECTORS

Rod Brown, MBA  
President  
(805) 388-1513

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

Richard S. Lofi, 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

Sonia Amezcua  
Chief Administrative Officer

Sue Tatangelo  
Chief Resource Officer

# Testimonials



*Effective and caring staff plus excellent programming. Thank you!*  
—Adult Day Support Services

*Words cannot express my gratitude for Lynette and your team! Thank you for helping with my mother-in-law. The information and help provided mean so much.*  
—Caregiver Center attendee

*All staff members are very dedicated, enthusiastic.*  
—thank you!

*Congratulations, you are such an asset to the community.*  
—thank you!

*Lynette, Thank you for helping me with my family!*  
—Care Management Services client

*Camarillo is blessed to have a dedicated staff to help us through the difficult job of caregiving.*  
—Caregiver Center attendee

# contents



**2**  
No One. Ever  
Elder Abuse Is Illegal

**5**  
What To Do If  
You Suspect  
Elder Abuse



**6**  
Financial Abuse

**8** Screenings  
Family Caregivers

**9** Mindfulness  
Evidence-Based Programs

**10** Body, Mind & Strength  
Nutrition

**11** Advocacy  
Support Groups

**12** Fitness  
Safety & First Aid  
Important Numbers

## 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

Elder abuse is illegal, and affects 1 in every 10 older adults living at home. Be part of the solution. See page 2.

**INSIDE**  
District Recovers  
Highland Association  
Elder Abuse Talks  
Hill Country  
Programs & Services  
to Change Your Life





# Fighting Elder Abuse

# No One. *Ever.*

*"I didn't ever think my grandson would ever do this to me. Ever."*

– Helen Kawecki, Ventura County, 2016

That statement is real. From a real family. In Ventura County. It wasn't physical abuse, but this family might argue that the abuse they suffered hurt them even more.

The Kawecki's were in their late 80s, had lived in their Thousand Oaks home for more than 50 years, and had planned to stay there the rest of their lives. Somehow, their grandson allegedly persuaded them to sign over the deed and sold their home without their knowledge, and certainly without their permission. Regardless of a hard fight against this action, they were evicted from their own home.<sup>i</sup> I suppose one could say that the Kawecki's story had a happier ending than some — friends and neighbors raised money, and the couple was able to move into a mobile home — but the pain of losing both their trust in their grandson and their home of more than five decades remains.

Elder abuse is a very real, prevalent, insidious and horrifying reality, and it comes in many forms, not just physical. According to the Centers for Disease Control and Prevention (CDC),

**1 in every 10 adults over the age of 60, who live at home, experience abuse.<sup>ii</sup>**

And while specific statistics vary, it has become increasingly clear that elder abuse is also an issue for many living in long-term care facilities.

*(Continued on page 4)*



only  
**1** in **23**

cases of elder abuse in the U.S. is reported

## Financial Scams You Need To Know

National Council on Aging's, top financial scams targeting older adults<sup>iv</sup>

- Impersonating Medicare or health insurance representatives to get personal information or falsify bills
- Telemarketing and online fraud (e.g., selling fake or low-quality products)
- Investment schemes
- Reverse mortgages and other homeowner concerns (e.g., scam artists pretending to be contractors and then charging for unnecessary repairs)
- Fake sweepstakes and lotteries
- Posing as a grandchild and asking for money
- Counterfeit, and often dangerous, prescriptions at low prices
- Capitalizing on funerals (e.g., funeral homes adding unnecessary charges to bills or strangers attending funerals and taking advantage of grieving friends/family)
- Fraudulent anti-aging products

If something is **too good to be true**, it probably is.

**Never sign a document** you do not fully understand.

Do not provide personal information over the phone to random callers...

**you have the power to hang up**; you do not have to speak with anyone who is bullying you or scaring you.



## Knowledge is Power

The Administration for Community Living defines elder abuse as “any knowing, intentional or negligent act by a caregiver or any other person that causes harm or a serious risk of harm to a vulnerable adult.”<sup>iii</sup>

Perhaps the first thought that comes to mind when thinking of abuse is physical abuse, such as bruises, black eyes, or other physical manifestations. However, physical abuse is just one of many forms of elder abuse. No matter the form, it is unacceptable. This article will share some information to help you become more knowledgeable and aware of the various types of elder abuse, and how to put a stop to it.

## Who Is At Risk?

Generally speaking, older adults who are **dependent** upon others for their overall care, their nutrition, the handling of their finances, and the management of their living environment are identified as most at-risk to be victims of elder abuse, and factors such as declining physical or cognitive health, and isolation from others can increase the likelihood of becoming a victim.

Abusive behavior often comes from someone the victim knows and trusts, such as family members, friends and trusted service providers, but in some cases, it comes from strangers, such as scam callers and other con artists.

## What Do I Do If I Suspect Abuse?

There is understandable trepidation around suspicions of elder abuse. As much as no one wants to be wrong about reporting something that isn't happening, even more so, no one wants to be right about it!

Although the best plan is to stop it before it starts, being aware, diligent and willing to be involved, can help stop it sooner rather than later. Elder abuse is a crime in California. If you know it is happening, see it happening, or even suspect it is happening, call the proper authorities immediately.

(continued on page 6)

## Fraud & Scams

**FRAUD:** Misuse of an elderly person's personal checks, credit cards or accounts; stealing cash, income checks or household goods; forging the elder's signature; engaging in identity theft.

**SCAMS:** Announcements of a “prize” that the elderly person has won but must pay money to claim; phony charities; investment fraud.

### Signs of Being Victim to Fraud or Scams

- Sudden change in financial situation or spending patterns
- Sudden close relationship with a stranger who claims to be managing the elder's assets
- Signatures on checks or other documents that don't look like the elder's signature
- Numerous unpaid bills





Recognizing and reporting elder abuse immediately and appropriately, can save lives and **prevent needless suffering.**

## Emotional & Psychological

**(VERBAL):** Intimidation through yelling or threats, humiliation, ridicule, habitual blaming or scapegoating.

**(NONVERBAL):** Ignoring the elderly person; isolating them from friends or activities; terrorizing or menacing.

### Signs of Emotional or Psychological Abuse

- If the older adult is secretive or hesitant to talk openly
- Implausible stories
- Unusual agitation, anger, defensiveness
- Fear and anxiety; withdrawal
- Caregiver not allowing the elder to speak for him/herself; social isolation, restriction of activity by a caregiver

## Physical

Non-accidental use of force against an elderly person that results in physical pain, injury or impairment, such as hitting or shoving; includes inappropriate use of drugs, restraints or confinement.

### Signs of Physical Abuse

- Unexplained bruises, cuts, pressure marks, abrasions, burns or other injuries
- Injuries that don't make sense with the explanations
- Injury marks that resemble an object, such as a belt or hand
- Caregiver is unwilling to allow you to see the elder alone

## Neglect

Failure to fulfill a caregiving obligation. Neglect constitutes more than half of all reported cases of elder abuse. It can be active (intentional) or passive (unintentional) based on factors such as ignorance or denial about the level of care needed.

### Signs of Neglect

- Unexplained weight loss, malnutrition, dehydration
- Poor hygiene; torn or dirty clothes
- Lack of essential items ( food, clothing, personal hygiene products)

Changing an abusive situation requires involvement, either from proper authorities or from loving family and friends who are equipped and authorized to get involved on the elder's behalf. If you have accepted a position of trust on someone's behalf, we applaud you and encourage you to listen actively, evaluate honestly, and read between the lines when necessary. In dealing with some of the more "difficult to notice" types of abuse, here are several good ways to start:

- Work with the person in maintaining a log of expected financial transactions and payments, so that unexpected transactions will stand out
- Understand which documents require their signature, and agree that you'll be present if signatures are required
- Establish agreements on who is allowed into their home (or who has visiting rights in a living facility), and who has access to banking and savings accounts
- Install home or room monitoring cameras and receive notifications on your cell phone

### The law in California is as follows:

§368. Crimes against elders and dependent adults; Legislative findings; Infliction of pain, injury or endangerment; Theft, embezzlement, forgery, fraud, or identity theft; False imprisonment(a) The Legislature finds and declares that crimes against elders and dependent adults are deserving of special consideration and protection, not unlike the special protections provided for minor children, because elders and dependent adults may be confused, on various medication, mentally or physically impaired, or incompetent, and therefore less able to protect themselves, to understand or report criminal conduct, or to testify in court proceedings on their own behalf.

Now let's address the "fear factor", or trepidation factor. What if I'm wrong? What if there's another explanation? What if saying something only makes it worse? Concerns that reporting potential abuse could damage relationships, or create awkward and angry feelings, whether or not abuse is actually occurring, are very real. A study by the National Center on Elder Abuse estimates that only 1 in 14 cases of elder abuse ever comes to the attention of authorities.<sup>v</sup>

It takes courage and commitment to report abuse, but the alternative is not acceptable. Victims of abuse often suffer in silence. Sometimes due to lack of physical or cognitive ability to seek help, and sometimes due to fear of retaliation if they speak up. If the abuse is being perpetrated by the elder's caregiver, the elder may not have access to a means of reporting the abuse. Even those who do not fear retaliation may still remain silent out of concern that their claims of abuse won't be believed. They may also be embarrassed by their situation, or may keep quiet to protect an abusive caregiver from legal consequences.

Unreported abuse rarely stops on its own — in fact, it usually escalates. If you believe you are being abused at any level, please say something...there is help for you. If you believe someone you know is being abused, stand up on their behalf...we'll stand with you!

The Camarillo Health Care District is committed to fostering a community atmosphere of a direct, candid approach to elder abuse. By having the courage to intervene, you can make a powerful, lasting difference in someone's life.



### If you suspect elder abuse of any kind

- If the victim is in immediate danger, dial 9-1-1
- Report the abuse to your local law enforcement agency
- Contact Ventura County Adult Protective Services at 805-654-3200
- If the abuse is occurring in a long-term care facility, contact the local long-term care ombudsman at 805-656-1986 (again, if the victim is in immediate danger, dial 9-1-1)
- Note changes in behavior, appearance or activities and keep logs or photos for authorities

### Take Advantage of Resources

Camarillo Health Care District offers a broad variety of long term supports and services for all ages, including, education, training, care management, adult day services, caregiver training and education, advocacy, exercise, transportation, counseling, fall prevention, home modification, support groups, senior nutrition, personal emergency help buttons, and so much more.

i <http://ktla.com/2016/09/21/elderly-thousand-oaks-couple-loses-home-after-allegedly-being-scammed-by-grandson/>  
ii <https://www.cdc.gov/features/elderabuse/index.html>  
iii <https://www.acl.gov/programs/elder-justice/what-elder-abuse>  
iv <https://www.ncoa.org/economic-security/money-management/scams-security/top-10-scams-targeting-seniors>  
v <http://eldermistreatment.usc.edu/wp-content/uploads/2016/10/Elder-Abuse-and-Its-Impact-What-You-Must-Know-2013.pdf>



# askus

## Financial Abuse



By Lynette Harvey, RN, BSN

Clinical Services Director  
lynetteh@camhealth.com  
(805) 388-1952 ext 111

*My uncle has offered to manage my Mom's bills and finances, and Mom agreed. Although I live out of state, I'm still somewhat involved, and I'm starting to notice some changes in her bank accounts that don't add up. We don't have a great relationship, so I'm hesitant to bring it up to him. What's the best plan to deal with this?*

**ANSWER:** Suspecting a family member of wrongdoing feels awful, and doing something about it takes courage. Living out of state can add to hesitation and doubt about the facts. However, financial abuse is a form of elder abuse, which is unacceptable in any form and illegal, so we're very glad that you're looking more deeply into this. Without knowing all the facts of your situation, it is important that you understand that the proper authorities can help unravel this with you, and we encourage you to take action (see page 6 regarding resources).

Ventura County Adult Protective Services instructs that anyone who suspects another is being abused, should report it. Reports are kept confidential, and callers who are not mandated reporters may remain anonymous. Additionally, anyone who has full or part-time custody or care of an elder or dependent adult is, by law, a mandated reporter and must immediately report suspected abuse or neglect.

Keep in mind, that even if your mother is aware that her money is disappearing at a new or different rate, she may be reluctant to say anything or talk about it, as she may be fearful of getting him "in trouble", being retaliated against, or even feel embarrassed that it happened in the first place.

Financial abuse can take on a wide variety of forms, such as running up household bills, asking for loans (that aren't repaid), stealing cash, credit cards or jewelry, manipulating the older adult into buying things or signing documents, or forging their signature. This kind of abuse sometimes happens because the

one doing it is simply a criminal, and sometimes it happens because the family member/caregiver feels they "deserve" something for helping out. Regardless, it is a crime.



Financial abuse is estimated to cost older adults at least 2.9 billion every year. Over half of financial abuse in the United States is committed by family members, caregivers and friends, according to a recent MetLife study. This is because it is often easier for them to gain the older adult's trust, and thereby begin to steal from them. While we know this is very difficult, I recommend you speak with authorities. They are ready and willing to listen and work with you in this process. Your action may be the very thing your mother needs. 🙏

Citizen's Guide to Preventing & Reporting Elder Abuse  
[www.ag.ca.gov/bmfea/pdfs/citizens\\_guide.pdf](http://www.ag.ca.gov/bmfea/pdfs/citizens_guide.pdf)

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

## CLASSES

### HOW TO REGISTER



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

**Online**  
camhealth.com

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

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

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

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

## SCREENINGS

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

**Caregiver Burnout Screening** (805) 388-1952x100  
Are you a family caregiver? Feeling overwhelmed? Learn more about stressors that could put your own health at risk. Screenings are 30 minutes.  
May 17 (Th) 9-11am | A | \$10

**Dental Screening** Eric S. Yum, DDS (805) 388-1952x100  
Dental issues? Dr. Yum will answer your questions while providing a consultation on the status of your teeth and gums. Screenings are for all ages.  
May 18 (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.  
May 17 (Th) 9-11am | A | \$10 Screenings are 30 minutes.

**Hearing Screening** Lance Nelson, AuD (805) 388-1952x100  
Do you say "what" more than you should? Do you hear better in one ear than the other? Lance Nelson, AuD, of West Coast Hearing and Balance Center will conduct a hearing screening. No cleaning available.  
Second Thursday of each month | 10:30-11:30am | A | \$10

## FAMILY CAREGIVERS

**Adult Day Center** (805) 388-1952x111  
Enjoy a complimentary half-day at our state-licensed, award-winning Adult Day Center where support, comfort and activity are offered five days a week for individuals who may benefit from additional supervision and social interaction during the day. Call for details or to schedule a tour.

**Care-A-Van Transportation Services** (805) 388-2529  
Care-A-Van offers door-through-door, non-emergency medical transportation service throughout Ventura County to medical visits and other activities of daily living. Call for additional information regarding service area, fees, and reservations.

**Care Consultations** (800) 900-8582  
Are you or a loved one in a life transition and don't know where to turn? Schedule a consultation to create a personalized plan with vital links to community resources.  
A | NC

**Caregivers CAN (Connect, Adapt, Navigate)** (805) 388-1952x100  
Caring for a loved one can be physically and emotionally demanding. This series (formerly Tools for Caregiving) was developed with the needs of family caregivers in mind. Engaging, experienced guest speakers are featured each week to present topics such as self-care, aging, elder law, and long-term care. Participants will gain an understanding of community resources and strategies to successfully navigate their role as caregivers. Need care for your loved one in order to attend the class? Ask about our free respite services.  
Jul 10-Aug 14 (T) 9:30am-12:30pm | 6 week series | A | \$40

**Caregiver Support Groups** (800) 900-8582  
Intended for those who are the primary caregivers of loved ones.  
Second and Fourth Friday of each month | 9:30-11am | District Offices  
Monday | 9:30-11am | Leisure Village (residents only)

**NEW Understanding Dementia Behavior** (805) 388-1952x100  
Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings when the ability to use language is lost. Monica Schrader, Ventura County Regional Director of the Alzheimer's Association will help you decode behavioral messages, identify common triggers and explain strategies to help intervene with the most common behavioral challenges of Alzheimer's disease.  
May 2 (W) 1-2:30pm | R | NC

**Memory Café** (800) 900-8582  
Join others affected by dementia, along with their families and caregivers, for a fun, supportive lunch gathering.  
Jun 2 (S) 11-12:30pm | Registration required | NC | Adults only

**Visit The Kroll Resource Library** (800) 900-8582  
The Kroll Resource Library is a comprehensive collection of specially selected resources related to caregiver duties and chronic disease. Enjoy a tranquil, relaxed environment while you learn more about your health or the health of a loved one.

## MINDFULNESS

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

**Discover Mindfulness Series** with Danette Banyai (805) 388-1952x100  
Led by Hypnotherapist and Health Education Specialist Danette Banyai.  
All classes listed below include mindfulness meditation. Always practical, always simple.

**NEW Mindful Relationships** (805) 388-1952x100  
Do your relationships calm or energize you, or do they cause stress? Pay close attention to how your inner circle of family, friends and colleagues make you feel and allow yourself to let go of those who drain you. Being mindful in your relationships will lead to a happy and free life.  
May 17 (Th) 6:30-8pm | R | \$20

**NEW Recalibrate & Live Simply** (805) 388-1952x100  
Do you feel caught up in the fast-paced whirlwind of life? Learn to slow down and take a moment to remember who you are and what is important to you. By listening to your inner self, you can recalibrate and live simply, creating a life in line with who you are meant to be.  
Jun 7 (Th) 6:30-8pm | R | \$20

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

**NEW Living with Positive Thoughts & Gratitude** (805) 388-1952x100  
Jane Ivey, Msc.D.  
Join Jane in exploring the many physical and psychological health benefits of living a life with an optimistic viewpoint and gratitude. Learn how you can enjoy less stress and a brighter outlook with more energy and enthusiasm.  
Jun 25 (M) 7-8:30pm | R | \$20

*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.  
Jun 4-Jul 16 (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.  
Jun 11-Jul 16 (M) 1:30-4pm | R | NC

**Chronic Disease Self-Management Program (CDSMP) "Healthier Living"** (805) 388-1952x100  
Do you have a chronic health condition or care for someone who does? The award-winning Chronic Disease Self-Management Program (CDSMP) is based on research conducted at Stanford University. Take the first step to manage ongoing health conditions, with easy methods to reduce fatigue, anxiety, and sleep loss.  
May 15-Jun 19 (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.  
May 22-Jun 26 (T) 2-4pm | 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.  
May 16-June 20 (W) 1:30-4pm | 6 week series | R | NC

**Matter of Balance** (800) 900-8582  
Have you fallen? Are you worried about falling? Join us to learn how to prevent falls, discuss safety techniques to reduce concerns, and set goals for increasing activity.  
May 2-June 20 (W) 9:30-11:00am | 8 week series | R | NC

**Stepping On** (800) 900-8582  
Facilitated by VCAAA, each session features an expert who will address ways to prevent falls. A physical therapist will provide suggestions to improve balance and leg strength. A vision expert will address vision issues and offer tips on fall prevention. A public safety professional will speak about falls in public surroundings, and a pharmacist will discuss medications that affect your risk for falls. This series is designed for those who have suffered a fall and are not reliant on a walker.  
Apr 19-May 31 (Th) 1:30-3:30pm | 8 week series | R | NC

**Tai Chi for Arthritis** (800) 900-8582  
This award-winning series, based on research conducted by Dr. Lam from the Tai Chi Institute in Sydney, Australia, is designed for anyone looking to relieve pain (from arthritis or other chronic conditions) and improve movement, balance, strength, flexibility, and relaxation. Beginners welcome! Please call for date of next session.

**UCLA Memory Training** (805) 388-1952x100  
Techniques taught in this course are based on research at UCLA and focus on organization, association, and imagery to make information easier to recall.  
Apr 30-May 21 (M) 1:30-3:30pm | 4 week series | R | \$40

## BODY, MIND & STRENGTH

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

### NEW Advancements in Atrial Fibrillation (805) 388-1952x100

Dr. Ishu V. Rao, Cardiac Electrophysiologist, will discuss the new atrial fibrillation implant device called the WATCHMAN. This new minimally invasive procedure has been found to reduce the risk of AF related stroke, and eliminate the need for blood thinners. Learn more about this procedure and bring your questions.

May 23 (W) 6-7:30pm | R | NC

### 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 many feeling either hyper or listless. Rajinder K. Rai, pharmacist at All Med Drugs & Compounding Pharmacy, will discuss options for finding the best relief.

May 16 (W) 11am-12pm | R | NC

### NEW Bone Up on Osteoporosis (805) 388-1952x100

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

Apr 17 (T) 6-7:30pm | R | \$10

### NEW Diabetes and Your Heart Health (805) 388-1952x100

Having diabetes increases your risk of developing heart disease. Dr. Michael Jamieson will discuss tips, resources, tools and medication management to help protect your heart and to help you achieve success.

Jun 14 (Th) 6-7:30pm | 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)

May 23 | Jun 27 (W) 6-7:15pm | R | \$10

### NEW Heart Healthy Education Program (805) 388-1952x100

Cardiovascular disease is caused by a combination of genetic and lifestyle factors Dr. Michael Jamieson will discuss the causes, prevention and emerging medication therapies.

Apr 24 (T) 5:30-7:30pm | R | NC

### Massage: Swedish, Pregnancy & Deep Tissue Therapy (805) 298-3202

Lisa Ball, LMT provides therapeutic massages. Her expertise extends to Swedish, deep tissue, rehabilitative, pregnancy, and lymphatic massages.

Tuesdays, Thursdays, Sundays | A | 1 hr session: \$75 - 1 1/2 hr session \$95

### NEW Physical Therapy & Pain Management (805) 388-1952x100

Many people suffer debilitating pain in everyday life. Sejal Doshi, Physical Therapist will discuss cutting edge information on how physical therapy can empower you to take an active role in the self-management of pain.

May 2 (W) 6-7pm | 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 session: \$25 | 1 hr session: \$45

### NEW Saving Your Brain Eileen Gold, MA (805) 388-1952x100

Each one of us has the ability to increase our brain power at any age — the key is brain exercise! Learn the steps and activities to develop or recover age-affected brain power, as well as 10 lifestyle strategies for keeping your mind strong.

Jun 26 (T) 6-7:30pm | R | \$10

### 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.

May 31 (Th) 2-3:30pm | R | \$20

### NEW Healthy Weight Management Margaret Aslanian, RD (323) 383-6981

Maintaining a healthy weight is important for overall health. Being overweight carries a higher risk of developing health problems, including type 2 diabetes, heart disease and high blood pressure. Meet Margaret Aslanian, Registered Dietitian for a one-on-one appointment to discuss a healthy weight management plan.

Private sessions 45 minutes | A | \$50

### Produce Day

A collaboration with FOOD Share of Ventura County to bring residents a variety of seasonal produce at no cost. Attendees may also receive health screenings. First come, first serve basis. Please bring your own bag.

Second Thursday of each month | 11am-1pm | Donations appreciated

### NEW Sous Vide Cooking with Chef Amy! (805) 388-1952x100

Once limited to professional chefs, the Sous Vide method is now being used by home cooks. This process produces consistent restaurant quality results due to precise temperature control. Chef Amy Tyrrell will provide four recipes that will transform you into a believer in Sous Vide cooking! Generous samples provided.

May 31 (Th) 6:30-8pm | R | \$45

## 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

### 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 Fundamentals of Intuitive Eating Kelsea Cregut, RDN (805) 388-1952x100

Intuitive eating is a realistic and completely non-diet way of eating. By truly listening to your body's natural hunger cues and giving yourself unconditional permission to eat, while recognizing fullness and satisfaction, you start to feel differently mentally and physically. This three-part series will walk you through how to eat intuitively and feel healthier, so you can throw out those diet books!

May 30, Jun 6, Jun 13 (W) 6-7:30pm | R | \$45



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.

Jun 27 (W) 4:30-6pm | 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** Robert Harrell, Financial Planner (805) 388-1952x100

Consult with a financial planner on budgeting, retirement planning, and financial problem solving. Discuss how to put all the finance pieces together to solve problems or reach goals in a confidential session.

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

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

Trained counselors offer objective information and provide assistance for Medicare eligible individuals. Assistance available for Supplemental Medigap, Medicare Advantage, Prescription Drug Benefits, and Long Term Care Insurance. One-on-one counseling provided.

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

**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.

May 17 (Th) 3-4pm | R | NC

**NEW Inheritance - How to Help (not Burden) Your Beneficiaries** (805) 388-1952x100

Leaving an inheritance to someone is a personal and private matter with so many variables it can seem overwhelming. Why is it crucial to leave nothing vague or open to interpretation? Why give or not give inheritance while you are living? How can you

minimize the possibility of a legal battle after you are gone? Attorney, Christopher P. Young, a Certified Specialist on this topic, and will discuss how to help ensure your final intentions are carried out.

May 16 (W) 6-7:30pm | R | \$10

**NEW Legal Information For Elders (L.I.F.E.)** (805) 388-1952x100

This presentation is designed for those 60 and older to better understand legal information, to assist in filling out documents, and to help identify individual legal needs. The workshop is followed by one hour of assistance in filling out forms. Sponsored by Ventura County Area Agency on Aging & Grey Law of Ventura County.

May 18 (F) 9:30-11:30am | R | NC

**NEW Living Within Your Means** (805) 388-1952x100

Ventura County Area Agency on Aging in partnership with Ventura County Credit Union is providing this workshop for those 60 and older to learn about financial planning and budgeting resources.

May 9 (W) 9:30-11:30am | R | NC

**NEW Medicare: Round Table Presentation** (805) 388-1952x100

Facilitated by HICAP community educators, the presentation will focus on the importance of free preventive services, maximizing health care dollars and the new Medicare card update.

Jun 22 (F) 1:30-3pm | R | NC

**NEW Social Security: Think it Doesn't Matter? Think Again!** (805) 388-1952x100

Social Security is a significant source of income for aging adults. Paul Narr, CFP, will discuss how the right choice now could 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 current, former, or deceased spouse.

Jun 7 (Th) 6-7:30pm | R | \$20

**NEW Subtle Signs of Elder Abuse** (805) 388-1952x100

Can you recognize the warning signs of elder abuse? Would you know how to handle the situation? Elder abuse comes in many forms — physical, intimidation, neglect, isolation and financial. Rise to the challenge to recognize abuse! The life you save may be your own.

May 10 (Th) 6-7:30pm | R | NC

*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 | Passes expire 30 days from purchase  
Single class \$8 | 4 classes \$28 | 8 classes \$40
- 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 upbeat music.  
Mon & Thu 5:45-6:45pm | Saturday 8:15-9:15am | R  
Single class \$8 | 5 classes \$30 | 10 class \$50 | Tickets expire 30 days from purchase

- Seated & Standing Beginning Ta’i Chi Chih®** (805) 388-1952x100  
Strengthen your core muscles with zero impact and maximum benefit! Accredited Instructor Barbara Freie will challenge you physically and spiritually by showing you how to relax, stretch and focus on your inner-self while also improving balance and peace of mind.  
Apr 18-June 13 (W) 5-6:15pm | 9 week series | R | \$90  
Jun 28-Aug 23 (Th) 10-11:15am | 9 week series | R | \$90
- Yoga—Gentle** Mikal Rogers, Instructor (805) 388-1952x100  
Health benefits include improved flexibility, muscle tone, and stress alleviation. On the first Tuesday of every month, class includes a light walking aerobic session.  
Tue 9-10am | single class \$10 | 10 classes \$80 | R

## SAFETY & FIRST AID

- NEW Babysitting 101** (805) 388-1952x100  
Teens and tweens learn to care for children of all ages and to handle emergencies in preparation for being the best sitter on the block! Certificate is available upon completion.  
Apr 23 (M) 5-6:30pm | R | \$25 | No refunds available.
- CPR, First Aid & AED** Jose Godinez, Certified Instructor (805) 388-1952x100  
This basic course follows the American Heart Association guidelines.  
Certificate is available upon completion of class. | No refunds available.  
Apr 16 (M) 5:30-9:30pm | Jul 16 (M) 5:30-9:30 | \$65 | R | Materials \$18

- First Aid & CPR for Teens & Tweens** (805) 388-1952x100  
Jose Godinez, Certified Instructor  
Designed for teens and tweens “in charge” of supervising siblings, or those looking to advance their babysitting skills. American Heart Association certificate is available upon completion of class.  
Jun 18 (M) 5:30-8pm | R | \$45 | Materials \$15 | No refunds available.

## IMPORTANT NUMBERS



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

- |   |  |
|---|--|
| <b>Adult Day Center &amp; Support Services</b> ..... (805) 388-1952 x111<br>Award-winning, person-centered day program                              | <b>Health Screenings</b> ..... (805) 388-1952 x100<br>Variety of screenings  |
| <b>Care Management Services</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 Program</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

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

**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

## Scholarships Available

Transportation included • Offer valid while funds are available

## Take a Tour Today!

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

**AWARD-WINNING. INNOVATIVE. TRANSFORMING.**

**PHILIPS**  
**Lifeline**  
 OF VENTURA COUNTY  
**Personal Emergency  
 Response System**  
**FOR AS LITTLE AS**  
**\$21<sup>95</sup>**  
**A MONTH**  
**For all active military,  
 veterans and their  
 caregivers**  
**805-388-1952 x120**

Not valid with other promotions or offers.  
 Coupon Expires: 6/30/2018

CAMARILLO  
 HEALTH  
 CARE  
 DISTRICT   
 For your health & wellness




**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

**RADIATION  
 ONCOLOGY**



# Your path to recovery is right here.



Ventura County's New  
**6D Robotic SBRT  
 Cancer Treatment**

For Image-Guided Radiation Therapy (IGRT) and Stereotactic Body Radiotherapy (SBRT).

This 3-5 day cancer treatment, currently used at UCLA, provides sub-millimeter precision and real-time tracking.

Call today for a consultation and find out if this cancer treatment is right for you.


CAMARILLO CENTER  
 805-484-1919

■


OXNARD CENTER  
 805-988-2657

■

[www.rocvc.com](http://www.rocvc.com)



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



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