

Healthy ATTITUDES

camhealth.com

WINTER 2015

Camarillo Health Care District QUARTERLY MAGAZINE



NEW CENTER OPEN NOW



A MESSAGE FROM Jane Rozanski, Chief Executive Officer

Fundamentally Solid, Exceptionally Creative

Camarillo Health Care District's new Building Hope Adult Day Center opened to much fanfare and high expectations this past October 22. The goal is nothing less than to be among the best in the country. To accomplish this, our services must be fundamentally solid and exceptionally creative.

First and foremost, we provide superior, person-centered care for our program participants. Our evidence-based practices — supported by science-based research with quantifiable measurements — help ensure all participants benefit medically and socially from the services we provide.

Our involvement with the acclaimed Rosalynn Carter Institute for Caregiving is one such example. The goal of the evidence-based RCI REACH program is to provide much-needed caregiver support to families coping with Alzheimer's and related dementia.

Of course besides assisting caregivers, Building Hope focuses on program participants' health and wellbeing, nutrition, exercise, mental stimulation, assistance with activities of daily living, and safety and security. "These are the basic services people rely upon," as our friend and advisor June Simmons reminds us, "like those of a good utility provider." In other words, take us for granted ... please.

But the fundamentals are just half the story. Our desire to make Building Hope exceptional

on behalf of our participants and community-wide constituents is another chapter altogether.


Coming in 2015

2015 brings the launch of several very exciting initiatives that we anticipate producing an abundance of meals, thrills and smiles.

To complement the ever-popular farmer's market-style **Produce Day**, we will be expanding our involvement in nutritional health by working on our bountiful therapy garden project.

We're also working on the **"DreamCatcher"** project, to share with program participants the timeless and ageless thrill of making dreams come true. The sky's the limit here, literally and figuratively, and we plan to utilize all the "magic" and innovation of technology to create amazing experiences.

"Generation Us" will serve up hearty doses of learning, lunch and laughter for local youngsters and adult day participants who will meet regularly at the Center through this novel intergenerational initiative.

Do you know someone who can benefit from the Building Hope Adult Day Center: a prospective participant, a caregiver, perhaps even a sponsor or donor? Please share our fundamentally sound, genuinely exceptional story. We want everyone to experience healthy, purposeful longevity. 

Abraham Lincoln noted,

*"Things
may come
to those
who wait
... but only
the things
left by
those who
hustle."*

Get Well. Stay Well. Live Well.



SENIOR SUPPORT LINE
800.235.9980

IN THE NEWS

Center Receives Grant from Rosalynn Carter Institute for Caregiving

The District's **Wellness & Caregiver Center of Ventura County** has received a Resources for Enhancing Alzheimer's Caregiver Health (REACH) grant from the Rosalynn Carter Institute for Caregiving, to benefit family caregivers in Ventura County who are caring for someone with Alzheimer's disease and related dementia. The District is the **only site in California**, and one of only 20 sites throughout the country to receive this honor. Through a series of home visits and telephone support, this evidence-based program can reduce caregiver burden and depression, while improving the health of the caregiver. Trained caregiver coaches will provide support for the caregiver for 6 months to help identify solutions to specific challenges, offer strategies for coping with difficult behaviors, and provide current information and support. Congratulations, Camarillo Health Care District!

Adult Day Center Director Appointed to State Board

Mary Ann Ratto, CSA, Director of the District's Building Hope Adult Day Center, has been appointed to the Board of Directors of the California Association of Adult Day Services (CAADS) and will serve on the Executive Committee. Ms. Ratto was also a featured presenter at the CAADS Annual Conference in Long Beach to share the news about the recently "innovated" Building Hope Adult Day Center. Her presentation included the implementation of person-centered care, the integration of technology to assist caregivers, and the establishment and nurturing of community partnerships. Congratulations, Mary Ann!



Community Outreach Manager Receives Certification

Lynn Jones, District Community Outreach & Lifeline Manager recently achieved the academic certification of Certified Senior Advisor (CSA). "As the population of older adults steadily increases, the need for qualified professionals to meet the multi-faceted needs of this group and their families is greater than ever," said Jane Rozanski, the Chief Executive Officer, of the District.



Ms. Jones is also an elected member of the Camarillo Council on Aging, and serves with multiple other organizations. CSA certification is the leading standard for professionals and requires individuals to pass a rigorous exam, uphold the highest ethical standards, and complete recertification continuing education requirements. Congratulations, Lynn!

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Healthy ATTITUDES

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CAMARILLO HEALTH CARE DISTRICT

For your health & wellness

3639 E. Las Posas Road, Suite 117

Camarillo, CA 93010

(805) 388-1952

www.camhealth.com

Come On In . . . Our Doors Are Open!

New Building Hope Adult Day Center

The ceremonial strains of a bagpipe rose above the crowd signaling the start of the Grand Opening and Ribbon Cutting celebration of the Camarillo Health Care District's Building Hope Adult Day Center...and the start of a new era in adult day services.

The ceremony not only marked a significant change in appearance of the Building Hope Adult Day Center (Center), but also high-lighted a pivotal change in the service model, philosophy and delivery of adult day services. In addition to doubling the size of the Center, the Camarillo Health Care District (District) has adopted a "person-centered" philosophy of care, which includes utilizing important technologies to strengthen and maximize each client's abilities daily.

"We're changing what it means to live with chronic health situations that make unreasonable demands on a person," says Jane Rozanski, the CEO of the District. "We believe everyone's day should be filled with meaningful, thrilling activities from the moment they walk in, to the moment they return home. We intend for this Center to become a model for the State of California, and perhaps even nation-wide."



BUILDING HOPE ADULT

The Imaginarium

Sponsored by

Ventura County Credit Union

- Skype and Facetime
- Head phones for music/movie enjoyment
- Quiet seating area by fireplace
- Therapy, Serene Setting

The Lion's Den

Sponsored by Pleasant Valley Lion's Club

- Game table
- Poker table
- Smart TV to follow sports and events
- Games of all kinds
- Comfortable "man cave" setting

The Kitchen

Sponsored by Alma Via

- Front row seat to interactive meals
- "Chef du Jour" program for delicious meal variety
- Updated, commercial appliances

The Dining Room

Sponsored by "Y"

- Morning gatherings
- Mealtime socializing
- Morning puzzles

SPONSORSHIP
(see page 10)

"Studies show thrilling experiences can elicit beneficial physiological responses," Rozanski says. The Center provides enriching programs for participants including peer-to-peer professionals (Carry The Torch), a personalized morning greeting activity, brain fitness programs (Dakim Brain Fitness), Chef du Jour for meal variety, Skype and Facetime opportunities for families, Wii activities, discreet egress technologies, intergenerational programs, music therapy, art therapy, pet therapy...and more.

Intentional and detailed person-centered care plans and program development reflect our commitment to provide excellent care, with dignity and respect, coupled with sensitivity to individual goals and abilities. Online technology options also provide added peace of mind for family members. "A person-centered approach, paired with online technology options for caregivers, is a pioneering model of assisting family caregivers...the options and the benefits are very exciting," says Mary Ann Ratto, CSA, Director of the Center.

The District remains sincerely humbled by the Room Sponsors, the Founding Members, and all who have contributed toward this legacy. For an extended list of donors please see page 4.

If you haven't seen this Center for yourself, we encourage you to come in for a tour. It is a beautiful facility, constructed with the future in mind...and full of light, warmth, compassion, dignity and respect. It might be just what your family, friends or neighbors need. If you feel you are on the beginning of this type of health journey with someone you love, please take advantage of a complimentary half-day in the Center for your loved one. As you might imagine, that requires some scheduling so please call our Director Mary Ann Ratto, CSA, at (805) 388-1952, extension 111, or email her at MaryAnnR@camhealth.com. And if we can help answer any other questions for you, please call or stop by... we'll leave the light on! ☺

"The incredible support of the community for this Center is testament of the respect and trust people have for this District," says Rozanski. "And the incredible generosity of donors is testament of the great need for a place such as this."



DAY CENTER PROGRAMS

Morning Hall

our Name Here"
 ering place
SP AVAILABLE
 age 4)
 rning news TV
 zles and games

The Activity Center

Sponsored by the Tsukida Family

- Entertainers
- Pet, Music and Art Therapy
- Crafts
- Singing and Reminiscing
- Intergenerational Programs
- Carry The Torch: Peer-to-Peer Professionals

The Wellness Center

Sponsored by Gilbert & Aileen Chuck

- Daily vital signs
- Regular health screenings
- Family Connections software access
- Health history and daily program notes

Brain Fitness Center

Sponsored by

Behzad Ourmazdi, MD, Neurology

- Dakim Brain Fitness
- Interactive games and activities
- Scientific brain training, clinically proven, addictively fun

"Thank You" to our donors and partners

BUILDING *Hope*

FOUNDING MEMBERS

HOPE SPONSORS \$10,000-\$20,000

Ventura County Credit Union

The Imaginarium

Pleasant Valley Lion's Club

The Lion's Den

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The Kitchen

Gilbert & Aileen Chuck

The Wellness Room

Dorene & James Tsukida

The Activity Center

Behzad Ourmazdi, MD

Brain Fitness Center

\$5,000-\$9,999

Atria Las Posas

Exercise Therapy

Michael & Charlotte Craven

Art Therapy

Tom & Jane Rozanski

Music Therapy

IN MEMORY of Margaret M. McAndrew

John Stenzel

Pet Therapy

IN HONOR of

H. Carlotta "Ki" Norton

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Foundation

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Patel, Daksha

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Press, David

Rains, Roger & Val

Ralston, Kara & Darrell

R


askus

I'm interested in enrolling my dad in your Center...how do I bring up this topic to him and the family?

ANSWER: Starting a conversation with a parent about their health can cause anxiety for both parents and adult children. In a role reversal situation, it can be uncomfortable to offer advice to someone who once was the one you leaned on for support. Spouses also struggle with these sensitive topics, too.

Consider these tips for a conversation about whether your loved one is ready to participate in the adult day program at the Center.

- Keep the conversation easy and light. For example, you can introduce the idea of attending a day program by saying something such as, "I heard about this new program that you might be interested in. Let's go visit next week."
- Set a positive upbeat tone. Show enthusiasm to ease anxiety for the rest of the conversation.
- Ask their physician to recommend the program in writing. Show your loved one the doctor referral and remind them others are concerned about their health as well.
- Avoid "Yes" or "No" questions. Instead, ask questions that allow the loved one to feel they're part of the decision. For example, you may ask, "What day would you like to visit the program?"
- Less is more. If a loved one has questions about the program short answers are best. Instead respond by saying, "I don't know the answer, but let's go check it out together to find out."
- If conversation doesn't go well, then don't force it. Allow some time to pass before approaching the topic again.

You are to be commended for your proactive approach to your health situation. It isn't easy...for anyone. Please call or email with any questions...we look forward to meeting you. 



Mary Ann, CSA
Director, Building Hope Adult Day Center
Certified Senior Advisor, State Appointed Director,
Featured Speaker
805-388-1952, ext. 111
maryannr@camhealth.com



caregiver quiz

Is your loved one experiencing these signs of aging ...

YES NO

Difficulty socializing?.....☐ YES ☐ NO

Show signs of depression or anxiety?.....☐ YES ☐ NO

Been diagnosed with
Alzheimer's or dementia?☐ YES ☐ NO

Experience long or short
term memory loss?☐ YES ☐ NO

Require assistance with personal needs,
such as, meal prep and bathroom care?.....☐ YES ☐ NO

Need assistance with medications?.....☐ YES ☐ NO

Are you, as the caregiver...

YES NO

Worried about your loved one's
safety when left home alone?☐ YES ☐ NO

Stressed and unable to
pursue personal interests?.....☐ YES ☐ NO

If you answered, **"YES,"** to two or more questions, it is likely that our ADULT DAY PROGRAM has something to offer your loved one.

A photograph of an older couple walking away from the camera on a sandy beach. The man is wearing a white long-sleeved shirt and white trousers, and the woman is wearing a white long-sleeved shirt and a white skirt. They are both smiling and appear to be enjoying their walk. The background is a clear blue sky and the ocean.

EVIDENCE BASED PROGRAMS

Evidence-based programming is developed from a body of research that, when practiced, proves to be effective for improving health and well-being, or reducing disease, disability or injury. **Proven methods yield proven results!**

In evidence-based programming, YOU are the decision-maker! The Camarillo Health Care District is pleased to offer a wide variety of evidence-based programs and services to address chronic health issues such as pain management, improving memory, disease management, balance issues, and mobility issues, with diabetes education beginning in Spring of 2015.

The District has Certified Master Trainers on staff who received their training from the institutions where these programs were developed, such as Stanford University, Boston University, the University of California Los Angeles, and the University of Texas at Baylor.

Evidence-based programs are designed for you, and for everyone! These self-management programs complement existing programs or treatments, and are designed to enhance regular treatment and disease-specific education. **"We're able to meet the person wherever they are in their ability to manage their health situation, whether it's one issue or many,"** says Sue Tatangelo, Chief Resource Officer, who oversees the evidence-based programs, **"the new skills acquired are invaluable to maximizing their health condition."**

Enroll Today and Improve Your Health for Tomorrow

Chronic Disease Self-Management Program (CDSMP)

Wednesdays, January 28 - March 4

9:30am -12pm 6 week series

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


 The most valuable part of the program was learning that I had all of these amazing tools in my toolbox so I can work on improving my own health.
—Susan, Camarillo

UCLA Memory Training

Mondays, February 2 - March 2

1-3pm 4 week series

The techniques in this course, based on research at UCLA, include strategies such as organization, association and imagery to make information easier to recall. Many research studies, including those conducted by Gary Small, MD, and his colleagues at UCLA have shown these strategies are effective in improving memory in older adults with normal, age-related challenges.


 The course was helpful, interesting, challenging, and fun and I enjoyed the camaraderie. It was definitely worth the drive from Oxnard! I have already begun to incorporate the techniques in my daily life, and shall continue doing so. Thank you!
—Joan, Oxnard

Arthritis Foundation's®

Walk with Ease-Walking Group

Call for dates of next class

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

 I was able to learn I could do exercise. I could walk...and get beyond my pain."
—Jane, Thousand Oaks

Chronic Pain Self-Management Program (CPSMP)

Fridays, February 6 - March 13

9-11:30am 6 week series

Chronic Pain Self-Management Program is designed to teach practical skills to help people with chronic pain better manage their symptoms and provide motivation for the challenges of daily living. This program is for adults living with any ongoing pain due to illness or accident.

Matter of Balance

Mondays, February 2 - March 30

10:30am-12:30pm 8 week series

Designed by Boston University to assist older adults who have a fear of falling. Learn to view falls as controllable, reduce concerns about falling, and set goals for increasing activity.

 COMING SOON!

Diabetes Self Management

This Stanford based program, will teach participants how to live with diabetes, and provide them with tools to overcome and manage this common condition.

To learn more about becoming a Trained Volunteer Instructor, please contact Monica Teverbaugh at 805-388-1952, ext. 112, or email her at monicat@camhealth.com.

Advocacy

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

AARP Taxes Ed McHale (805) 388-1952 x100
Free income tax assistance for seniors and low to moderate income persons. Please bring a copy of your 2013 tax return, including 2014 W-2's, interest statements, and 1099's
Feb 4-Apr 15 (W) 1-5pm | A | NC

NEW Advocate Your OWN Healthcare (805) 388-1952x100
Blair Craddock, MPH
Do you realize that your doctor does not have the final word? That you have the right to go for a second and third opinion, and that your healthcare should be directed by you? Learn how to better advocate for your own health.
Apr 13 (M) 10-11am | R | NC

NEW Adults At Risk Information Card (805) 388-1952x100
Camarillo Police Department
In partnership with the Camarillo Police Department, the Camarillo Health Care District is providing Adult At Risk cards for community members that suffer from an impairment that puts their health or safety at risk such as Alzheimer's, brain injury, dementia, and seizures. A card will be provided for those at risk and one for their family caregiver. The Adult At Risk Information Card, provides a photograph and other identifying information to assist law enforcement in locating an at-risk adult in the event that they become disoriented, lost, or are in need of medical assistance.
Third Thursday of each month 3:30-5pm | A | NC

NEW Consider the Conversation Dr. Lanyard Dial, LMVNA (805) 388-1952x100
An inspiring documentary film that examines how 21st century Americans live at the end of their lives. The film includes personal accounts from patients, family members, doctors, nurses, clergy and national experts on the physical, social and emotional issues related to dying.
Jan 20 (T) 6-8pm | R | NC

NEW Consider the Conversation 2 - Stories about Cure, Relief, & Comfort (805) 388-1952x100
Dr. Lanyard Dial will present this newly released documentary that explores the success of the medical system to fight disease and extend life, often creating a situation that leads to individuals living with continuous and needless suffering. The film explores the patient/doctor relationship and sheds light on communication in navigating the murky waters of severe chronic disease.
Feb 17 (T) 6-7:30pm | R | NC

NEW Consider the Conversation Part 3 - Directives & Dignity (805) 388-1952x100
Teri Helton from Livingston Memorial Visiting Nurse Association will discuss how to preserve dignity and provide peace of mind for you and your family. This interactive workshop is designed to facilitate conversations to help you, when those you care about need you the most.
Mar 17 (T) 6-7:30 | R | NC

Elder Legal Services (800) 900-8582
Talk privately with a legal expert experienced in elder law and estate planning.
Monday | 1-4pm | A | NC

Financial Planning 101 (805) 388-1952x100
Robert Harrell, Financial Planner
Consult with a financial planner on various financial topics.
Third Monday of each month | 1-4pm | A | NC

NEW Mileage Reimbursement Program (805) 388-1952x100
Mobility Management Partners
Learn about the Ventura County Mileage Reimbursement Program, a mobility option for county seniors age 60 and older. This pilot program is designed to reimburse those who provide assistance in driving to doctor's appointments, shopping and personal errands.
Jan 28 (W) 6-7pm | Feb 18 (W) 1-2pm | 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 Retirement Income: Paying the Bills When the Paychecks Stop (805) 388-1952x100

When you retire, the paychecks stop but the expenses keep coming. You may have income from social security, pension, retirement savings, or annuities. Paul Norr, CFP will explain how to coordinate and manage these income sources to give you peace of mind.
Mar 16 (M) 6-7pm | R | \$10

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

Social Security will continue to be a significant source of future income for those who are in their 50's and 60's. Decisions made today could have a huge impact on your future benefits and security. The right choice could easily add \$10,000 or more to your lifetime Social Security Income. Learn the mechanics of Social Security, when to apply, when to delay, and how to coordinate benefits with one's spouse, including divorced and survivor benefits.
Apr 13 (M) 6-7pm | R | \$10

Someone Died! What Now? Christopher P. Young, Attorney (805) 388-1952x100
Learn estate administration, and related California laws, as well as estate value determination.
Mar 23 (M) 6-7:30pm | R | NC

NEW The Best Life: Planning Not to Retire Paul Norr, CFP (805) 388-1952x100

Life after work can be our best life, as long as we appreciate the opportunities, understand the challenges and proactively plan our future. Participants will learn strategies to offset the challenges, and important insights to keep you happy and in the best life!
Feb 12 (Th) 6-7pm | R | \$10

What Happens If I Don't Die? (805) 388-1952x100
Christopher P. Young, Attorney

What happens when you don't die, but can no longer manage your own affairs due to health issues? What are your rights? Who will take care of you?
Apr 7 (T) 6-7:30pm | R | NC

NEW Women's Retirement Workshop - Time Matters (805) 388-1952x100

Women face a unique set of challenges when it comes to retirement. They have a longer life expectancy, typically with fewer years in the workforce, and often receive a smaller paycheck. This workshop will cover inflation, long-term care insurance, and social security. Understanding the obstacles and the opportunities of retirement can make all the difference in one's nest egg.
Jan 21 (W) 6:30-8pm | R | \$10

HomeShare Project

Economically feasible housing solutions

- For seniors at risk of losing independence
- Detailed screening process
- Based on person-centered needs



For more information, please call 805-477-7342 or email home.share@ventura.org.

Body, Mind & Strength

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

NEW Aging, Energy, & Hormones Gary Bellman, M.D., F.R.C.S. (805) 388-1952x100
Are you feeling a lack of energy and motivation, even with a healthy diet and exercise plan? The aging process affects men and women alike with a decrease in hormone levels. Explore the symptoms of hormone imbalance and what options are available to increase energy, and put the zest back into your life.
Mar 2 (M) 6-7pm | R | \$10

NEW Diagnosing Dementia - Brain PETS: Scans for Early Diagnosis (805) 388-1952x100
Daniel Silverman, MD, PhD, UCLA nuclear medicine physician will speak about the underlying causes for memory problems and other reasoning abilities. Discussion will include the use medical imaging of the brain to make the earliest, most accurate diagnosis possible. Learn the importance of having this conversation with your doctor sooner rather than later.
Feb 18 (W) 6-7:30 pm | R | NC

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

NEW How to Get a Good Night's Sleep! (805) 388-1952x100
How you sleep affects your entire day, and those around you! Everyone wants to sleep deeper, better, and longer. Sleep specialist Dr. Raj Bhatia will discuss sleep disorders and what you can do to sleep better and wake up with more energy.
Feb 9 (M) 6-7:30pm | R | \$10

Massage: Soft & Deep Tissue Release Therapy (805) 388-1952x100
Lisa Kawai, LMT
Do you have chronic pain from internal adhesions or scar tissue from surgery or old sports injuries? Soft & Deep Tissue Release Therapy is a unique method of relieving these types of pains. Swedish and pregnancy massages are also available.
Please call for appointment | 1 hr session: \$70 | 1-1/2 hr session: \$100

NEW Osteoporosis & Bone Density Screening with Results! (805) 388-1952x100
Would you like to find out if you are at risk of osteoporosis? Dignity Health St. Johns Hospital will provide free bone density screenings and explain your results and how to prevent osteoporosis.
Mar 18 (W) 2-3:30pm | R | NC

NEW Prescription Abuse - Who's In Your Cabinet? (805) 388-1952x100
Do you have questions on who may be snooping in your medicine cabinet? Are you missing medications? Do you think you misplaced them? Blair Craddock, MPH, will discuss what prescription misuse and abuse means to you and your loved ones. What are the signs and symptoms you need to know?
Feb 23 (M) 11:30am-12:30pm | R | NC

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

Teen Empowerment - EFT Training Kim Kolb, Instructor (805) 388-1952x100
Teens 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 reduction, insomnia, depression, and addiction. Interactive discussion will focus on positive choices and how these life choices can lead to healthy outcomes.
Jan 24-Feb 28 (Sat) 10am-12pm (6 week series) | R | \$45

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 which include 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 Thyroid, Energy & Weight Loss Steve Tenenbaum, MD (805) 388-1952x100
Dr. Steven Tenenbaum will explain how metabolism and energy change as we age. Discussion will center on finding the energy that we once had to help shed those extra pounds, and feel like ourselves again.
Feb 2 (M) 6-7:30pm | R | \$10

NEW What's In Your Lungs? (805) 388-1952x100
What condition are your lungs in? Have a family history of lung disease? Ever smoked? By the time symptoms of lung disease first appear the prognosis can be frightening. St. John's Dignity Health will introduce and explain the first lung screening program in Ventura County which consists of a low dose CT scan. Come and hear about this affordable, non-invasive test that is designed to detect lung health at the earliest stage.
Feb 10 (T) 6-7pm | R | NC

NEW Wound Care & Hyperbaric Therapy (805) 388-1952x100
Do you have an unhealed wound? Learn the latest advances in wound care utilizing hyperbaric treatment provided by St. John's Wound Healing Center. Whether the wound is from a traumatic injury, soft tissue infections, thermal burns, or diabetes, studies show that hyperbaric therapy speeds healing for many types of wounds.
Jan 26 (M) 6-7pm | R | NC

Evidence Based Programs

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

Arthritis Foundation's® Walk with Ease-Walking Group (800) 900-8582
Developed by the Arthritis Foundation to create a customized walking plan to keep muscles strong and joints stable, boost energy, and control weight. Go at your own pace. Held at Arneill Ranch Park (Sweetwater Ave.) Please call for date of next session.

Chronic Disease Self-Management Program (CDSMP) (800) 900-8582
This award-winning "Healthier Living" series, based on research conducted at Stanford University, is designed for anyone enduring ongoing health conditions. Methods taught will reduce fatigue, anxiety, sleep loss and ensure a happier, healthier life.
Jan 28- Mar 4 (W) 9:30am-12pm | 6 week series | R | NC

Matter of Balance (800) 900-8582
Designed by Boston University to assist older adults who have a fear of falling. Learn to view falls as controllable, reduce concerns, and set goals for increasing activity.
Feb 2-Mar 30 (M) 10:30am-12:30pm | 8 week series | R | NC

Chronic Pain Self-Management Program (CPSMP) (800) 900-8582
Chronic Pain Self-Management Program is a 6-week series designed to teach practical skills to help people with chronic pain better manage their symptoms and provide motivation for the challenges of daily living. This program is for adults living with any ongoing pain due to illness or accident.
Feb 6 - Mar 13 (F) 9am-11:30am | 6 week series | R | NC

UCLA Memory Training (800) 900-8582
The techniques in this course, based on research at UCLA, include strategies such as organization, association and imagery to make information easier to recall.
Feb 2 - Mar 2 (M) 1-3pm | 4 week series | R | NC

**More information and registration
available at www.camhealth.com**

Support Groups

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

Al-Anon Family Groups, Inc., Men's Stag Group Monday 7-8:15pm	Ralph (805) 482-9758
Al-Anon Fourth STEP Study Group Wednesday 7-8pm	Larry (805) 844-2079
Al-Anon: How It Works Tuesday 7:15-8:15pm	Barbara (805) 558-2553
Al-Anon Study Group Thursday 7-8:30pm	Bridget (805) 794-4955
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
Friendship Connection A social group for friends of the Senior Support Line, open to Ventura County residents age 60 or older. Third Thursday of each month 10:30-11:30am	(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 Dr. J. Cabaret Third Wednesday of each month 5:30-6:30pm	(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	Arline (805) 987-8236
Stroke Support Group Sharon Bick, RN Third Wednesday of each month 2-3pm	(805) 388-1952x100

Fitness

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

Bone Builders Designed to improve balance, increase muscle strength, and bone density. Mon & Wed 9:30-10:30am 11am-12pm 12:30-1:30pm Tue & Fri 10:30-11:30am Tue & Thu 5:30-6:30pm R NC	Sylvia (805) 388-8333
NEW Dust off You're Dancing Shoes - It's Wedding Time! (805) 388-1952x100 When was the last wedding you attended? Wedding season is around the corner, and current dances don't require a dance partner! These are fun, energetic and easy to learn line dances. The series of three classes will catch you up to current dances and give you the confidence to be the first to jump up and head to the dance floor. Mar 25, Apr 8, 15 (W) 6:30-7:30pm R \$20 each class	(805) 388-1952x100
NEW Full Body Strength Training New Year! New You! Let Personal Trainer Debra McKeown get your body where you want it to be. This class is designed to strengthen muscles, increase your balance, stability, joint mobility, and overall body strength. Bring Pilates mat, ball, and bands if you have them. Thursdays 11am-12pm \$8 10 classes \$70 R	(805) 388-1952x100

Jazzercise Patty Bolland, Certified Instructor Jazzercise combines dance-based cardio with strength and balance training in one, fun and effective 60 minute workout. Mon & Thu 5:45-6:45pm Saturday 8:15-9:15am R Single class \$6 5 classes \$25 10 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. Jan 14- Mar 4 (W) 6-7:15pm 8 week series Beginners R \$80 Mar 11- Apr 1 (W) 6-7:15pm 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

Screenings

KEY: 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. Feb 25 (W) 10am-12pm A \$10	(805) 388-1952x100
Family Immunizations / Shots Program hosted in cooperation with St. John's Regional Medical Center. Jan 13 (T) 3-5pm Feb 10 (T) 3-5pm Mar 10 (T) 3-5pm A Fees vary	(805) 988-2865
Foot Screening Craig Parent, DPM Come and have your feet examined and your questions answered. Feb 10 (T) 9-11am A \$10	(805) 388-1952x100
Memory Screening Day at the District Dr. James Sutton, Pacific Neuroscience Medical Group Please call for appointment \$10	(800) 900-8582

Health Aware Screenings Do you know your blood sugar levels, cholesterol level, blood pressure, and stroke risk? Screenings for these health related issues are performed by CMH staff at no charge. First Monday of each month 12-3:30pm A NC	(805) 388-1952x100
Hearing Screening Lance Nelson, AuD Do you say "what" more than you should? Do you hear better in one ear than the other? It may be time for a hearing screening. No cleaning available. Second Thursday of each month 10:30-11:30am A \$10	(805) 388-1952x100
Tuberculosis (TB) Testing This service is hosted in cooperation with St. John's Regional Medical Center. Second Tuesday of each month 4-5pm A \$20	(805) 988-2865

Nutrition

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

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

NEW Meant To Impress Menus for 2015 - (805) 388-1952x100
Attention all Foodies! Amy Tyrell, Professional Chef, Owner, Morsels As You Wish
6 recipes for each session and generous samples for all.
*Register for both classes and receive \$5 off your registration.

Game ON! A Winning Super Bowl Menu - Elevate your game with these recipes that will prove to be a crowd pleaser and have you voted MVP.
Jan 21 (W) 6-8:30pm | R | \$45*

Sweetheart Supper - Avoid the restaurant rush! Show your love by creating a memorable, cozy, romantic dinner for two! We will finish with sweet treats and send you home with a packet of recipes!
Feb 4 (W) 6-8:30pm | R | \$45*

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

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

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

NEW Teens & Pre-Diabetes - Is Your Teen At Risk? (805) 388-1952x100
Is your teen pre-diabetic? Are you concerned about your teen's weight? Dignity Health St. John's will explore the rise in pre-diabetes specifically in teens. Learn how to prevent this with easy to live with tips.
Mar 25 (W) 6-7pm | R | NC

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 cook at home. (6 week series)
Jan 15, 29, Feb 12, 26, Mar 12, 26 (Th) 6:30-8pm | R | \$65

Lifestyle

KEY: 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 or grandparents will experience music and its rhythms through their bodies, instruments, scarves, words, and, of course, songs in this 45 minute class.
Jan 5 (M) 9:30-10:15am or 4-4:45pm | Jan 6 (T) 10-10:45am | 10 week series | R
\$160 Fee payable to instructor

NEW Freedom from Smoking for 2015 (805) 388-1952x100
If you are tired of sneaking a smoke outside, and being ostracized for this habit, then it is time to come in from the cold and quit smoking. Make this part of your positive change for 2015. Join us for this 6 week series and learn ways to take control of your life.
Jan 28 - Mar 4 (W) 5:30-7pm | 6 week series | R | NC

NEW Hair Loss Solutions (805) 388-1952x100
Are you suffering from hair loss? Kiley Hartwich will explain various methods of non-invasive and non-surgical hair replacement. Don't suffer with hair loss, find out how to have the hair that you want!
Feb 23 (M) 6-7:30pm | Apr 6 (M) 6-7:30pm | R | \$20

Keeping You On Your Toes (805) 388-1952x100
Want to improve your balance and feel secure on your feet again? This one-hour workshop will include a balance check, chair exercises, relaxation techniques and other information to help keep you safely on your feet for years to come.
Jan 23 (F) 10-11am | Feb 25 (W) 2-3pm | Mar 10 (T) 2-3pm | R | NC

NEW Mini-Dental Implants Charles Scholler, DDS (805) 388-1952 x100
Learn how you can have one or more teeth replaced quickly, painlessly and at less expense with the use of mini-dental implants.
Mar 20 (F) 11:30am-12:30pm | R | NC

NEW Round Table Discussion- Drug Trends in Ventura County (805) 388-1952 x100
Do you think a loved one may be using drugs? Are you unsure of their behavior and feel something isn't quite right? Blair Craddock, MPH will lead the discussion on what new drugs are out there, what to look for, when to snoop. Gain more understanding and knowledge in this 2 part series. Drop-ins are welcome.
Mar 11, 25 (W) 10:30am-12pm | R | NC

NEW What Happens If I Don't Replace My Teeth? (805) 388-1952 x100
Charles Scholler, DDS
Learn the detrimental effects of not replacing your missing teeth including: bone loss, drifting teeth, and facial changes. Teeth can be replaced quickly, painlessly and economically.
Feb 20 (F) 11:30am-12:30pm | R | NC

More information and registration available at
www.camhealth.com

Counseling

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

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 or other related issues. Family counseling is also available.
Call for a free consultation | 50 minute appointment | A | \$70



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Safety & First Aid

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

CPR, First Aid & AED

(805) 388-1952x100

Jose Godinez, Certified Instructor

This basic course follows the American Heart Association guidelines.

Certificate is available upon completion of class.

Jan 12 (M) 5:30-9:30pm | Feb 9 (M) 5:30-9:30pm | R | \$65 | Materials \$15

First Aid & CPR for Teens & Tweens

(805) 388-1952x100

Jose Godinez, Certified Instructor

Designed for teens and tweens "in charge" of supervising siblings, or those looking for advanced skills while babysitting. American Heart Association certificate is available upon completion of class.

Mar 9 (M) 5:30-8pm | R | \$45 | Materials \$15

Caregivers

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

Adult Day Program

(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 | 9:30am-12:30pm | A | NC

Care-A-Van Transportation Services

(805) 388-2529

Care-A-Van offers door-to-door, non-emergency medical transportation service for District residents to accomplish medical visits and other activities of daily living. Call for additional information on service area, fees, and reservations.

Care Consultations

Martha Shapiro, LCSW

(800) 900-8582

Are you, or a loved one, in a life transition and don't know where to turn? Our care coordinators will provide a one-on-one consultation with a road map of vital links to community resources to help improve your family's quality of life, independence, and peace of mind.

A | NC

NEW Caregiver Burnout

Martha Shapiro, LCSW

(800) 900-8582

Are you helping to care for a loved one? Do you find yourself feeling stressed, frustrated, overwhelmed and maybe guilty? Explore how to identify it and what steps you can do to prevent it. Find the resources and support that you need. Respite care is available in our Adult Day Program if space permits.

Mar 10 (T) 1-2:30pm | 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

First Wednesday of each month | 1:30-2:30pm | District Offices

Monday | 9:30-11am | Leisure Village (residents only)

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

Tools for Caregiving

Martha Shapiro, LCSW

(800) 900-8582

Caring for a loved one can be overwhelming. In this series, learn from experts about the physical and emotional aspects of caregiving and the tools required to fulfill this demanding role, including legal issues, personal care, managing stress and more. Worried about care for your loved one while you are in class? Ask about our free respite care.

Feb 5 - Mar 12 (Th) 9am-12:30pm | 6 week series | A | \$20

NEW Understanding Early Stages of Alzheimer's

(800) 900-8582

In the early stage of Alzheimer's disease, families face new questions. What does the diagnosis mean? What plans should be made? What resources are available? Darin Siegel from the Alzheimer's Association will discuss the early stages, warning signs and valuable coping skills.

Jan 8 (Th) 1-3pm | R | NC

In Honor of Caregivers

**Take
Heart**

FRIDAY, FEBRUARY 13, 2015

Session One 10:00am to Noon

or

Session Two 1:00-3:00 pm

Wellness & Caregiver Center of Ventura County
3687 E. Las Posas Rd., Suite 188, Camarillo

Call 800-900-8582 to place your reservation.

Space limited to first 50 reservations

The Wellness and Caregiver Center of Ventura County is honoring caregivers by hosting "TAKE HEART," a two-hour event, designed to support and nurture family caregivers with relaxation activities, delicious refreshments, and gift bags, at NO CHARGE. For the convenience of the caregivers, there will be two sessions, with limited space available in each one.

Mindfulness

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

Gratitude & Positive Thoughts

(805) 388-1952x100

Gratitude increases energy, optimism, and empathy, and every facet of our lives. Learn how to use visualization techniques to put gratitude and positive energy into your daily life. Discussion led by Jane Ivey, Msc.D.

Mar 23 (M) 6-7:30pm | 6-7:30pm | R | \$15

Guided Imagery Hypnotherapy

(805) 218-5793

Danette Banyai, Certified Hypnotherapist

Let guided imagery help you find your way through whatever it is that causes you discomfort and prevents you from peace in your life. Support for mental, emotional, and physical health.

Please call for appointment. 1 hour session: \$50

NEW Mindfulness for Veterans

(805) 388-1952x100

Mindfulness for Veterans is a core skills training for self-mastery. The class is designed to enhance awareness, compassion, attentiveness, responsiveness, and serenity. Open to veterans only, not family members. Drop-ins are welcome.

Every Tuesday starting on Jan 6 (T) 6-8pm | NC

NEW Reframe Your Brain Blair Craddock, MPH

(805) 388-1952x100

Do you find yourself thinking the worst scenario will be the one that happens? Why do we think this way? Have you wanted to learn a new way to change those instant negative thoughts to a positive way of thinking? Explore how to reframe your brain and unleash positive energy!

Feb 25 (W) 1-2pm | R | \$20

Mindfulness Training - Three Part Workshop

(805) 388-1952x100

(Take 1 or Enjoy All 3)

Danette Banyai, Certified Hypnotherapist

Part 1: Guided Meditation: Find your Inner Peace Amidst the Chaos of Life

Participants will be guided through practical exercises and meditation that focus on the body-mind-emotion-spirit connection. Most of us are looking for some peace and calm in our lives. Deep relaxation and mindful meditation in everyday life situations can help break destructive patterns that block our path to emotional and physical well-being.

Jan 22 (Th) 6-7:30pm | R | \$20

Part 2: Mindfulness Training - Abundance & Healing Through Breath

The use of breath is a practical and age old method of healing and finding calm and focus. Learn more about mindful, conscious breathing to bring yourself closer to that part of you that connects deeply to your body's natural healing ability and your own true and highest self.

Feb 19 (Th) 6-7:30pm | R | \$20

Part 3: Mindfulness Training - Freedom from Fear

Fear sometimes saves our lives, but what about those that hold us back, or prevent us from moving forward? This third class in the series of mindfulness will allow you to go to those places that you know or maybe don't yet know. Mindfulness, conscious breath, and guided imagery allow us to go through some of those things and come out the other side. Learn to be free from the fear that keeps us from our highest self, and our truth.

Mar 19 (Th) 6-7:30pm | R | \$20

More information and registration available at www.camhealth.com

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

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

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

Adult Day Center & Support Services	(805) 388-1952 x111
Care Transitions Services (Hospital to Home).....	(800) 900-8582
Care-A-Van Transportation.....	(805) 388-2529
Caregiver Respite, Education & Training.....	(800) 900-8582
Counseling Services – Legal, Financial, & Emotional	(800) 900-8582
Evidence-Based Programs.....	(800) 900-8582
Exercise Classes.....	(805) 388-1952 x100
Fall Prevention & Home Modifications.....	(800) 900-8582
Health Education & Advocacy Classes.....	(805) 388-1952 x100
Health Screenings.....	(805) 388-1952 x100
Lifeline Personal Help Button	(805) 388-1952 x120
One-On-One Care Consultations.....	(800) 900-8582
Senior Nutrition Program.....	(805) 388-1952 x100
Senior Support Line.....	(800) 235-9980
Support Groups	(800) 900-8582
Wellness & Caregiver Center of Ventura County.....	(800) 900-8582

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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