

Healthy ATTITUDES

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OCTNOVDEC 2019

Camarillo Health Care District QUARTERLY MAGAZINE

STRONGER TOGETHER

Building communities for a healthier tomorrow.





In the Winter 2018 edition of this magazine, we started a conversation about Social Determinants of Health, and how those factors can influence health status, sometimes to a greater degree than even direct health care service. As research has determined, access to direct health care, the quality of that health care, and compliance with the medical care plan, are just one part of the health care equation. In fact, the Institute for Clinical Systems Improvement states that direct medical care is only about 20% of what contributes to overall health status; the other 80% consists of the person's Social Determinants of Health (SDOH).

Social Determinants of Health are described by the Centers for Disease Control and Prevention (CDC) as "conditions in the places where people live, learn, work, and play [that] affect a wide range of health risks and outcomes. We know that poverty limits access to healthy foods and safe neighborhoods, and that more education is a predictor of better health. We also know that differences in health are striking in communities with poor SDOH such as unstable housing, low income, unsafe neighborhoods, or substandard education."

During the course of our Care Management work, we often find that we must address SDOHs before even beginning a care intervention program. When a client is malnourished, fearful, or living in an unsanitary or unsafe environment, to mention a few SDOHs, it becomes almost impossible to help them focus. The following is a true story about the reality of SDOHs, and how Care Management intervention can change lives:

The patient was an 85+ year old man with diabetes and complications. He was referred to our service because he wasn't doing well with his health status. It was only after months of the health coach building a relationship with him that he disclosed he was being threatened by a relative who was stealing his food, money and belongings, and that for safety he slept with a bat nearby. The "unsafe neighborhood" issue of his set of social determinants of health was blocking healing and successful chronic disease management. Through the program, the health coach was able to assist him in working with adult protective services and the county court systems to obtain proper and effective assistance. Only after these issues were resolved could he focus on managing his health.

Camarillo Health Care District continues to partner in the development of programs and services to address social determinants of health. Earlier in the year, Camarillo Health Care District was invited to partner with the Ventura County Community Health Needs Assessment Collaborative to help build partnerships between Ventura County Public Health, area hospitals, healthcare providers, and health systems to improve population health outcomes in Ventura County. That work resulted in a comprehensive community health needs assessment which identified priorities, and will help to focus resources (see pages 3-6). The top five priority areas are:

- Improve Access to Health Services
- Reduce the burden of Chronic Disease
- Reduce the impact of Behavioral Health Issues
- Address Social Needs
- Improve Health and Wellness for Older Adults

Please let us know how we can serve you and your family.

Kara

District Selected as National Runner-Up

Camarillo Health Care District was selected as the national runner-up for The John A. Hartford Foundation's 2019 Business Innovation Award. This award recognizes the Camarillo Health Care District for its health care contracting efforts related to post-acute care, case management and self-management. The District was honored alongside the Institute on Aging, which took first place. "We applaud each of these outstanding programs for the contributions they have made toward creating a collaborative system of care for older adults and people with disabilities," said Terry Fulmer, Ph.D, RN, FAAN, president of The John A. Hartford Foundation. "These programs serve as models for age-friendly health systems that integrate community-based supports and transform the way care is delivered to older adults in this country."

District Wins State-Wide Innovative Program of the Year

Camarillo Health Care District's "Partnership to Improve Transitions" collaborative with Gold Coast Health Plan (GCHP) has received California's 2019 Innovative Program of the Year Award from the California Special Districts Association. The "Partnership to Improve Transitions" provides focused interventions for GCHP clients to reduce fragmentation of services, increase access to health services, and address social determinants of health that can cause a failure to thrive in the home setting.

All that we love deeply
becomes a part of us.

—HELEN KELLER

Camarillo Health Care District honors the lives and families affected by the Borderline Tragedy and the Woolsey Fire.

Camarillo HEALTH CARE DISTRICT

805-388-1952 WWW.CAMHEALTH.COM

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Testimonials

*I am so thankful for the services you offer and your **thoughtful and caring staff.*** —Satisfied client

*I just want to let you know what **great instructors** we had for Tai Chi.* —Happy T'ai Chi client

*Thank you for following up on my suggestion for a "Cooking for One" workshop. I attended that workshop and found it **very useful.*** —Satisfied client

*Everything you do is **top shelf!** Thanks.* —Satisfied client

*I think that what you do is so **valuable** to so many people. Congrats on 50 years of service. Thank you.* —Satisfied client

*The class on dementia was **very informative and useful.** The handout/booklet will be very helpful.* —Satisfied client

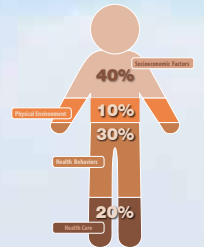
*I **benefited greatly** from the strategies to manage chronic medical conditions. The presenters, activities and workbook - **priceless!*** —Care Management client

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connect with us!

Write to us, tweet us, or tag us. We want to hear from you!



FACEBOOK
CamarilloHealthCareDistrict

TWITTER
@changing_aging

INSTAGRAM
@camarillo_health_care_district



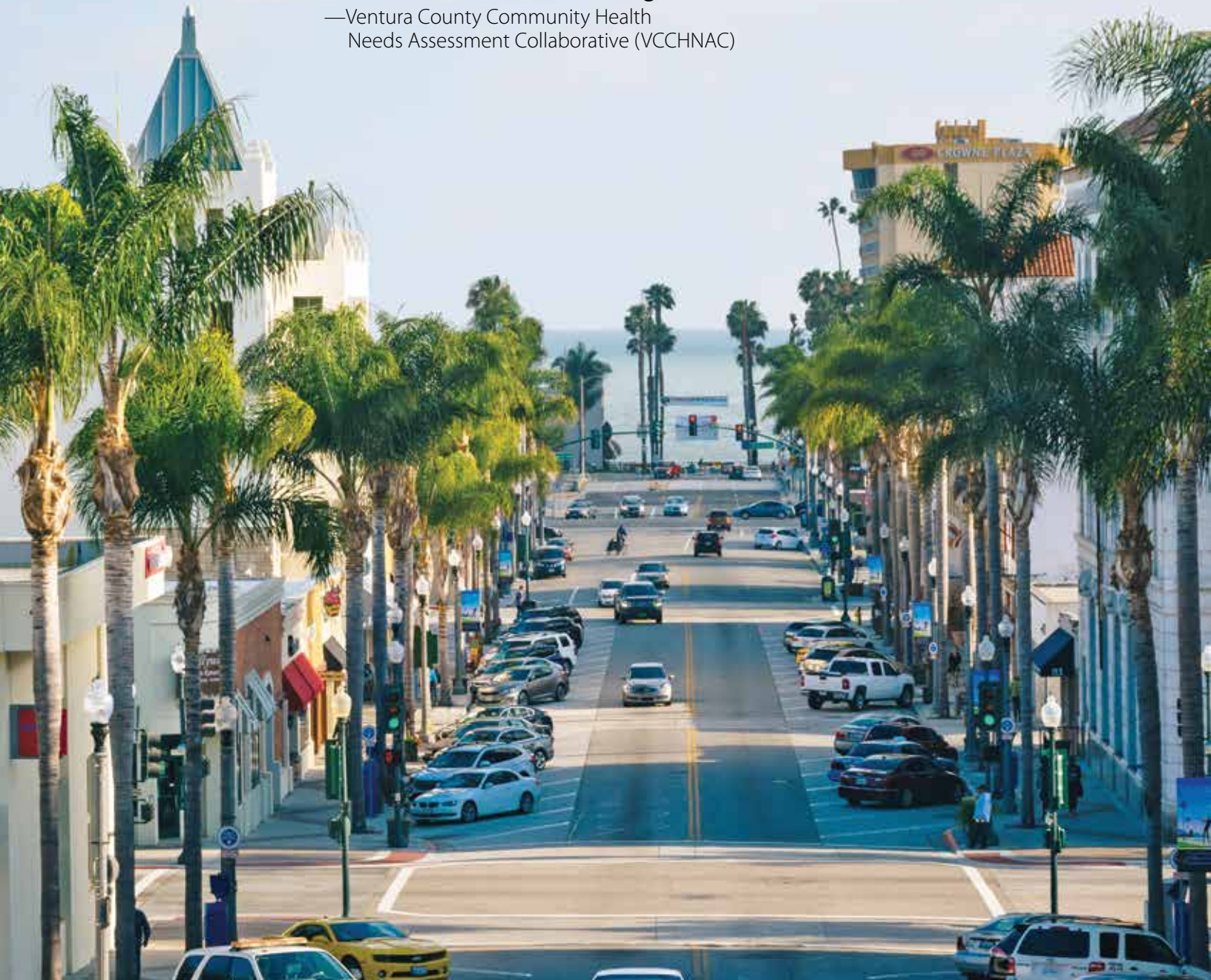
ON THE COVER

Working together toward healthy communities. Results of the recent community needs assessment helps prioritize needs. See pages 3-6 photos by Hannah Dittmar, Ventura County coastline, published with permission

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Health starts long before illness, in our homes, schools and jobs...all Ventura County residents should have the opportunity to make choices that allow them to live a long, healthy life, regardless of their income, education or ethnic background.

—Ventura County Community Health
Needs Assessment Collaborative (VCCHNAC)



STRONGER TOGETHER

Building communities for a healthier tomorrow.

In the Winter 2018 issue of our Healthy Attitudes magazine, we shared that your health can be more than just genetics. Social determinants of health (SDOHs) are proving that, and in recent years it has become apparent that while direct health care remains essential, there are additional elements that significantly influence a person's health status. The Institute for Clinical Systems Improvement states that health care service represents about 20% of what contributes to overall health status, while social determinants of health, also known as social risk factors, account for the remaining 80% impact on a person's health status.

Community Needs Assessment

Social determinants of health are defined as "...conditions in the environments in which people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks."

In an overview statement on their website, Healthy People 2020 also states that, "The conditions in which we live explain in part why some Americans are healthier than others and why Americans more generally are not as healthy as they could be."

You may recall us sharing earlier in the year that Camarillo Health Care District had joined efforts with the Ventura County Community Health Needs Assessment Collaborative (VCCHNAC), and other leaders in the health care community, to help build partnerships between Ventura County public health, area hospitals, health care providers, and health systems, in efforts to improve population health outcomes. One of the projects of that collaborative was a Community Needs Health Assessment (CHNA), designed to identify priorities and gaps in services, and prioritize the needs in order to allocate resources effectively.

(Continued on page 4)



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Become the healthiest county in the nation by 2030. —VCCHNAC

Identifying Needs

The results of that needs assessment speak strongly to the issue of social determinants and the weighty role those factors play in a person's overall health status. The CHNA study, which can be found in its entirety at www.healthmattersinvc.org, states that examination of the primary and secondary data identified the following top health needs (listed alphabetically):

- Access to Health Services
- Alcoholism
- Asthma
- Cancer
- Diabetes
- Drug Abuse (including prescription drugs)
- Food Insecurity and Poor Nutrition
- Housing and Homelessness
- Lack of Pre-Natal Care and Breastfeeding Support
- Mental Health
- Older Adults and Aging

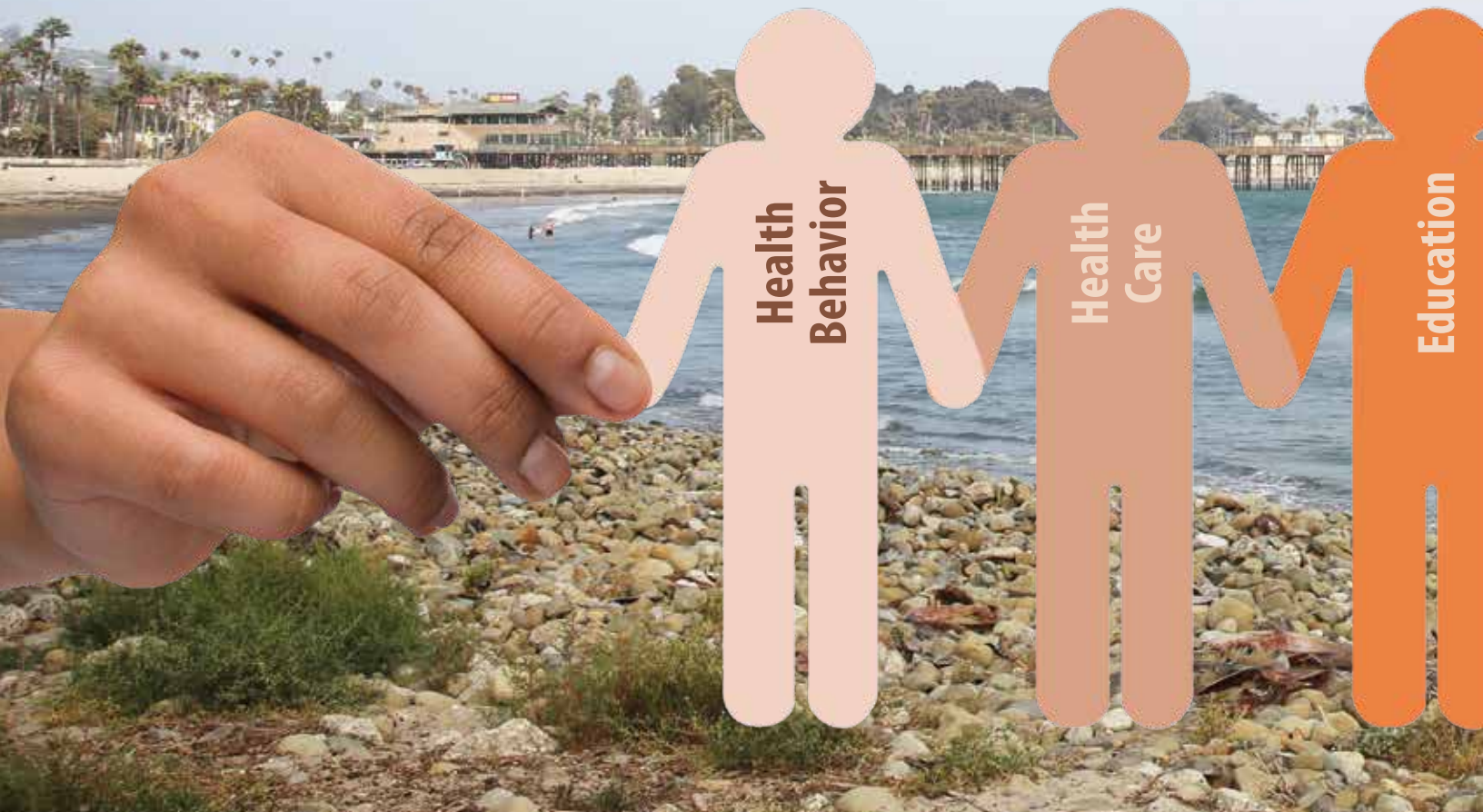
With the stated goal of “offering a meaningful understanding of the most pressing health needs across the VCCHNAC service area

(Ventura County)”, the results of the data led the group to further identify five encompassing topics as priorities:

- Improve Access to Health Services
- Reduce the Impact of Behavioral Health Issues
- Improve Health and Wellness for Older Adults
- Reduce the Burden of Chronic Disease
- Address Social Needs

It comes as no surprise that each of these priorities speak to the need to address social determinants of health, before, during and even after, medical services are provided. As an example of the SDOH work of Camarillo Health Care District Care Management Services, this true story occurs all too often:

The patient was an 85+ year old man with diabetes and complications. He was referred to our service because he wasn't doing well with his health status. It was only after months of the health coach building a relationship with him that he disclosed he was being threatened by a relative who was stealing his food, money and belongings, and that for safety he slept with a bat nearby. The “unsafe neighborhood” issue of his set of social determinants of health was blocking healing and successful chronic disease management. Through the program, the health coach was able to assist him in working with adult protective



services and the county court systems to obtain proper and effective assistance. Only after these issues were resolved could he focus on managing his health.

His fearfulness and apprehension about his living environment and personal safety caused an inability to focus on the medical plan and the physician's efforts to teach him about managing his chronic illness. Through time spent working on the social determinants that were affecting his life, resources among multiple agencies addressed and helped resolve issues and put him on track to stabilize his health status (we hear he is doing well now!).

Building Partnerships

With the ultimate goal of identifying and prioritizing needs, and then building agency partnerships to address those needs, the CHNA results will help guide the VCCHNAC members in building new connections to improve health outcomes, and the District is proud to work with VCCHNAC and the member agencies toward the vision of "becoming the healthiest county in the nation by 2030".

Building processes, partnerships and community access points to a multitude of health-related services, including social determinants of health, will require everyone to work together, and think differently about health status and health care...and how to integrate the variety of medical and community-based services required to achieve maximum health status.

(Continued on page 6)

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Our health is also determined in part by access to social and economic opportunities; the resources and supports available in our homes, neighborhoods, and communities; the quality of our schooling; the safety of our workplaces; the cleanliness of our water, food, and air; and the nature of our social interactions and relationships.

—Healthy People 2020



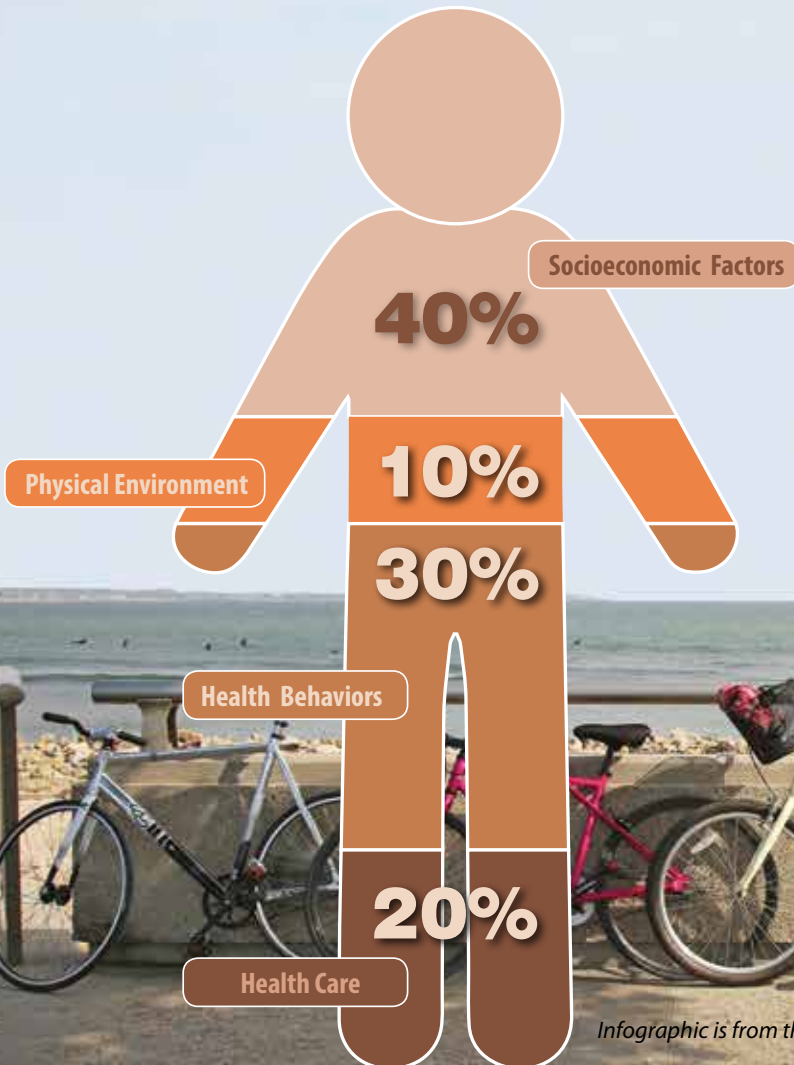
As a preferred health care partner with local hospitals, third party payors, health plans, accountable care organizations and other government agencies to address social determinants of health, Camarillo Health Care District provides a variety of health coaching programs and methods, including services to:

- Reduce caregiver burden through one-on-one coaching and support
- Reduce hospital re-admission rates through case management
- Close service gaps
- Prevent social isolation
- Empower individuals to self-manage ongoing health conditions

Through Case Management and Care Coordination Services, licensed and certified District staff can help develop plans with a prioritized list of goals that are important to the client, identify potential barriers, and recommend appropriate interventions and methods for empowering clients to take control of their health conditions. As we know from the results of the CNHA, incorporating solutions to address areas of life outside of direct clinical care, such as medication management, social supports, nutrition, exercise, and safety equipment, are imperative to improved health outcomes.



Camarillo Health Care District also offers a wide variety of health, advocacy, exercise and strengthening classes, educational series and workshops, transportation, adult day services, caregiver education and services, nutrition services, telephone support services, and more. The District is accredited by the National Committee on Quality Assurance (NCQA), and received the highest Accreditation of Case Management for our Long-Term Services and Supports. Please call for more information, or to see how the District can help you and your family, at (805) 388-1952, extension 133. 📞



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Health is “a complete state of physical, mental and social well-being, and not merely the absence of disease or infirmity.”

—World Health Organization

Infographic is from the The Institute for Clinical Systems Improvement

askus

Food Insecurity



By Blair Barker, MPH

Care Services Director
blairb@camhealth.com
(805) 388-1952 ext 133

I've noticed my neighbor's health seems to be slipping since his wife died. He's thinner and says he doesn't eat much during the day, I wonder if he has enough food. What are some resources that could help him?

ANSWER: As it turns out, there can be many reasons why someone isn't eating well. Some may be medical reasons, and some may be social/emotional/financial reasons, also known as Social Determinants of Health (SDOH).



Here are some ways to help your friend. To start, please recommend that he see his physician to rule out any underlying medical issues that might cause a decreased appetite. Next, you could help him consider some of his social determinants of health such as, does he have the finances to purchase groceries, is he feeling depressed to the point of not wanting to eat, is he able to prepare meals, can he get to the store to purchase food?

SDOHs are described as *"the conditions in which people are born, grow, live, work and age"*, and unaddressed issues in any one of these factors can create an imbalance in someone's life and health status. If your friend is developing some food insecurities (*not enough money to buy groceries, living in an unsafe neighborhood, scared to go out, no transportation, etc*), all the more reason to help him.

A variety of community resources are available that offer nutritional and food assistance. Camarillo Health Care District can also assist him (or you!) in accessing services he'd be comfortable with.

Home-delivered meals – ready to heat meals for older adults, as well as milk, bread, fruit and other items, are available through the Senior Nutrition Program, and can be seen at www.vcaaa.org/our-services/meal-service-locations/. Camarillo Health Care District operates the home-delivered meal program for Camarillo. Please call (805) 388-1952, ext. 168.

Community meal sites – community-based organizations offer meals in a community setting. Type in your city at www.vcaaa.org/our-services/meal-service-locations/ to find a location near you. Camarillo Health Care District operates the community meal site for Camarillo. Please call (805) 388-1952, ext. 168.

Food Pantries – Food pantries offer food and locally grown produce at no charge. Please check online at www.foodpantries.org, and type in your state and city to find locations near you.

Food Share Ventura County – offers "Community Markets" and "Senior Kits". "Community Markets" provide fresh produce on a monthly basis throughout Ventura County at no charge, and sites can be found at www.foodshare.com/programs/#seniorprograms. Camarillo Health Care District operates Produce Day as part of the Camarillo Community Market on the 2nd Thursday of each month, from 11am-1pm. "Senior Kits" is part of the Commodity Supplemental Food Program which is a monthly food assistance program for low-income seniors aged 60 and over.

Your neighbor is fortunate to have you as a friend...thank you! 🍀

Please call us anytime for more information on these services and more at (805) 388-1952.

How to Register for Classes



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

Online
camhealth.com

Phone
(M-F 8am-5pm)
805-388-1952, Ext. 100

Walk-in
(M-Th 8am-7pm • Fri 8am-5pm)
3639 E. Las Posas Road, Suite 117
Camarillo, California

Tips for Successful Class Registration & Attendance

- Class registrations must be paid prior to the day of the class. Pay by phone, online or in person. Onsite security may not receive payments.
- Arrive a little early to assist with locating classrooms; onsite security can assist with finding classrooms.

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.

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

Mindfulness

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 Mindfulness 3-Part series

Part 1: Healing the Whole with Mindfulness (805) 388-1952x100
In this busy world, it is easy to lose connection with the present and run life on autopilot. Being focused on the moment by practicing mindfulness can help reduce anxiety, increase better sleep and help manage pain. The mindfulness practice enhances the ability to self-regulate cognitive, emotional and behavioral responses.
Oct 17 (Th) 6:30-8pm | R | \$55 for 3 part series

Part 2: Ease into Aging with Mindfulness (805) 388-1952x100
Mindfulness is an important component of healthy aging. As we age, there are fewer distractions allowing for more time to focus on the present. Practicing mindfulness cultivates positive emotions that lead to better moods and physical health.
Oct 24 (Th) 6:30-8pm | R | \$55 for 3 part series

Part 3: Teaching What You Learn About Mindfulness (805) 388-1952x100
As we learn, so we teach. You have learned some new and very beneficial health improvement practices. There is no better way to keep them renewed and relevant than by teaching them to others. This final class will include ideas about how each person can keep their own practice fresh by sharing it with others.
Nov 7 (Th) 6:30-8pm | R | \$55 for 3 part series

Hypnotherapy - Mindfulness Healing: Heart, Mind, Body & Soul

(805) 218-5793
Led by Hypnotherapist and Health Education Specialist, Danette Banyai.
Receive help with healing anxiety, sadness, and stress. Resolve physical, emotional or mental issues. Private healing sessions 1 hour | A | \$50

COMING SOON IN 2020!

(805) 388-1952x100
Jan 23 (Th) 6:30-8pm | Being Present in 2020
Jan 30 (Th) 6:30-8pm | A New Year of Mindful Living
Feb 6 (Th) 6:30-8pm | Mindfulness: Improving Emotional & Physical Well-Being

Volunteering

Building Compassion through Volunteering

Camarillo Health Care District relies on many enthusiastic and compassionate volunteers, who offer a variety of their talents, skills and interests, to make a significant difference in the lives of those around them, and in doing so, makes the community an even better place. With the many opportunities at the District, your gift of time and talent can find a home here on our Volunteer Team. We look forward to hearing from you.

Adult Day Center

Volunteers needed to assist with arts and crafts, activities, coloring and puzzles. Engage in conversation with clients and share your skills or talents. Volunteering with our participants is an opportunity to give back and expand your horizons while helping others.

Meal Delivery to Homebound Senior Citizens

ROUTE DRIVER
Free training required and provided. You can make a significant difference in someone's life delivering meals as well as delivering friendship and connection. You will spend approximately 1-2 hours one morning a week to deliver on a specific route. Means of transportation required.

Senior Support Line 1-800-235-9980

SENIOR SUPPORT LINE LISTENER
Free training required and provided. Compassionate and empathetic telephone contact with callers at risk of isolation, loneliness and loss of independence, and who are in need of emotional support, information and resources. Monitor a toll-free number available to Ventura County residents age 60 and over.

For more information on how you can join the District's Volunteer Team and make a difference in your community, please call Monica Teverbaugh at (805) 388-1952 ext. 112 or email at monicat@camhealth.com.

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

CareerSmart® Learning

RCFE Administrator Continuing Education for CEUs

(805) 388-1952x100

Residential Care Facility for the Elderly (RCFE) Administrators in California are required to complete 40 hours of continuing education every 2 years.

Track 3

Oct 8 (Tu) 8:00am-6:30pm | R | \$80

- Dining with Dignity (1 hour)
- Wage & Hour Laws for Residential Care (3 hours) *
- Cal/OSHA: What You Need to Know (2 hours)
- Activities in Assisted Living — Beyond Bingo (2 hours)
- Ensuring Compliance Through Quality Assurance (2 hours) *

*Class includes 5 hours on Laws & Regulations

Track 4

Oct 9 (Tu) 8:00am-6:30pm | R | \$80

- Fall Prevention in Older Adults (1 hour)
- Quality of Life in Assisted Living: A Resident Focused Approach (2 hours)
- Relocation Stress Syndrome (2 hours)
- What's New in Alzheimer's Research? (2 hours) *
- Dementia Care at End of Life (1 hour) *
- Caregiver Burnout: Recognizing, Treating & Preventing It (2 hours)

*Class includes 3 hours on Dementia



Visit CareerSmart.com to register for Camarillo Health Care District location.

Support Groups

Al-Anon Family Groups, Men's Group

Mondays | 6-8:15pm

Dino (818) 720-1462

Al-Anon Fourth STEP Study Group

Wednesdays | 7-8pm

Larry (805) 844-2079

Al-Anon: How It Works

Tuesdays | 7:15-8:15pm

Shirley (805) 824-7291

Al-Anon Study Group

Thursdays | 7-8:15pm

Michelle (805) 484-5027

Caregiver Support Group

(800) 900-8582

Intended for those who are on the journey with a parent, spouse, friend, neighbor and others, who have a chronic condition requiring care such as dementia, Parkinson's or other illnesses.

Second and Fourth Friday of each month | 9:30-11am | District Offices

First and Third Monday of each month | 9:30-11am | Leisure Village (residents only)

Conejo Ventura Macintosh User's Group

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

Susan (805) 504-3610

"Juntos" con un cafécito-Grupo de Parkinson's

Primer sábado de cada mes | 9-10am

Michelle (805) 377-2130

Nar-Anon Family Groups

Thursdays 7-8pm

Carri (805) 479-8415

Pain Management Support Group

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

(805) 388-1952x100

Parkinson's Disease Support Group

Third Tuesday of each month | 2-4pm

Art (805) 482-6382

Stroke Support Group Sharon Bick, RN

Third Wednesday of each month | 2-3pm

(805) 388-1952x100

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 Elegant Appetizers Before the Main Event

(805) 388-1952x100

Everyone loves a delicious tray of appetizers while waiting for the main event! Chef Lucinda will demonstrate easy yet elegant holiday appetizers that will impress your guest and leave you time to relax and enjoy the season. Recipe handout and generous samples provided.

Dec 10 (T) 6:30-8:30pm | R | \$45

NEW Food Gifts for the Holidays

(805) 388-1952x100

Spread some culinary cheer this season by treating friends and neighbors to delicious homemade holiday treats. Chef Lucinda will demonstrate several recipes making this season sweeter and brighter for those around. Recipe handout and generous samples provided.

Nov 12 (T) 6:30-8:30pm | R | \$45

NEW Soup's On!

(805) 388-1952x100

Fall is the official start of soup season. Chef Lucinda will demonstrate several healthy and hearty soup recipes that will help get you through the winter without too much fuss. Recipe handout and generous samples provided.

Oct 15 (T) 6:30-8:30pm | R | \$45

Produce Day

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

Second Thursday of each month | 11am-1pm

Body, Mind & Strength

NEW Age Well: Strategies to Keep Your Thinking Strong (805) 388-1952x100
As we age our bodies and brains start to slow down. Erik Lande, Ph.D. from Insight Neuropsychology will focus on how to promote and maintain healthy brain functioning, especially memory. Explore lifestyle choices and specific cognitive strategies that can keep us thinking strong.
Nov 6 (W) 6-7:30pm | R | \$10

NEW Avoid Brain Downsizing (805) 388-1952x100
Come learn the fascinating and surprising conclusions of the latest research on cognitive decline. Spoiler alert: the results of this research empower the individual to avoid, inhibit and in some cases reverse all types of brain downsizing. The protocol changes the prognosis of all who have a loved one who has been diagnosed with common dementias. Facilitated by Eileen Gold.
Oct 16 (W) 6-7:30pm | R | \$10

NEW Benefits & Side Effects of Cannabidiol Oil (CBD Oil) (805) 388-1952x100
CBD oil is gaining momentum in the health and wellness world while studies show that it does help manage a variety of health conditions like chronic pain, sleep disorders and anxiety. Chelle Goodfriend, Health Educator and Herbalist, will discuss how it works, the benefits, and the side effects. Bring your questions.
Oct 9 (W) 6-7:30pm | R | \$10

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. (No experience needed; drums provided)
Oct 9 | Nov 13 (W) 6-7:15pm | R | \$10

NEW Cultivating Health & Longevity with East-West Medicine (805) 388-1952x100
Raina Tsuda, DAOM, L. Ac, CMT, MBA, UCLA Center for East-West Medicine acupuncturist, will discuss Eastern Medicine's approach to cultivating health and longevity through nourishing the mind, emotions, diet, exercise and sleep.
Nov 12 (T) 6:30-8pm | R | NC

NEW The History of the Evolution of Medicine (805) 388-1952x100
The history of medicine shows how societies have changed in their approach to illness and disease. Dr. Krumian will discuss medical advances from the ancient theories to present day treatments and cures.
Dec 5 (Th) 1-2pm | R | NC

Massage: Swedish, Pregnancy & Deep Tissue Therapy (805) 298-3202
Lisa Ball, LMT, provides therapeutic massages that have been proven beneficial for chronic conditions, including low back pain, arthritis, fatigue, high blood pressure, depression, and everyday stress.
Tuesdays, Thursdays, Sundays | A | 1 hour: \$75 - 1 1/2 hour: \$95

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: \$25 | 1 hour: \$45
Third Wednesday of each month | 12-2pm | 1/2-hr: \$25 | 1 hour: \$45

NEW The Benefits of Emotional Self-Regulation Eileen Gold, MA (805) 388-1952x100
Would you like to ease your pain, increase your energy, lose weight, and improve your golf game? This interactive workshop, facilitated by Eileen Gold, will explore the practice of emotional self-regulation. You will come to understand the scientific basis for easy to learn techniques that result in optimal physical and mental performance.
Oct 30 (W) 5:30-7pm | R | \$10

NEW Treatment and Prevention of Wounds and the Impact of Diabetic Foot Ulcers (805) 388-1952x100
Dr. James Mitchell, M.D., Director, Center for Wound Healing & Hyperbaric Medicine, Community Memorial Health System will discuss wound care treatment and prevention as well as indications and options for advanced treatments of non-healing wounds.
Nov 7 (Th) 6-7pm | R | NC



Fitness

Bone Builders Sylvia Fulton, Certified Instructor (805) 388-8333
Designed to improve balance and increase muscle strength and bone density.

Seated & Standing Beginning Tai 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 improving balance and peace of mind.
Jan 15-Mar 11 (W) 5-6:15pm | 9 week series | R | \$90

Tai Chi Chih® Intermediate Barbara Freie, Accredited Instructor (805) 388-1952x100
Slow down and focus on your inner-self while improving balance, muscle strength and peace of mind. Challenge yourself physically and spiritually with this intermediate 4 week series.
Oct 23-Nov 13 (W) 5-6:15pm | 4 week series | R | \$40

Yoga-Gentle Mikal Rogers, Instructor (805) 388-1952x100
Health benefits include improved flexibility, muscle tone, and stress alleviation. Classes do not meet in sessions, you may join anytime.
Tue 9-10am | single class \$10 | 10 classes \$80 | R
NEW Thursday evening sessions 4:30-5:30pm | single class \$10 | 10 classes \$80 | R

Screenings

Caregiver Wellbeing 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.
Oct 31 (W) 1-3pm | Dec 5 (Th) 9-11am | A | \$10

NEW Dental Screening (805) 388-1952x100
Dental questions? Janna Gorinstein, DDS will answer those questions and offer you with a status of your teeth and gums. Screenings are for all ages.
Oct 24 (Th) 1-2pm | 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. Screenings are 30 minutes.
Oct 31 (W) 1-3pm | Dec 5 (Th) 9-11am | A | \$10

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.

NEW Alzheimer's: The 10 Early Warning Signs

(800) 900-8582

Memory loss that disrupts daily life may be an early sign of Alzheimer's or other dementia. Mark Stelzer, Alzheimer's Association presenter, will discuss typical age-related forgetfulness and the signs that there may be something more going on.

Dec 11 (W) 2-3:30pm | R | NC

Care-A-Van Transportation Services

(805) 388-2529

Care-A-Van offers door-through-door, non-emergency medical transportation services throughout Ventura County for 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

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. Please call for date of next session.

Caregiver Support Groups

(800) 900-8582

Intended for those who are on the journey with a parent, spouse, friend, neighbor and others, who have a chronic condition requiring care such as dementia, Parkinson's or other illnesses.

Second and Fourth Friday of each month | 9:30-11am | District Offices

First and Third Monday of each month | 9:30-11am | Leisure Village (residents only)

NEW Dealing with Dementia

(805) 388-1952x100

The Dealing with Dementia Program was developed by the Rosalynn Carter Institute as an evidence informed educational support program for caregivers of people living with dementia. This 4-hour workshop highlights topics such as: the caregiving experience with an easily understandable explanation of dementia, best practices in caregiving, and problem solving with dementia behaviors. Learn tips for caregivers to find time for self-care and stress management. Completed workshop participants will receive a comprehensive manual for dementia caregivers.

Oct 22 (T) 12:30-4:30pm | R | NC

Nov 13 (W) 8:30am-12:30pm | R | NC

Dec 12 (Th) 12:30-4:30pm | R | NC

NEW Dementia Live

(805) 388-1952x100

Dementia Live is a high impact, dementia simulation experience that immerses participants into life with dementia, resulting in a deeper understanding of what it's like to live with cognitive impairment and sensory change. Participants are outfitted in specialized gear and given a series of tasks to perform, the challenges and struggles one face become very real to the participant, triggering heightened empathy and understanding, creating a catalyst for meaningful communication and improving quality care.

Nov 7 (Th) 9am-12pm | R | NC

NEW Memory Café

(800) 900-8582

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

Oct 26 (Sat) 11am-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.

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.

Please call for date of next session.

Chronic Pain Self-Management Program (CPSMP)

(805) 388-1952x100

CPSMP is a six-week series designed to teach practical skills for managing chronic pain to moderate symptoms and stay motivated to overcome the challenges of daily living. This program is for adults living with any ongoing pain due to illness or accident.

Oct 15-Nov 19 (T) 1:30-4pm | 6-week series | 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.

Please call for date of next session.

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.

Please call for date of next session.

Diabetes Self-Management Program (DSMP)

(805) 388-1952x100

An award-winning series, based on research conducted at Stanford University is 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.

Oct 10-Nov 14 (Th) 9:30am-12pm | 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. This series will take place offsite at the Mount Cross Lutheran Church located at 102 Camino Esplendido, Camarillo.

Oct 2-Nov 20 (W) 2-4pm | 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! Extended one day due to holiday.

Oct 7-Dec 16 (M & W) 11am-12pm | 10 week-series | R | NC

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.

Please call for date of next session.

Advocacy

NEW ABC's 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.
 Oct 24 (Th) 4:30-6pm | R | \$10

Elder Legal Services (800) 900-8582
 Schedule a confidential appointment with an elder law and estate planning expert.
 Mondays | 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
 HICAP registered counselors provide free, unbiased options counseling to Medicare beneficiaries. Assistance is available for Original Medicare, Medicare Advantage, Medigap, Part D Prescription Drug Plans. HICAP provides help with billing problems, benefits screening and enrollment and Long Term Care Insurance. One-on-one counseling provided. Will resume in January 2020

NEW HICAP Open Enrollment for 2020 (805) 388-1952x100
 A counseling opportunity for all Medicare concerns, including pre-Medicare, Medicare disabled, Medicare beneficiaries, and changes to Medicare prescription Part D.
 Oct 18 (F) 10am-2pm | Nov 1 (F) 10am-2pm | Nov 22 (F) 10am-2pm | R | NC

NEW How Does Reverse Mortgage Work? (805) 388-1952x100
 Is it the right choice for you? Who is eligible? What is the difference between a reverse mortgage and a home equity loan? Patrick Krull from MLD Mortgage will answer these and other questions.
 Nov 6 (W) 3:30-4:30pm | R | NC

NEW Medicare Changes for 2020 (805) 388-1952x100
 Health Insurance Counseling and Advocacy Program (HICAP) community educators will discuss changes to Medicare in 2020. Learn how to save money on healthcare and avoid late enrollment fees.
 Oct 11 (F) 1:30-3pm | R | NC

NEW Veteran's Benefits Presentation (805) 388-1952x100
 Learn about Veteran's benefits: disability compensation, pension, aid and attendance, survivor benefits and issues ranging from burial and bereavement to education, employment, homelessness, health care, mental health and elder abuse.
 Nov 5 (T) 2-3pm | R | NC

Safety & First Aid

NEW CPR/First Aid/AED Shannon Dullam, RN, Certified Instructor (805) 388-1952x100
 This adult and pediatric course incorporates the latest science and teaches students to recognize the care for a variety of first aid emergencies, including how to respond to breathing and cardiac emergencies. American Red Cross certification upon completion of the class.
 Nov 9 (Sat) 10am-4pm | \$65 | R | No refunds available
 Jan 11 (Sat) 10am-4pm | \$65 | R | No refunds available

NEW Adult CPR/AED Shannon Dullam, RN, Certified Instructor (805) 388-1952x100
 This basic CPR and AED course teaches lifesaving skills. American Red Cross certification upon completion of the class.
 Nov 14 (Th) 5:30-8:30pm | R | \$65 | No refunds available.

Important Numbers

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

Adult Day Center & Support Services (805) 388-1952 x111
 Award-winning, person-centered day program

Care Management Services (Hospital to Home) (800) 900-8582
 Supporting well-prepared transitions from hospital to home

Care-A-Van Transportation (805) 388-2529
 Door-through-door non-emergency service throughout Ventura County

Caregiver Respite, Education & Training (800) 900-8582
 Training, resources, respite and options for family caregivers

Counseling Services – Legal, Financial, & Emotional (800) 900-8582
 Confidential sessions with certified experts

Custom Care Consultations (800) 900-8582
 Create a personalized plan with vital links to community resources

Evidence-Based Programs (800) 900-8582
 Rigorously tested programs scientifically proven to show results

Exercise Classes (805) 388-1952 x100
 Cardiovascular, strength and flexibility classes for all levels

Fall Prevention & Home Modifications (800) 900-8582
 Home safety through resources and education

Health Education, Promotion & Advocacy Classes (805) 388-1952 x100
 Changing Aging through hundreds of classes offered each year

Health Screenings (805) 388-1952 x100
 Variety of screenings

Lifeline Personal Help Button (805) 388-1952 x120
 Enhanced safety and independence, at the touch of a button

Senior Nutrition Program (805) 388-1952 x168
 Nutrition and socialization for home-bound and active residents age 60+

Senior Support Line (800) 235-9980
 Trained volunteers provide resources and friendly conversation

Support Groups (800) 900-8582
 Choose from a wide variety of groups available at various times of the day

Volunteer Opportunities (805) 388-1952 x112
 Join the Acts of Kindness movement... give of your time and talent!

Wellness & Caregiver Center of Ventura County (800) 900-8582
 No-cost resources for caregivers and their loved ones.



SPEND THE DAY **YOUR WAY**

Adult Day Center – Empowering Wellness Together

- Comfortable, homey environment with quiet spaces to relax and opportunities to socialize
- Wide variety of activities to explore, including watching sports or playing cards, arts and crafts, enjoying pet and animal therapy, exercise opportunities, music, and more
- Nutritious lunch and snacks provided



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