

Healthy ATTITUDES

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SUMMER 2014

FREE
Take One

Camarillo Health Care District QUARTERLY MAGAZINE



BUILDING *Hope*

ADULT DAY CENTER RENOVATION PROJECT • OPENING FALL 2014



A MESSAGE FROM Jane Rozanski, Chief Executive Officer

I am pleased to share with you, in this issue of *Healthy Attitudes*, our direction for Adult Day Programming. For more than 30 years, the Camarillo Health Care District (District) has provided day services for adults who could benefit from additional care during the day due to decreasing abilities from a variety of related conditions.

This summer, the District will move into the final stage of what has been a two-year planning project to improve and enhance the existing Adult Day Program. The current size of the center will nearly double to allow for the integration of innovative technology and enhanced activities, and the excitement is building!

Oliver Wendell Holmes said, "The great thing in this world is not so much where we stand, as in what direction we are moving".

Adult Day Programs, such as ours, are being called on more and more by families, physicians, and medical service payors to help manage long-term, chronic health issues. The benefits of enrollment in adult day programming are proven and dramatic...we see it every day. After sometimes only a few days in the program, non-verbal, isolated and depressed clients begin emerging through activities, therapies, interaction, respect and true compassion. We listen and we care!

If you are a full-time caregiver, our Adult Day Center can provide a much needed break. While the person is at the Center, you'll have time to run errands, finish other tasks, and basically recharge from the stress of caring for your loved one.

If you are a caregiver who works during the day, our Adult Day Center can be very helpful as you try to balance a job with the ever-increasing demands of your caregiving duties.

For people with Alzheimer's and dementia, our Adult Day Center provides a chance to be social and participate in staffed activities such as music, exercise, arts and crafts, and cognitive activities to stimulate cognitive awareness.

Through my appointment by California Governor Jerry Brown to his Commission on Aging, I can tell you that our local program here is recognized statewide as a leading-edge program. Our Manager of Adult Day Programming, Mary Ann Ratto, CSA, has also been elected to the California Association for Adult Day Services Board of Directors.

If you are caring for a loved one who is declining physically or cognitively and don't know where to turn for help...turn to us. We are here to lighten your load and care for both of you. We understand and will be there with you every step of your journey. Also, if you have ever wondered what services are available for your family or friends, I encourage you to read through the pages of this issue, and call Mary Ann for a tour, or for more information, at 805-388-1952, extension 111.

Please also watch for a Grand Opening Ceremony in October, 2014...everyone is welcome...especially if you've never stopped by before. You will be proud of your District!



SENIOR SUPPORT LINE
800.235.9980

Get Well. Stay Well. Live Well.

IN THE NEWS

District Board of Directors Pass Resolution Urging State to Create Seniors' Financial Bill of Rights

The Board of Directors for the Camarillo Health Care District has unanimously passed a resolution urging the California State Legislature to pass a Seniors' Financial Bill of Rights which would work to support and sustain programs for older Californians. These programs would include important topics such as powers of attorney, financial counseling, legal assistance to protect financial rights, and appropriate legal enforcement for financial exploitation.



District Declared "Winner" Reader's Choice Award for Senior Services by Ventura County Star

Through popular vote, residents of Ventura County have declared the Camarillo Health Care District the *Reader's Choice Award in Senior*

Services! Each year the *Ventura County Star* asks readers and residents to vote for their favorite businesses and organizations across a wide variety of categories. This year, the Camarillo Health Care District won the brand new category of "Senior Services." On behalf of our clients and staff, thank you to all who voted for us!

Community Outreach Manager Elected to Camarillo Council on Aging

Lynn Jones, CSA, Community Outreach Manager for the Camarillo Health Care District, has been elected to the Camarillo Council on Aging (CCOA). Lynn is a lifelong Camarillo resident, and serves on the Board of Directors of the Ventura County Adult Abuse Prevention Council, with the Pleasant Valley Historical Society, with Healthy Ventura County, and with many other community organizations. Lynn is also an honored member of Community Memorial Hospital's Gold Dust Gala Committee raising awareness of the Healthy Women's Program. Additionally, Lynn leads the Lifeline of Ventura County service through the Camarillo Health Care District which is a personal help button and emergency response system. Congratulations, Lynn!



Attention Student Volunteers!

Join our Youth Leadership Program this summer and earn community service hours. Contact Monica at 388-1952 ext. 112 or monicat@camhealth.com.

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Healthy ATTITUDES

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For your health & wellness

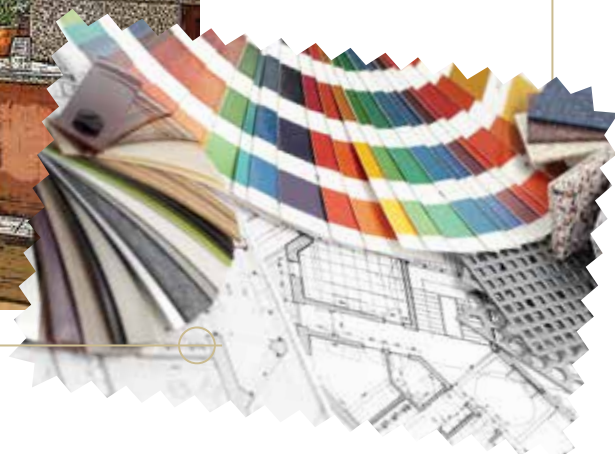
3639 E. Las Posas Road, Suite 117

Camarillo, CA 93010

(805) 388-1952

www.camhealth.com

Excitement is Building!



Doubling Size of Adult Day Center

The Camarillo Health Care District (District) is excited to announce that the 10-week renovation process of the Adult Day Center started in June, with a ceremonial “Whacking of the Walls”, as we work to nearly double the size of the existing Adult Day Center! This expansion project poignantly marks thirty years of dedicated service to families and residents of Ventura County affected by cognitive frailties and ailments. The “Whacking of the Walls” ceremony included community leaders who believe so much in the expansion of the Adult Day Center that they bid for, and won, the opportunity to take the first whack at knocking down some of the interior walls that will need to change during renovation!

The District operates the state-licensed Adult Day Center, providing a safe, respectful, compassionate option for adults who could benefit from additional care during the day due to conditions such as Alzheimer’s disease, Parkinson’s disease, stroke, brain injury, decreasing mobility, isolation and loneliness. In addition to providing a safe and caring environment, the Adult Day Center offers much-needed respite for caregivers and families as they re-build their lives in the midst of transitions. And the excitement is building! The expansion will include an additional 1,200 square feet, acquired two years ago. This additional space will help create new activity centers to stimulate participant’s mental, physical, and social growth to its highest potential.

Innovation. Renovation. Transformation.

Innovation in Details

Innovations in technology include Skype and email opportunities for families and friends near and far, touchscreen brain fitness programs that strengthen attention, focus and concentration, wireless medical diagnostic systems including blood pressure monitoring, weight, pulse oximetry and blood glucose allowing family access to the readings, wireless bathroom emergency call systems, and state-of-the-art egress and wandering notification systems to provide additional peace of mind. The notification system also offers an at-home option.

The renovated kitchen will provide a comfortable, home-like atmosphere with a kitchen island for interactive meal preparation, appetite stimulation and aroma therapy. "Clients can pull up a chair or wheelchair to the counter and feel as if they're part of the process, and have a chance to see and smell the food as it's being prepared," says Mary Ann Ratto, CSA, Adult Day Program Manager, "as a result of the aroma therapy appetites can improve."

Emerging technology and leading-edge enrichment programs will support a person-centered approach in caring for the unique physical, emotional, and social needs of participants and their caregivers. Therapeutic activities and individual services are designed to help participants stay mentally and physically active, reduce isolation, improve health, delay decline and prevent or postpone long-term-care placement. With the expanded program space, participants will engage in a wide range of meaningful activities that encourage mental, physical, and social engagement throughout the day including art, music, aroma and pet therapy, intergenerational programs, creative craft projects, cognitive stimulation, reminiscing experiences, evidence-based exercise programs, wellness practices and disease-specific programs.

Brain health and the evidence-based Dakim Brain Fitness System, which is designed to stimulate six essential cognitive domains: long-term memory, short-term memory, critical thinking, visuospatial orientation, computation, and language, is a special focus of the Center. The Brain Fitness System provides a personalized workout that helps maintain brain fitness and can slow the effects of cognitive decline.

The new treatment room provides opportunity for regular, private health screenings to be incorporated into a participant's day. Regular monitoring can reduce risks and complications associated with multiple health issues. Caregivers can stay informed about their loved one's activities and status during the day, with the Family Connections Program, which allows families to easily access information online such as participation in activities, personal care details, meal consumption, mood and mobility. "Knowledge is power and we

believe when it comes to connecting with family caregivers, this could not be more correct," says Ms. Ratto. "Our daily online Family Connections Program helps caregivers stay informed about what happens each day at the Center."

Open During Expansion

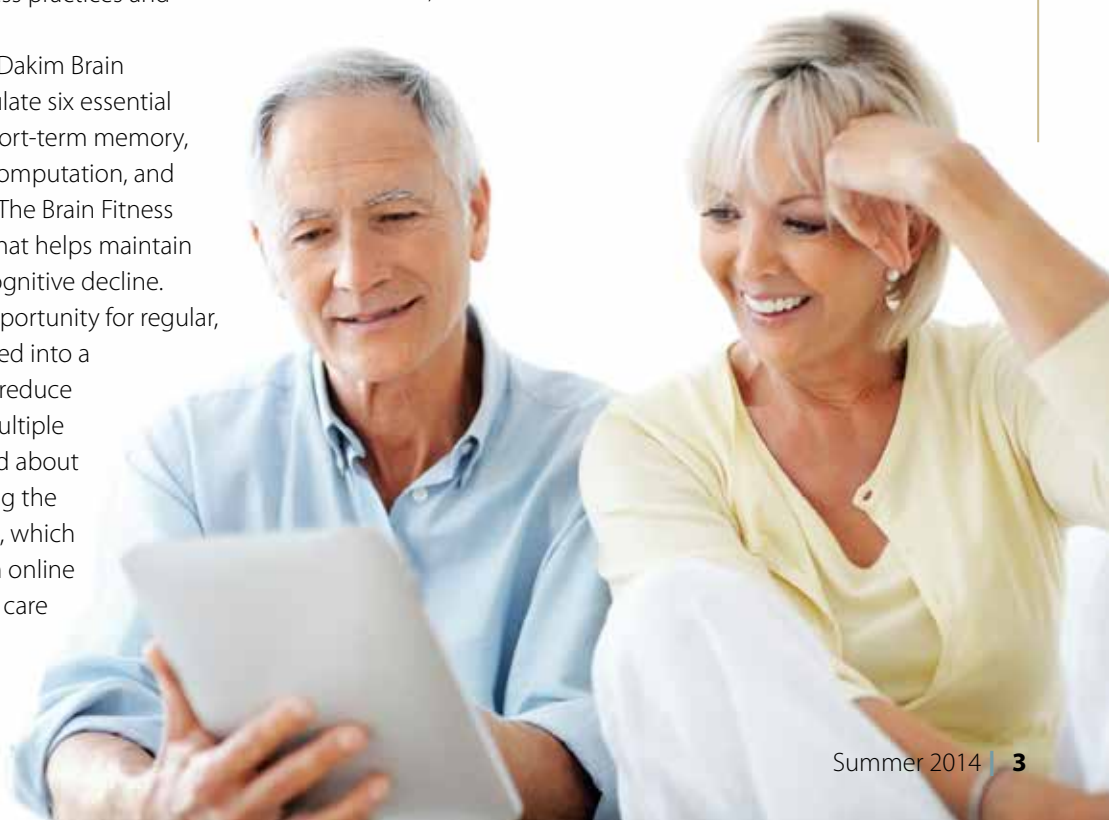
The Center will operate during renovations, at the same address, but on a different side of the building. The temporary location is approved by state licensing and every consideration has been taken in preparing the clients and the families for this change. Staff is proud to welcome clients into their temporary center, and have worked tirelessly to prepare a warm and caring environment during this transition.

"The planning involved in this is very detailed," states District CEO Jane Rozanski. "The project management company, S.L. Leonard & Associates, is renowned for its work on the Disney Center and the Camarillo Library...every detail has been carefully considered to meet the unique needs of the clients with dignity and comfort." "Through the decades, hundreds of our clients have benefited from program changes such as this expansion project," says Ms. Rozanski, "New research, innovative technology, and client needs drive how we care for the clients."

You Can Be a Partner

"There are many opportunities for the community to partner with us in this project," states Ms. Rozanski. "If you or your family would like to name a tile, or a room, or become a founding partner in this project, we would be proud to join with you."

For partnering information, please contact Sue Tatangelo, Chief Resource Officer at statangelo@camhealth.com, or at 805-388-1952, extension 106.



BUILDING *Hope*

MORNING ACTIVITY CENTERS

A variety of fun activities are available from Trivial Pursuit and large print crossword puzzles to the putting green and table top bowling. Entertainers regularly visit the Center to treat clients to Hawaiian music and dancing, piano concerts, and other cultural treats.

LUNCH

A nutritious, balanced, hot meal is prepared onsite for participants to enjoy while they socialize.

"The staff is wonderful... everyone is so helpful."

9-10am



COFFEE HOUR

Adult Day Program participants are welcomed by caring and friendly staff who direct them to their personalized seat for Coffee Hour. Participants enjoy hot cup of coffee or juice and a pastry or fresh baked muffin while a staff member leads a discussion for the group about current events and local news from the morning newspaper.



10-11am

"My husband really enjoys coming to Club and I have come to understand that he has a better experience than he would have at home with me every day, due to all of the planned activities, the multitude of people, he comes in contact with and the way that I think he feels safe in the environment."

"Our family is grateful for the opportunities you offer our loved ones to stay engaged and

11-11:30am



EXERCISE

Chair exercises in gentle versions of Zumba, Tai Chi, Guided Meditation, and Flexibility and Stretching are led by professional instructors.



11:30-12:30pm

"Knowing that my mom is receiving attention and care while interacting with others is a great relief. I greatly appreciate it!"

WANT TO LEARN MORE?

- Respite care is available during the Tools for Caregiving Class Series and the Caregiver Support Group which meets each month at the District on the 1st Wednesday at 1:30pm, 2nd and 4th Friday at 9:30am, and at Leisure Village on Mondays at 9:30am
- Enjoy a complimentary morning at the Center on the second Friday of each month. Receive support, comfort and stimulation for your loved one who could benefit from additional care and social interaction.

ONE DAY AT A TIME

AFTERNOON ACTIVITY CENTERS

Different activities are planned for each day of the month including a water color activity led by a Certified Art Therapy Instructor who is also a Licensed Marriage and Family Therapist. Sights and sounds of the cultural arts abound with singing, dancing and performances by orchestras and ensembles. Seasonal décor made by Center participants adorns the Activity Centers while other crafts are prepared for homebound seniors.

CARE-A-VAN

Caring staff members personally escort participants safely to their caregiver or to the Care-A-Van driver to return home after another full day enjoying the Center.

"My husband really enjoys going. Thank you for making us feel special."

12:30-1pm



A LITTLE HUMOR

Fun anecdotes and light humor is shared aloud by enthusiastic staff members as participants ease into the afternoon. Some members use this time to take a short walk around the District campus with the guidance and safety from a staff member.



1-2pm

"What a pleasant turn-around that I've seen in my wife. She can't wait to go to the Center in the morning. I credit the staff because they've showed her love and attention. She's also found friends in the other attendees. Well done!"

"Kudos to the staff for continuing care of my wife despite some bumps on her journey. Celebrating her birthday there was special."

2-3pm



HAPPY HOUR

Happy Hour kicks off with hot or cold beverages and snacks like cheese and crackers or chips and dip. Depending on the day, birthday and holiday celebrations are in full swing.



3pm

"I can't say enough nice things about this program—great service and dedicated staff."

"Shared activities can increase social interaction, reduce isolation, and promote a sense of belonging. They can also encourage independence, social inclusion, communication or expression of feelings."

—Alzheimer's Society

- The Adult Day Program is available up to 5 days a week from 9am-3pm, extended hours, and half days either in the morning or afternoon...so you can customize your needs!
- A Registered Nurse visits regularly to check and track basic vital signs. Trained staff can also assist with medications as needed.
- Transportation is available. For details and fees, please contact Mary Ann Ratto, Adult Day Program Manager, at (805) 388-1952 ext. 111, or maryannr@camhealth.com.

Myths and Facts

Chronic health issues and conditions that cause cognitive and other impairments such as stroke, Parkinson's disease, Alzheimer's disease, or other forms of dementia can be a terrifying puzzle for those with the condition, as well as their families. It can be difficult to navigate. Perhaps these five "myths", with a countering answer, can offer meaningful clarity to your situation.

1

Memory loss and confusion are normal parts of aging.

While it's normal to have occasional memory loss, ongoing memory loss and confusion may be a sign of something more serious. Someone is diagnosed with Alzheimer's disease every 68 seconds and is the 6th leading cause of death in the United States. It is the only cause of death among the top 10 in America that doesn't have a prevention or cure, according to the Alzheimer's Association (2012). Adult Day Programs support clients with cognitive disorders from various diagnoses and provide essential respite care for the caregivers.

2

With this diagnosis, my loved one won't be able to live independently in their home.

Adult Day Programs can help delay the need for a loved one to enter a care facility. Up to 70 percent of long-term care recipients still live in their own homes, or with families or friends, according to the California Department of Health Care Services (2014).

3

I can care for my loved one by myself.

Using Adult Day Programs just twice a week can provide emotional and physical benefits, according to a Pennsylvania State University study. Caregivers were less angry and depressed on the days they utilized an Adult Day Program and the study suggests that giving your body a break may even protect the caregiver from the long-term effects of stress and prevent illness.

4

My loved one will have limited quality of life because of their diagnosis.

Staying physically active and exercising regularly can produce long-term health benefits and even improve health for some older people who already have diseases and disabilities, according to the National Institute of Health (2014). The Adult Day Center at the District provides daily activities that stimulate clients physically, cognitively and socially.

5

I can't afford to place my loved one in an Adult Day Program.

Some people find that Adult Day Programs are more affordable than other common solutions for their situation and circumstances. The District's Adult Day Program provides flexible care plans ranging from one to five days per week. Part-day and extended-day plans are also available. Some long term care insurance programs cover adult day program services. Inquire with Mary Ann Ratto, Adult Day Program Manager, to discuss care plan options for you and your family. (805) 388-1952 ext. 111, or at maryannr@camhealth.com.

BUILDING *Hope*



TOGETHER

Please Partner With Us . . . Dedicated areas in the new Center will highlight community partners and supporters at every level. If you would like to honor a family or loved one, please consider the following opportunities as a Founding Partner, or as a Hope Sponsor. Please contact Sue Tatangelo at 805-388-1952, ext. 106, or at statangelo@camhealth.com.

Every gift honors a life, and every gift offers hope to others.

FOUNDING PARTNERS

Benefactor \$1,000 Friend \$500 Supporter \$250

HOPE SPONSORS

Hope Sponsors include naming opportunities and a special reference to the Hope Sponsor will be incorporated in the room, area, or program, along with special mention in the *Healthy Attitudes* magazine, and a presentation before the Board of Directors.

Sophie's Corner	\$20,000	Skype and email with family and friends near and far; tranquil, comfortable setting designed to reduce agitation
Wellness Room	\$15,000	wireless medical diagnostic system including blood pressure monitoring, weight, pulse oximetry and glucose meter, medication management; family access to online health screening history
No Place Like Home Kitchen	\$15,000	beautifully appointed kitchen with home style dining room seating 40; kitchen island for interactive food demonstration and tasting
Safe & Secure System	\$10,000	wireless bathroom emergency call system, state-of-the-art egress notification, remote check in by families
Brain Fitness	\$10,000	dedicated brain fitness system with touchscreen cross-trains the brain in six cognitive domains, strengthens attention, focus and concentration
Art Therapy	\$5,000	guided art activities rekindle sense of self; provides excellent method of emotional release and social connection, enhances cognitive functioning and expresses essential features of self




Classes for A Good Cause . . . When you see the Hope symbol next to a class, you'll know that the instructor has donated the time and 100% of class fees to support the Building Hope Adult Day Program.

It all started with a Big Bang!

At the "Whacking of the Walls" ceremony in June, it became evident to us that the Ventura County community's support of the Building Hope renovation project of the Adult Day Center is immense. On behalf of the clients, families, loved ones and community members, we thank you for partnering with us as we incorporate advancements in technology, implement innovative enrichment programs, and double the size of the facility, to offer person-centered, respectful, and compassionate care. Visiting state officials in the Adult Day industry have expressed their anticipation that our innovative program will become a model for the State of California . . .

we'll make sure it does!

Advocacy

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

NEW Attention Parents! Children

With Disabilities IEP-504 Workshop

(805) 388-1952x100

Anne Zachry, CEO KPS4Parents, Inc. and Jeffery Hayden, Ph.D., BCBA-D

Does your child have an IEP or a 504 Plan for their education? Are you seeking ways to ensure that your child's unique educational needs are met? Learn the required lingo and ins and outs from experts in this area, so you can give informed consent to any legal documents you sign related to this process, understand what to do if you don't agree with the educational plan, and find the information you need to make informed decisions.

Aug 5 (T) 6:30-8pm | R | \$20

Elder Legal Services

(800) 900-8582

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

Monday | 1-4pm | A | NC

Estate Planning Ins and Outs

(800) 900-8582

Annette Dawson-Davis, Attorney

Prevent your loved ones from having to deal with property issues after your death.

Jul 23 (W) 6-7pm | R | \$10

Financial Planning 101

(805) 388-1952x100

Consult with a certified financial planner on various financial topics.

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

Health Insurance Counseling & Advocacy Program (HICAP)

(805) 388-1952x100

Receive help with enrollment, questions, and concerns regarding Medicare registration.

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

NEW Social Security & IRA Check Up

(805) 388-1952x100

Learn techniques, from an independent retirement specialist, to optimize your social security income and survivor benefits. Learn strategies for blending IRA's and retirement plan distributions with social security to maximize benefits and minimize taxes.

Jul 18 (F) 2-3pm | R | \$10

NEW Your Identity Was Stolen ... Now What?

(805) 388-1952x100

Sr. Deputy DA Howard Wise, an expert in identity theft crimes, will teach you the necessary steps to take to reclaim your life and prevent future thefts.

Jul 22 (T) 12:30-1:30pm | R | \$10

Safety & First Aid

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

Basic Life Support (BLS) Jose Godinez, Certified Instructor

(805) 388-1952x100

For healthcare professionals in life-threatening emergencies.

Aug 11 (M) 5:30-9:30pm | R | \$60 | Materials \$15

CPR, First Aid & AED Jose Godinez, Certified Instructor

(805) 388-1952x100

This course follows the American Heart Association guidelines. Certificate is available.

Sept 8 (M) 5:30-9:30pm | R | \$65 | Materials \$15

NEW Grandparents Guide to First Aid & CPR Jose Godinez

(805) 388-1952x100

Learn the lifesaving skills to help you handle an emergency with confidence. Class will cover lifesaving skills for infants and children.

Jul 10 (Th) 5:30-8pm | R | \$45 | Materials \$10

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.

Jul 21 (M) 5:30-8pm | R | \$45 | Materials \$10


NEW Pet CPR & First Aid for Pets Beatrice Battier, DVM

(805) 388-1952 x100

Do you know how to handle an emergency for your pet? Dr. Battier will discuss various techniques for providing First Aid and other lifesaving help for your pet.

July 18 (F) 12-1pm | R | \$10

Mindfulness

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

Anatomy of A Dream

(805) 388-1952x100

Most dreams contain messages that serve to teach you something about yourself. What are your dreams telling you? Why do we forget dreams once our daily routine starts? Discussion led by Jane Ivey, Msc.D., will also include reoccurring dreams ... Will they ever go away? Is this something that needs closure?

Jul 10 (Th) 6:30-8pm | Sept 29 (M) 6-7:30 | R | \$15

NEW Gratitude Attitude

(805) 388-1952x100

The act of gratitude increases energy, optimism, and empathy. How do we become mindful of gratitude to receive these healthful benefits? Want to increase your gratitude? Learn powerful techniques to increase wellbeing and happiness, from Jane Ivey, Msc.D.

Jul 28 (M) 6:30-8pm | R | \$15

NEW Positive Thoughts Invite Happiness

(805) 388-1952x100

Positive thinking teaches you to approach unpleasant situations in a more positive and productive way. Explore techniques to enhance positive thinking with Jane Ivey, Msc.D.

Aug 21 (Th) 6:30-8pm | R | \$15

NEW Solutions To Life (Summer Workshop)


(805) 388-1952x100

 Brock Travis, PhD

Bring your big and little problems, fears, and nagging thoughts that are in need of closure. Find the answers to issues that will leave you with a peaceful solution. Another pair of ears to help find answers to your everyday problems may be just the solution.

Jul 8 (T) Aug 12 (T) Sept 9 (T) 6-7:30pm | R | \$20 per session

Counseling

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

NEW Counseling for Children Dr. Jill Moland

(805) 444-4696

Dr. Jill Moland specializes in helping children 5-12 years old who suffer from school phobia, low self-esteem, bullying and other related issues. Family counseling also available.


Call for a free consultation | 50 minute appointment | A | \$70

Counseling Services Diana Wightman, LMFT

(805) 302-5335

Need help in overcoming life's challenges? Diana Wightman specializes in anxiety and related disorders. Confidential therapy services are available by appointment. Call for a free consultation to discuss your needs and fee information.

Body, Mind & Strength

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

Body Mind Connection Michael Roth, DC (805) 388-1952x100
Discover how your mind affects your body, how your body affects your brain, and what you can do to keep the whole brilliant system working to your advantage.
Aug 18 (M) 6-7:30pm | R | \$10

NEW 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.
Sept 2-Oct 7 (T) 9:30am-12pm | R | NC

Emotional Freedom Technique Kim Kolb, Instructor (805) 388-1952x100
Emotional Freedom Technique (EFT) is a popular, safe, healing technique that stimulates acupressure points to the body to heal mental, emotional, and physical pain. Learn techniques for conquering insomnia, depression, and addiction.
Jul 26 (Sat) 10am-2pm | R | \$45
You may also enroll for the Meet Up-Tune Up! Movie Night for graduates of the EFT class
Aug 9 (Sat) 6-8pm | Sept 13 (Sat) 6-8pm | R | \$15

NEW Fibromyalgia: Come Out of the Fibro-Fog (805) 388-1952x100
UCLA Rheumatologist, Dr. William Martin will discuss new treatment options to relieve widespread pain, exhaustion and sleep issues, anxiety and depression, "fibro-fog," gastrointestinal issues and other common symptoms. Get your symptoms under control and start enjoying life again.
Jul 16 (W) 6-7:30pm | R | \$10

NEW Lightening the Mood - Teen's Moods & Depression (805) 388-1952x100
Dr. Jesse of UCLA will discuss teen's moods and depression. What is typical moody teenage behavior? When should you worry that it's something to be concerned about? Learn the treatments and prevention strategies for parents of teenagers to survive these difficult years of parenting.
Aug 21 (Th) 6-7pm | R | \$10

Massage: Soft & Deep Tissue Release Therapy (805) 388-1952x100
Do you have chronic pain? Internal adhesions or scar tissue from surgery? Old sports injuries? Soft & Deep Tissue Release Therapy is a unique method of relieving these types of pains. Swedish and pregnancy massage also available from Lisa Kawaii, LMT.
Second Wednesday of each month | First and Third Thursday of each month | 1-5pm
1 hr session: \$70 | 1-1/2 hr session: \$100 | A
Evening appointments available upon request

NEW Mini Spa! Get a Facial & Massage On Your Lunch Break (805) 388-1952x100
Why choose between a facial and a massage? Get both! Erica Haskins, an esthetician and massage therapist, will treat you to both a facial and a massage in either 60 or 90 minutes. Glycolic peels and waxing also available. Teens welcome!
Second and Fourth Thursday 10am-6pm | Saturday appointments upon request
1 hr session: \$70 | 1-1/2 hr session: \$100 | A

NEW Pain Workshop: Sports 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 eliminate your pain and get you back to your life.
Jul 15 (T) 6-7pm | R | \$10

NEW Pet Loss - Overcoming Grief (805) 388-1952 x100
KaLee R. Pasek, DVM, Author
Have you recently lost a pet or do you have a senior pet? Worried about how to handle their passing? Dr. Pasek will help prepare you for the anticipated pain of pet loss. Advice for preparing children for loss will also be discussed.
Sept 29 (M) 6:30-8pm | R | \$10

NEW Pain Workshop: Neck & Back Pain Dr. Joseph Cabaret (805) 388-1952x100
Do have pain that affects your limbs, neck and back? You don't have to live with it anymore. Learn various treatment options available including vertebral augmentation, spinal cord stimulation, as well as creative and targeted pain management solutions.
Sept 16 (T) 6-7pm | R | \$10

NEW Peripheral Neuropathy Dr. Neda Heidari, Neurologist (805) 388-1952x100
Those that suffer from peripheral neuropathy know that the pain, tingling, and numbness in extremities are part of daily life, or are they? What causes this? Is this an autoimmune disease, genetics, or is it caused by something else? Review the latest treatment options.
Sept 22 (M) 5:30-6:30pm | 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

NEW Skin Cancer - The ABC'S UCLA Dr. Melvin Chiu (805) 388-1952x100
Do you have mysterious bumps and age spots? Wonder if they could be cancerous? Learn how to check yourself, what to look for, and skin cancer treatments. Skin cancer can develop anywhere on the skin, is the most common cancer and is on the rise. Checkout our skin cancer screening on page 10.
Jul 28 (M) 2-3pm | R | \$10

Teen Empowerment EFT Training Kim Kolb, Instructor (805) 388-1952x100
Teens that will be going back to school, can benefit from learning the Emotional Freedom Technique. EFT is a popular, safe, healing technique that stimulates acupressure points to the body to heal mental stress, emotional, and physical pain. EFT will teach teens the effective techniques for stress, insomnia, depression, and addiction. Interactive discussion will focus on positive choices and how these choices in life lead to healthy outcomes.
Aug 16 (Sat) 10am-2pm | R | \$45

NEW The Doctor is "In" William Klope, MD (805) 388-1952x100
Chronic Urinary Tract Infections (UTI) can be an intense, abrupt problem and difficult to diagnose. Learn symptoms, causes, risk factors and available treatments.
Aug 26 (T) 6-7pm | R | \$10


Therapeutic Massage Debbie Folino, LMT (805) 388-1952x100
The benefits of massage go beyond relaxation. Studies show that massage therapy has a wide variety of health benefits including boosting the immune system, improving circulation, relieving stiffness and soreness, and reducing cortisol (the stress hormone).
Monday & Tuesday | A | 1 hour session: \$70 | 1-1/2 hour session: \$100

NEW Tremors and Shaky Hands Dr. Neda Heidari, Neurologist (805) 388-1952x100
Has your penmanship changed over the years? Do you suffer from shaky hands when eating? If tremors have started to affect daily life activities that were once enjoyable, then this presentation is for you. Learn various causes and treatment options.
Jul 28 (M) 5:30-6:30pm | R | \$10

NEW Vertigo & Vestibular Dysfunction Becky Anders, MPT (805) 388-1952x100
Learn about vestibular dysfunction which includes vertigo, dizziness and disequilibrium. Understand how they differ and how to communicate what you are feeling to your doctor. It is essential to get the correct diagnosis and treatment. Learn about the new, exciting state of the art treatment options.
Sept 24 (W) 6-7:30pm | R | \$10

NEW What Is In Your Medicine Cabinet? Ask The Pharmacist! (805) 388-1952x100
Do you really know what your prescriptions are for? Do they really expire on the due date? Which vitamins really do work? Generic versus name brand - is one secretly better? Rajinder K. Rai, Pharm.D. will explain your medications and answer all your questions. Bring your old prescriptions in to dispose of safely too!
Jul 15, Aug 19, Sept 16 (T) 10:30-11:30am | R | \$10


Support Groups

KEY:  = Building Hope 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
Al-Anon Fourth STEP Study Group Wednesday 7-8pm	Larry (805) 844-2079
Al-Anon Discussion Group Tuesday 7:15-8:15pm	Rosalie (805) 445-1133
Al-Anon Study Group Thursday 7-8:30pm	Rosalie (805) 445-1133
Alateen - All Welcome Thursday 7-8:15pm	Rosalie (805) 445-1133
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
Brain Injury Survivor & Family Support Groups First and Third Wednesday of each month 4-5:30pm	(805) 482-1312
Compulsive Eaters Anonymous—HOW Thursday 5:30-6:30pm Sat 8:45-9:45am	Meg (805) 482-9623

Conejo Ventura Macintosh User's Group First Tuesday of each month 6:30-8:30pm	Susan (805) 504-3610
NEW DAY Friendship Connection A social group for friends of the Senior Support Line, open to Ventura County resident's age 60 or older. Third Thursday of each month 10-11am	(800) 235-9980
MOMS Club (Moms Offering Moms Support) First Wednesday of each month 10-11:30am	Letty (805) 419-3419
Pain Management Support Group Third Wednesday of each month 5:30-6:30pm	Dr. J. Cabaret (805) 388-1952x100
Parkinson's Disease Support Group Fourth Tuesday of each month 2-4pm	Susan (805) 482-2151
Scleroderma Foundation Support Group Second Saturday of each odd numbered month 10am-12pm (Dark in July)	Arlene (805) 987-8236
Stroke Support Group Sharon Bick, RN Third Wednesday of each month 2-3pm	(805) 388-1952x100


Fitness

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

Arthritis Foundation's® Walk with Ease-Walking Group 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. Participants will receive a workbook, pedometer and more! Held at Arneil Ranch Park. Mon, Wed, Fri Aug 25-Oct 6 9-10am R NC	(800) 900-8582
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
Jazzercise Patty Bolland, Certified Instructor Jazzercise combines dance-based cardio with strength 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 Class \$45	(805) 746-3025

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. Aug 13-Oct 1 (W) 5-6:15pm 8 week series Beginners R \$80 Oct 8-Oct 29 (W) 5-6:15pm 4 week series Intermediate R \$40	(805) 388-1952x100
Yoga—Gentle Mikal Rogers, Instructor Health benefits include improved flexibility, muscle tone, and stress alleviation. On the First Tuesday of every month the class will include a light walking aerobic session. Tue 9-10am single class \$10 10 classes \$80 R	(805) 388-1952x100
Zumba Gold® Mary Arevalo, Licensed Zumba Gold Instructor Zumba Gold® is the complete package offering both physiological and psychological benefits. Tue 12-1pm R Single Class \$6 4 Classes \$20 10 Classes \$45	(805) 388-1952x100


Screenings

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

Dental Screening Eric S. Yum, DDS Come and have a dental consultation and have your questions answered. Jul 9 (W) 10am-12pm Sept 10 (W) 10am-12pm A \$10	(805) 388-1952x100
Family Immunizations-Shots Program hosted in cooperation with St. John's Regional Medical Center. Jul 8 (T) 3-5pm Aug 12 (T) 3-5pm Sept 9 (T) 3-5pm A Fees vary	(805) 988-2865
Foot Screening Craig Parent, DPM Come and have your feet examined and your questions answered. Aug 5 (T) 9-11am Sept 23 (T) 9-11am A \$10	(805) 388-1952x100
Health Aware Screenings Know your blood sugar levels, cholesterol level, blood pressure, and stroke risk? Cholesterol, stroke and diabetes screenings are performed by CMH staff at no charge. Jul 21 (M) 1-4:30pm Aug 18 (M) 1-4:30pm Sept 15 (M) 1-4:30pm A NC	(805) 388-1952x100

Hearing Screening Lance Nelson, AuD Do you say "what" more than you should? Hear better in one ear than the other? If you answered "yes" to the above questions...it's time for a hearing screening. Second Thursday of each month No cleaning avail. 10:30-11:30am A \$10	(805) 388-1952x100
Memory Screening Day at the District Dr. James Sutton, Pacific Neuroscience Medical Group Second Monday of each month 1-3pm A \$10	(800) 900-8582
NEW Skin Cancer Screening Alicia Zaragoza, RN, MSN, ANP-C 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. Jul 21, Aug 18, Sept 22 (M) 2-5pm A NC	(805) 388-1952x100
Tuberculosis (TB) Testing Program hosted in cooperation with St. John's Regional Medical Center. Second Tuesday of each month 4-5pm A \$20	(805) 988-2865

Nutrition

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NEW DAY 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

Chef AJ Culinary Back by Popular Demand (805) 388-1952x100
Learn how to create meals to transform your health, deal with cravings, food addictions, and the emotional side of eating from Chef AJ, who has been featured on the *Tonight Show with Jay Leno*, *The David Letterman Show*, and many others. She has followed a plant-based diet for over 36 years and holds a certificate in Plant-Based Nutrition from Cornell University. This educational and entertaining class includes a cooking demonstration, lots of sampling, nutritional advice, and possibly some singing.
Aug 19 (T) 6-9pm | R | \$50

NEW Cholesterol Control (805) 388-1952x100
In partnership with Dignity Health St. John's Hospitals, this class will help participants better understand how to maintain or reduce cholesterol levels through diet and exercise.
Aug 13 (W) 6-7:30pm | R | NC

NEW Diabetes & Cholesterol Counseling (805) 388-1952x100
Elizabeth Vaccaro, RD (Bilingual)
Meet one-on-one with a Registered Dietitian to receive the most current information on disease management through nutrition intervention. Receive nutritional advice for improved serum glucose and blood fat profiles.
Second and Fourth Thursday of each month 12-4pm | A | \$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

NEW Pre-Diabetes & Diabetes Management (Spanish) (805) 388-1952x100
Diabetes amongst Latinos is on the rise at rates never seen before in the US. Do you have diabetes in your family history? Are you predisposed to a diagnosis of diabetes or pre-diabetes? This class, taught in Spanish by Elizabeth Vaccaro, a registered dietitian, will analyze your blood glucose numbers, provide simple changes to improve your numbers, discuss ways to prevent and/or manage pre-diabetes and diabetes.
Aug 2 (Sat) 12-2pm | R | \$10


NEW Prevention & Management Diabetes Workshop (805) 388-1952x100
In partnership with Dignity Health St. John's Hospital Pleasant Valley this workshop will begin with an optional free blood glucose screening. Participants will then enter the classroom with results in hand and learn the basics of meal planning, stress management, exercise and how to prevent complications.
Sept 24 (W) 2-4pm | R | NC

Produce Day (805) 388-1952x100
In partnership with FOOD Share, participants can select from a variety of seasonal produce items at no charge. First come, first serve basis. See our Facebook page for produce list.
Second Thursday of each month | 11am-1pm | Donations appreciated

NEW Type 2 Diabetes (3 week series) Elizabeth Vaccaro, RD (805) 388-1952 x100
This series will provide the most current information based on clinical research and will explain the importance nutrition plays in managing your Type 2 diabetes. Discussion will focus on the correlation between food journaling and controlling type 2 diabetes with success.
Jul 24-Aug 6 (Th) 6:30-8pm | 3 week series | R | \$40

NEW Vegan Cooking Demystified (805) 388-1952x100
Want to eat better and lose weight? Thought about adding Meatless Mondays to your meal plan? Lauri Mackey, Holistic Health Coach, will teach vegans and meat eaters alike the benefits of going meatless. Navigate the local farmers markets with confidence and try new foods. Enjoy samples as you learn new recipes to try at home. (Six week series)
Jul 14-Sept 22 (M) 6:30-8pm | R | \$65

Caregivers

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Adult Day Program Center (805) 388-1952x111
Enjoy a complimentary morning at our state licensed Adult Day Program 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 | 9:30-12:30pm | A | NC

Care-A-Van Transportation Services (805) 388-2529
Care-A-Van offers door-through-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.

Care Consultations Martha Shapiro, LCSW (800) 900-8582
Find yourself, 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 to vital links to community resources to help improve your family's quality of life, independence, and peace of mind.
A | NC

Caregiver Support Groups Martha Shapiro, LCSW (805) 388-1952x215
Designed for people who are the primary caregivers of loved ones.
Second and Fourth Friday of each month | 9:30-11am | District Offices | NC
First Wednesday of each month | 1:30-2:30pm | District Offices | NC
Monday | 9:30-11am | Leisure Village (residents only) | NC

NEW How to Make Decisions for Aging Parents (800) 900-8582
Eileen Gold, Paraclete Eldercare
At some point in time, most adult children become overwhelmed and confused by the choices they must make on their parents behalf. This seminar will focus on legal, business, health, and end of life options that will assist you in making decisions for a loved one.
Jul 16 (W) 6-7pm | R | \$10


Long-Term Care Ombudsman Consultations (800) 900-8582
Do you have questions or concerns about placing your loved one in a long-term facility? Then an ombudsman consultation can be of service.
A | NC

NEW Saving Your Brain! Eileen Gold, Paraclete Eldercare (805) 388-1952x100
Learn a dozen strategies to improve your memory and optimize cognitive functioning. This class will leave you energized and empowered.
Jul 23 (W) 1-2pm | R | \$10

Tools for Caregiving Martha Shapiro, LCSW (800) 900-8582
Learn to understand the physical and emotional aspects of aging.
Jul 17-Aug 21 (Th) 9am-12:30pm | 6 week series | A | NC

More information and registration available at
www.camhealth.com

Lifestyle

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

Camarillo Music Together (Newborns-4 years) (805) 469-0134

Dr. Lynn Decker-Mahin

Children and parents will experience new songs, chants, movement activities, and instrumental jam sessions in this 45 minute class.

Jul 14 (M) 9:30-10:15am or 4-4:45pm | Jul 15 (T) 10-10:45am | 6 week series

R | \$100 Fee payable to instructor | \$40 Materials

NEW Endless To-Do List...Finding Your Time (805) 388-1952x100

Karen Wrolson, MS

Does your to-do list impact your physical and emotional health? Discussion will include practical tips to help you enjoy the time you thought was lost. Whether you are a busy parent, or professional, put this class at the top of the list.

Aug 19 (T) 6:30-8pm | R | \$10

Girls Group: Friendship Skills & Self Esteem (805) 388-1952x100

Jill Moland, PsyD

The tween years can be emotionally challenging for girls 10-12 years old. This group will teach them to enhance their social skills, build self-esteem, and prepare for changes like middle school. Explore friendship through positive interactions, poetry, art, journals, and games.

Jul 23-Aug 20 (W) 5:30-6:30pm | 5 week series | R | \$100

Health RHYTHMS Group Drumming (805) 388-1952x100

Research proves a link exists between recreational music and wellness. Create music, reduce stress, and improve your health in this adult group drumming activity. No experience required.

Jul 14, Aug 18, Sept 22 (M) 4-5:15pm | R | Per session: \$10 (Registration Required)

NEW 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 helpful information that can help keep you safely on your feet for years to come.

Sept 24 (W) 10:30-11:30am | R | NC

Social Skills For Kids Jill Moland, PsyD (805) 388-1952 x100

This 5 week series is designed to help children 6-8 years old navigate socially with self confidence. Weekly class includes team building, friendship do's and don'ts, explore faces and emotions, bullying, role playing and class brainstorming.

Jul 23-Aug 20 (W) 4-5pm | 5 week series | R | \$100

NEW Tweens & Teens Group: Back to School (805) 388-1952 x100

Jill Moland, Psy.D

Start the school year off right for your tweens and teens. This class is designed for those who would benefit from learning time management, organization techniques for school projects, and prioritizing demands. These simple steps can lead to a lifetime of success and reduce stress for the entire family as school returns to session.

Aug 20 (W) 6:30-7:30pm | R | \$10

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 more memorable.

Aug 1-Aug 22 (F) 10am-12pm | 4 week series | R | NC

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 the District 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.

DISTRICT SERVICES

Adult Day Program	(805) 388-1952 x111
Care Consultations	(800) 900-8582
Care Transitions	(800) 900-8582
Facility Rentals	(805) 388-1952 x116
Lifeline of Ventura County	(805) 388-1952 x120
Senior Nutrition Program	(805) 388-1952 x168
Transportation Services	(805) 388-2529
Volunteer Opportunities	(805) 388-1952 x112



SENIOR SUPPORT LINE
800.235.9980

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



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FACILITY **RENTALS**

The Camarillo Health Care District offers a variety of **meeting facilities** at our centrally located offices in Camarillo such as church meetings, family events and office meetings.

ROOM **SIZES**

Facilities include **large rooms** equipped with audio/visual amenities to seat 75 in auditorium-style seating, or **smaller rooms** to accommodate 10-15 people, for your meeting or retreat purposes.

RENTAL **RATES**

Rental rates vary depending upon room, equipment needed, and amenities selected.

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