

Healthy ATTITUDES

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FALL 2018

Camarillo Health Care District QUARTERLY MAGAZINE



**EVERY
20
MINUTES**



an **OLDER ADULT DIES** from a
FALL-RELATED INJURY

INSIDE

Stand Tall Against Falls

Fall Prevention Tips

**Maintain Balance
and Independence**

Preventing Falls...Together



The Fear of Falling

EVERY 11 SECONDS, an older adult is treated in the emergency room for a fall. EVERY 20 MINUTES, an older adult dies from a fall.

With those statistics, it's no surprise we develop a real fear of falling! At the same time, it's very helpful to understand as much as you can about

why a fall happened, in order to develop an appropriate and effective fall prevention strategy.

Sometimes there is an obvious reason why a fall happened...stepped on untied shoelaces, didn't see that thing in the way, or just a change in strength and balance. Sometimes there's a health-based reason...a previous injury or illness that caused weakness, medications that caused dizziness or drowsiness, a sudden drop in blood pressure...the list could be long. But falling, with or without resulting injury, and with or without a "good" reason, can have a damaging and lasting negative effect. The National Council on Aging (NCOA) shares that "falls, with or without injury, also carry a heavy quality of life impact. A growing number of older adults fear falling and, as a result, limit their activities and social engagements. This can result in further physical decline, depression, social isolation, and feelings of helplessness." In an ironic twist, staying home in order to stay safe can work against preventing falls. Reductions in activity, of any type, can contribute to loss of strength and balance and decrease in muscle tone...contrary to what you were trying to accomplish.

The Webster Dictionary definition of "trepidation" is "a feeling of fear or agitation about something that may happen". That feeling is real. It's likely that if you've fallen once, you'll fall again within six months. Fighting that fear with good strategies and practices is crucial.

Camarillo Health Care District offers a variety of evidence-based, proven strategies for fall prevention and muscle strengthening, and they're listed in various places throughout this magazine. I encourage you to look into those programs if you have fallen, or if someone you love has fallen. There can be some great successes to prevent falls, or mitigate some of the lasting effects of falls.

Standing strong with you,

Kara

District Presents at National Conference

The District is proud to announce that Blair Craddock, MPH, Care Services Director, was a featured presenter at the National Association of Nutrition and Aging Services Programs (NANASP) 2018 conference titled *Building Momentum: The Future of Aging Well*. The conference partners focused on nutrition, senior center, and aging services expertise, research, and promising practices from providers all over the country. Ms. Craddock's presentation outlined the positive impact Camarillo Health Care District care management services provide for home-bound senior nutrition clients and families. If you, or someone you know, could benefit from supplemental nutrition or care management services, please call 805-388-1952, and ask to speak with Blair.

District Certified in "Dealing with Dementia" Program

The District is pleased to announce an additional training and educational program for family caregivers of loved ones with dementia. Developed by the Rosalynn Carter Institute for Caregiving (RCI), the *Dealing with Dementia* program provides tips and strategies for caregivers on best practices for caring for their loved ones and themselves. The goal is for Alzheimer's and dementia family caregivers to gain a better understanding of dementia, utilize strategies to effectively manage problem behaviors, and handle caregiver stress and burnout. This program includes a manual, a fun, interactive four-hour group session, and is available at the District, at no charge. This program is funded by the Alzheimer's Disease Initiative of the Administration for Community Living. If you or someone you know could benefit from this program, please call the District at 800-900-8582 and ask to speak with Blair.

District Hosts Virtual Dementia Mobile Unit Tour

The District was pleased to host another Virtual Dementia Tour, provided by Second Wind Dreams, an organization dedicated to changing the perception of aging. The mobile tours provides an opportunity for community members to experience what some aspects of dementia feels like. Participants donned glasses to obscure their vision, gloves to inhibit fine motor skills, shoes pads to mimic the effect of neuropathy, and earphones to cause the distraction of everyday background sounds and noises. This tour had a powerful effect on participants who say the tour experience changed their perception of what daily life is like for people with cognitive and memory impairment. The Virtual Dementia Tour is a patented experiential process developed by Second Wind Dreams. The tour was attended by health curriculum students from CSUCI, local medical and professional staff, and representatives from Assemblymember Monique Limon and Senator Hannah-Beth Jackson. We are delighted to facilitate this powerful experience in efforts to promote sensitivity and compassion.

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Testimonials



Everyone in the office has been **extremely friendly and helpful**. I have enjoyed all the classes I have taken and look forward to those I have yet to take!

—Helen, Class Attendee

During my husband's decline with dementia, Samantha was **very helpful** suggesting classes and support groups. She also was **available** for counseling.

—Michele, Care Management client

The Staff and employees at the CHCD are the **best**. My mother has been attending for 9 years. Wow, how time flies. Without their **support** and **wonderful** staff I think my Mom wouldn't be in the state she is today. I also, benefit by sharing Laughter Wellness with the day care. Thank you, for providing such **love, support and care** for my Mom.

—Arlene, Daughter of Adult Day Center client

I want to complement the Camarillo Adult Day Center Director and Staffs for their **professional work and effectiveness**. Ellen likes to participate and **enjoys activities** in the class that **stimulate her brain and body**. She told me that staff are **very kind** and **understanding** for her needs. Thank you so much.

—Anthony, Son of Adult Day Center client

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



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ON THE COVER

Falls can cause permanent damage, chronic pain, and lasting anxiety. Please read and share these fall prevention strategies!

INSIDE

Stand Tall Against Falls
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**STAND TALL
AGAINST
FALLS**

Fall prevention tips that could **CHANGE YOUR LIFE**

Slightly uneven ground. A misstep that throws you off balance. Something that obviously caused the fall... or maybe something that you never even saw. One of the more unsettling aspects of falls is that they can be both predictable and unpredictable. We can probably all agree that a poorly positioned ladder, uneven ground, or a bad choice of leaning/reaching can be a recipe for a fall...predictable. But we can't "see" vertigo about to happen, a sudden shift in blood pressure, or the subtle changes in balance over time... unpredictable. Either way, falls can happen suddenly, without warning and can change your life.

Falls happen much more than we might think. We've gone through our lives watching little babies learn to walk. They fall and get right back up. Through school years, kids run and jump and play sports and fall...and (usually!) get right back up. So it's easy to believe that when we fall, we'll get right back up and dust ourselves off, but the truth of the matter is that falling is dangerous and can be very frightening. And maybe something even more frightening than falling is the **fear of falling**, which is addressed later on in this article.



Preventing Falls Together

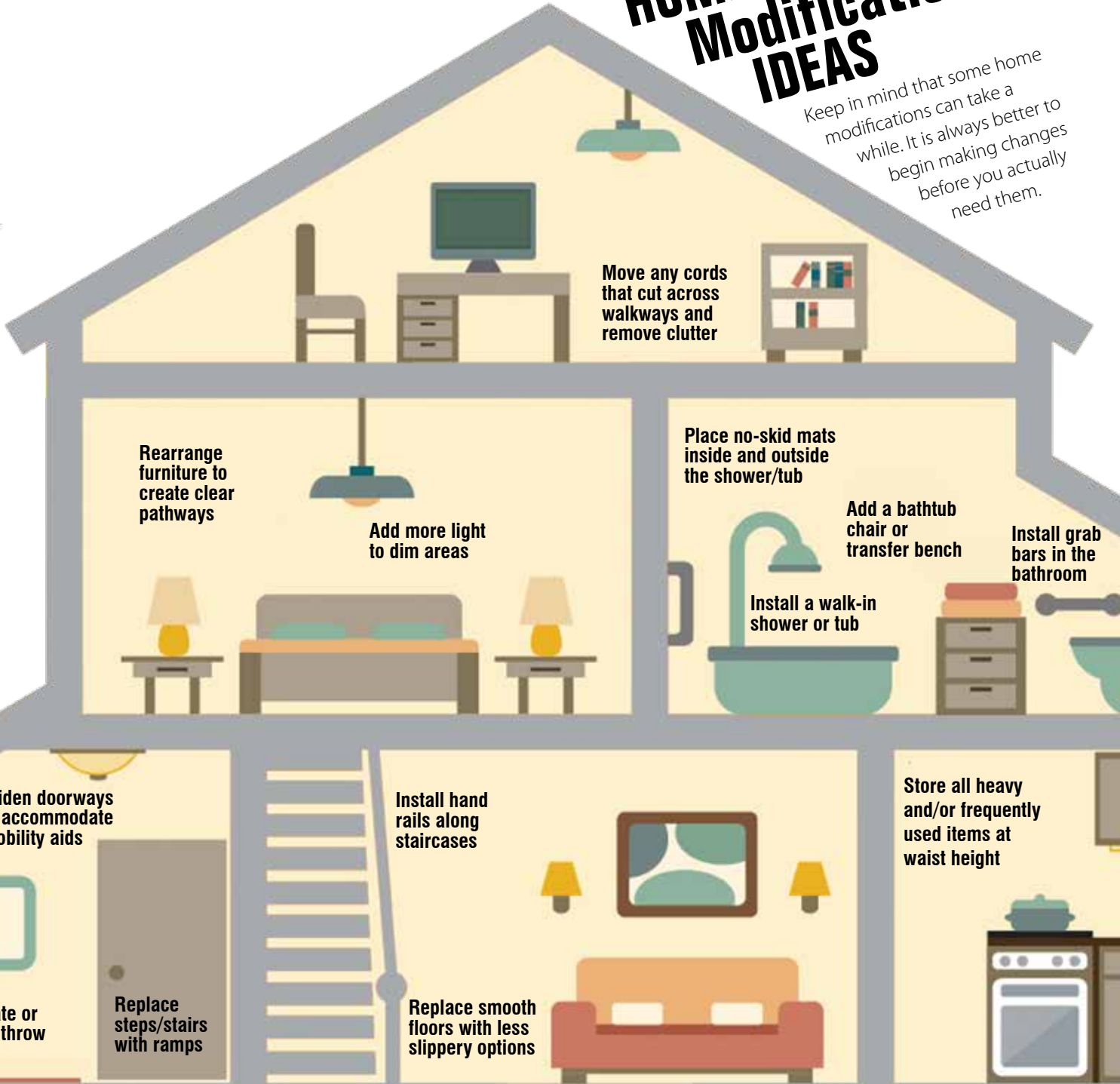
The Camarillo Health Care District invites you to take advantage of our numerous fall prevention resources — just give us a call to learn more and get started!



- Fall prevention classes805-388-1952, Ext. 100
- Fitness and strength-building classes805-388-1952, Ext. 100
- Health screenings805-388-1952, Ext. 100
- Senior Nutrition Program805-388-1952, Ext. 168
- Lifeline Personal Help Button805-388-1952, Ext. 120
- Care-A-Van transportation services805-388-2529

HOME Modification IDEAS

Keep in mind that some home modifications can take a while. It is always better to begin making changes before you actually need them.



The Relationship Between Age and Falls

As we age, the risk of falling becomes a more serious concern. There are a variety of reasons older adults tend to fall more frequently. Numerous health conditions and medications can cause dizziness or impaired balance; slower reaction times can make it more difficult to avoid obstacles or recover balance when we stumble; diminishing vision; muscle and joint issues that hinder strength and full range of motion. Further, falling as an older adult is more likely to result in an injury of some sort. As injuries from falling tend to be more serious in older adults, the recovery process also tends to be more involved and lengthy, which can begin to affect other areas of life.

For many older adults, a fall can change virtually everything about their life. Serious complications from a fall can cause someone who was living independently to become dependent upon assistance. Resulting or chronic pain from the injury received during the fall, can make it difficult to resume favorite activities. Changes in mental status, such as depression, delirium or dementia can sometimes develop as well.

Even if there are no permanent physical limitations caused by the fall, many may still struggle to resume life as they knew it. As mentioned earlier, the trauma and pain of falling can cause one to develop a significant and sometimes debilitating fear of falling again.

This fear often causes a decrease in activity, which may lead to reluctance or fear to venture out again, isolation, a quicker pace to frailty and loss of muscle tone, a resulting lack of socialization, and generally can negatively contribute to a decreased future health status. And the bad news here is any or all of these post-fall developments, can make it more likely to cause another fall!

How to Prevent Falls

Now for some good news! Obviously, the foolproof way to address the many problems caused by falling, is to prevent them from happening in the first place. Camarillo Health Care District (District) offers several evidence-based programs that address falls and the fear of falling, and here are some of the safety techniques designed to strengthen the body, prevent falling, and reduce concerns of the fear of falling:

- **Stay active:** In addition to supporting overall health, physical activity helps you maintain strength, coordination and balance. The healthier and stronger you are physically, the less likely you are to fall.
 - **Eat well:** A nutritious diet helps combat health issues that may contribute to falls, and getting the proper nutrients also helps you maintain the strength you need to stay on your feet.
 - **Walk carefully:** This one is obvious, but all too easy to forget. As you are walking, pay attention to your surroundings and look before you step. If necessary, use a cane or walker to help you keep your balance and move safely.
- **Turn on the lights:** Dim lighting makes it harder to see obstacles in your environment, increasing your likelihood of slipping or tripping. Add additional lighting to poorly lit rooms, and be sure to turn on the lights before walking around when it's dark, even if you are only moving a short distance.
 - **Get your vision tested:** Because vision changes can happen gradually, we don't always notice when our eyesight has gotten weaker. A visit to the optometrist can help you catch any serious eye problems before they progress and help you get the vision assistance you need to see more clearly in your environment.
 - **Evaluate your medications:** Ask your doctor if any of your medications can cause dizziness or balance problems and, if medically appropriate, consider alternative options that do not cause those side effects. If you do need to take a medication that makes you feel dizzy or off balance, it is helpful to at least be aware of these symptoms so you can take appropriate precautions to avoid falling.
 - **Modify your environment:** Small adjustments to your living area — such as removing or securing throw rugs and clearing up clutter on the floor — can make a big difference in safety. For some, bigger changes, such as adding railings to a staircase or swapping a traditional bathtub for a walk-in tub, may also be beneficial. If you aren't sure what changes are necessary, there are resources available to help you evaluate your home and determine the safety modifications you need. Please call us.
 - **Choose your clothes wisely:** Wear comfortable clothes that fit well. Choose low-heeled shoes that provide good traction as you walk, and avoid slippery socks, clothing that could trip you and jewelry that can easily get caught on something.

(Continued on Page 6)



Even when precautionary steps are taken, falls still can, and do, happen. With this in mind, many older adults also find it beneficial to wear a personal help button. These devices allow you to call for help with the push of a button (usually worn as a pendant around the neck or a wrist band), so that needed assistance and medical attention can be summoned even if you can't reach the phone.

If you think a personal help button would be helpful for you or someone you know, please contact Camarillo Health Care District at 805-388-1952, extension 120. Our Lifeline Personal Help Button service provides added safety and peace of mind for those who are concerned about falls. With the push of a button, the wearer is connected with an emergency-trained operator who immediately contacts a neighbor, caregiver or emergency service provider, depending on the specific need.

Falls and the Holidays

The holiday season is upon us, and with it comes wonderful opportunities to connect with friends and family, share delicious meals, and fill our social calendars. However, during the hustle and bustle of the holiday season, it is also important to pay attention to the risk of falls. As you celebrate this holiday season, please keep these additional fall prevention tips in mind:

- **Don't rush:** For many of us, the holidays bring added time pressures as we battle crowds and try to balance family time, shopping trips and personal obligations. But rushing is a recipe for a fall, so take your time, walk carefully and deliberately.

- **Pay attention to your surroundings:** Crowded stores, gift boxes left scattered on the floor and seasonal decorations placed on the ground are just a few of the tripping hazards the holiday season brings. Look around you carefully as you move to avoid falls.
- **Watch for wet or icy ground:** As the weather gets colder, rain and ice can make the ground more slippery. Even when you're inside, it is important to check for wet floors before you walk.

If you want to learn more about fall prevention, Camarillo Health Care District encourages you to attend one of our classes on the subject. To register, please call 805-388-1952.

Wishing you a safe and healthy holiday season. 🍷

According to the Centers for Disease Control and Prevention (CDC):

- Falls are the leading cause of both fatal and nonfatal injuries for older Americans
- Every year, more than 1 in 4 people aged 65 and older experience a fall
- Every year, falls lead to approximately 3 million emergency room visits and 800,000 hospitalizations
- Every year, roughly 28,000 older adults die from fall-related injuries; between 2007 to 2016, the number of older adult deaths caused by falls rose by 31 percent



RESOURCES:

"Take a Stand on Falls," Centers for Disease Control and Prevention, September 22, 2017, www.cdc.gov/features/older-adult-falls/index.html.

"Deaths From Falls Among Persons Aged ≥ 65 Years — United States, 2007–2016," Elizabeth Burns and Ramakrishna Kakara, May 11, 2018, www.cdc.gov/mmwr/volumes/67/wr/mm6718a1.htm.

"Why Are Falls So Dangerous for Seniors?," Anne-Marie Botek, AgingCare, September 8, 2017, www.agingcare.com/articles/falls-prove-fatal-for-elderly-patient-149687.htm.

askus

Maintain Balance and Independence



By Blair Craddock, MPH

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

My balance isn't as good as it used to be. I want to maintain my independence for as long as possible, what can I do?

ANSWER: Muscle tone and strength, weight gain and loss, health status and other effects of aging can definitely cause changes to one's balance. The good news is that there are a variety of strategies and activities you can do to help improve your balance, reduce the risk of falling, and reduce the fear of falling, which is sometimes a very big issue as well.



- For starters....make an appointment with your doctor. Talk about your overall health condition and review all medications (including supplements, vitamins, herbs, lotions, cough syrups, eye drops, etc.... anything that goes in or on your body). Tell

your doctor exactly how and when you're taking it, and if you're taking it as prescribed. Talk about how you've been feeling and especially your balance concerns. Your doctor is your health care partner and wants to know...and there might be a clear reason for your decreased balance such as a misunderstanding in medications.

- Start moving. Physical activity can take on many forms and doesn't have to mean working out at a gym; take your pet for a walk, garden, shop, spend time with friends socializing, tai chi, etc.
- Keep vision and hearing sharp: Get your eyes and ears checked. Even slight changes in vision or hearing can through you off balance, or cause you not to see or hear dangerous obstacles.
- Stay Hydrated and well nourished: Being dehydrated and not eating enough can cause confusion, loss of balance, and low blood pressure, all of which increases the risk of falling.

- Keep your home safe: Your living environment can sometimes house unlikely risks; make sure stair railings are stable; have adequate lighting especially in stairwells, hallways, bedrooms and bathrooms; keep frequently used items at safe arm's reach; keep extension cords safely out of the way; install grab bars by commodes and showers/tubs.
- Use assistive devices: Canes and walkers are very helpful; make sure they have been properly fitted for your height. When used incorrectly they can increase the risk of falling.
- Slow down! Seriously...slow down. Rushing increases stress which reduces focus and can cause falls. There is no need to rush to answer the phone...they'll leave a message or they'll call back. Those who know you, will know you need extra time to answer.
- Talk with your loved ones: Perhaps this is most important. The people who care about you the most would like to know if you're fearful of falling, and how they can help or be part of reducing the risks of falling.

We know falls can happen at any age, but the effects of falling can be more serious as we get older.

The Camarillo Health Care District offers a variety of classes and programs designed to help improve balance, strength, flexibility and reduce the fear of falling, including Matter of Balance, Tai Chi for Arthritis and Walk with Ease. We also offer several programs on senior nutrition and home safety modifications. 🧘

Please call 805-388-1952 to ask about our Wellness and Caregiver Center programs, Health Promotion, Exercise and Fall Prevention Classes, Senior Nutrition Program (home-delivered and community meal program), Produce Day, and Lifeline of Ventura County.

For more information on these and other services, please call us 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 include \$4.00 out-of-district fee on fee-based classes.

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

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.

Screenings

Caregiver Burnout Screening (805) 388-1952x100
Are you a family caregiver? Feeling overwhelmed? Learn more about stressors that could put your own health at risk. Screenings are 30 minutes. Please call for date of next session.

Dental Screening Eric S. Yum, DDS (805) 388-1952x100
Dental issues? Dr. Yum will answer your questions while providing a consultation on the status of your teeth and gums. Screenings are for all ages.
Dec 7 (F) 10am-12pm | A | \$10

Depression Screening (805) 388-1952x100
Speak with a qualified counselor to learn if you show symptoms of depression. Understand more about your mood and learn about resources that may help. Please call for date of next session.

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

NEW Memory Screening Day at the District (805) 388-1952x100
Does your memory loss affect your daily life? What is normal age-related memory loss? Screenings take 15 minutes and are conducted by Community Memorial Hospital staff.
Feb 13 (W) 1-3pm | A | NC

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 Warning Signs (800) 900-8582
Monica Schrader, Ventura County Regional Director of the Alzheimer's Association, will share the 10 warning signs and symptoms of Alzheimer's disease. Discussion will include the benefit of early diagnosis and treatment options.
Nov 6 (T) 2-3pm | R | NC

Care-A-Van Transportation Services (805) 388-2529
Care-A-Van offers door-through-door, non-emergency medical transportation service 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
Caring for a loved one can be physically and emotionally demanding. This series (formerly Tools for Caregiving) was developed with the needs of family caregivers in mind. Engaging, experienced guest speakers are featured each week to present topics such as self-care, aging, elder law, and long-term care. Participants will gain an understanding of community resources and strategies to successfully navigate their role as caregivers. Need care for your loved one in order to attend the class? Ask about our free respite services. Please call for date of next session.

Caregiver Support Groups (800) 900-8582
Intended for those who are the primary caregivers of loved ones. Stephanie Lee, MD will be teaching meditation as a self-care practice to help reduce stress and create balance in one's life.
Second and Fourth Friday of each month | 9:30-11am | District Offices
Monday | 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 26 (F) 12:30-4:30pm | R | NC
Dec 5 & 12 (W) 10am-12pm | R | NC

Memory Café (800) 900-8582
Join others affected by dementia, along with their families and caregivers, for a fun, supportive lunch gathering.
Oct 27 (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.

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 Meditation for Beginners (805) 388-1952x100
Find peace and healing through mindfulness meditation. Learn easy practical exercises you can take with you and do anytime, anywhere. Find out more on how mindfulness meditation affects your life, health, and the lives of those around you.
Oct 18 (Th) 6:30-8pm | R | \$20

NEW Daily Skills for a Mindful Life (805) 388-1952x100
How would you rate your daily mindfulness skills? Danette Banyai will lead this two-part series which will include a mindfulness quiz with your own personal results. Find out if you need to sharpen your attention and focus or find a kinder attitude with a more intentional life. When registering please ask the staff about taking the quiz prior to the first session.
Nov 8 & 15 (Th) 6:30-8pm | R | \$40

NEW A Mindful Approach to a New Year (805) 388-1952x100
To some people the New Year is a time to push the reset button, giving ourselves the opportunity to change something in our lives. The end of a year is a good time for reflection that will help us be more intentional with our choices for the start of the upcoming year. Taking a mindful pause that connects our intentions and values to a new opportunity for change.
Dec 6 (Th) 6:30-8pm | R | \$20

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

Support Groups

Al-Anon Family Groups, Men's Stag Group Dino (818) 720-1462
Monday | 6-8:15pm

Al-Anon Fourth STEP Study Group Larry (805) 844-2079
Wednesday | 7-8pm

Al-Anon: How It Works Shirley (805) 824-7291
Tuesday | 7:15-8:15pm

Al-Anon Study Group Peter (805) 665-8382
Thursday | 7-8:15pm

Caregiver Support Group (800) 900-8582
Second and Fourth Friday of each month | 9:30-11am | District Offices
Monday | 9:30-11am | Leisure Village (residents only)

Compulsive Eaters Anonymous—HOW Gerri (310) 633-3915
Monday 6-7pm | Thursday 5:30-6:30pm | Sat 8:45-9:45am

Conejo Ventura Macintosh User's Group Susan (805) 504-3610
First Tuesday of each month | 6:30-8:30pm

Nar-Anon Family Groups Carri (805) 479-8415
Thursdays | 7-8pm

Pain Management Support Group (805) 388-1952x100
Third Wednesday of each month | 5:30-6:30pm

Parkinson's Disease Support Group Art (805) 482-6382
Third Tuesday of each month | 2-4pm

Stroke Support Group Sharon Bick, RN (805) 388-1952x100
Third Wednesday of each month | 2-3pm

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 Arneil 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.
Please call for date of next session.

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.
Oct 10-Nov 14 (W) 1:30-4pm | 6 week series | R | \$40

Diabetes Empowerment Education Program (DEEP) (805) 388-1952x100
DEEP is an evidence-based series developed by the University of Illinois at Chicago. The program includes discussion on diabetes basics: self-blood sugar testing, meal planning, managing stress, and preventing complications. Participants learn exercises specifically designed to help effectively manage the disease. Space is limited.
Please call for date of next session.

Diabetes Self-Management Program (DSMP) (805) 388-1952x100
This 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 16-Nov 20 (T) 1-3:30pm | 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.
Please call for dates of next session.

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!
Oct 8-Dec 12 (M & W) :30-10:30am | 9 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.
Oct 3-Oct 24 (W) 10am-12pm | 4 week series | R | \$40

Advocacy

ABCs of Estate Planning & Trusting Your Trustee

(805) 388-1952x100

Regardless of your net worth, it is important to have a basic estate plan in place. Attorney Annette Dawson-Davis will discuss estate planning, wills, trusts, and probate. Learn tips for selecting a trustee, avoiding family conflicts, and protecting your assets.

Oct 18 (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

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

Will resume January 2019

NEW HICAP Open Enrollment

(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 19 (F) 10am-2pm | Nov 2 (F) 10am-2pm | Nov 16 (F) 10am-2pm | NC

How Does Reverse Mortgage Work?

(805) 388-1952x100

How does a reverse mortgage work? Who is eligible? Is it the right choice for you? Patrick Krull from Movement Mortgage will discuss how a reverse mortgage differs from a home equity loan.

Oct 10 (W) 3-4pm | R | NC

NEW Inheritance - How to Help (not Burden)

Your Beneficiaries

(805) 388-1952x100

Leaving an inheritance to someone is a personal and private matter with so many variables it can seem overwhelming. Why is it crucial to leave nothing vague or open to interpretation? Why give or not give inheritance while you are living? How can you minimize the possibility of a legal battle after you are gone? Attorney, Christopher P. Young, a Certified Specialist on this topic will discuss how to help ensure your final intentions are carried out.

Jan 29 (T) 6-7pm | R | \$10

NEW Medicare Changes for 2019

(805) 388-1952x100

Health Insurance Counseling and Advocacy Program (HICAP) community educators will discuss changes to Medicare in 2019. Learn how to save money on healthcare and avoid late-enrollment fees.

Oct 5 (F) 1:30-3pm | R | NC

NEW Social Security: Now or Later?

How to Maximize Your Income!

(805) 388-1952x100

Social Security is the anchor for most individual and couple's retirement income and financial planning. Most asked question: "When should I start taking Social Security?" Filing at 62, 66, or 70 could be all wrong for you, meaning a loss of thousands! Michael J. Mansfield, of Lynd Group Financial Services will help you make the most important decision of your retirement.

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

NEW Veterans' 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.

Oct 24 (W) 2-3:30pm | R | NC

More information and registration available at
camhealth.com

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

NEW Food Gifts for the Holidays!

(805) 388-1952x100

Join this fun filled class with Chef Amy, owner of Morsels as You Wish, and learn to prepare five delicious and stunning edible gifts to share with friends and family this holiday season. Generous samples provided.

Oct 25 (Th) 6:30-8:30pm | R | \$45

Healthy Weight Management

Margaret Aslanian, RD

(323) 383-6981

Maintaining a healthy weight is important for overall health. Being either underweight or overweight carries potential health problems. Meet Margaret Aslanian, Registered Dietitian for a one-on-one appointment to discuss a personalized weight management plan.

Private sessions 45 minutes | A | \$50

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 Perfecting Pastry Doughs with Chef Amy!

(805) 388-1952x100

Chef Amy, owner Morsels as You Wish, will perform culinary magic by demonstrating how to easily achieve mouthwatering pastry doughs. Learn the key to successful pastry with Choux and cream cheese, puff pastry, and varieties both savory and sweet. Generous samples provided.

Oct 11 (Th) 6:30-8pm | R | \$45

Produce Day

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

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

Body, Mind & Strength

NEW A Good Night's Sleep (805) 388-1952x100
Poor sleep health is a common problem with 25% of U.S. adults. Medical Director George Yu, of Premier Diagnostic Sleep Disorders, will discuss the treatment of common sleep disorders to improve health, wellness, and quality of life.
Jan 24 (Th) 6-7:30pm | R | \$10

NEW Advanced Imaging Technology for Early Detection of Cancers and Dementia (805) 388-1952x100
New technology is helping medical professionals diagnose diseases earlier and with more accuracy, when treatment is most beneficial. Dr. Irwin Grossman, board-certified radiologist and Medical Director of the Grossman Imaging Centers, will discuss how technology and the different types of imaging can be used to identify the early stages of diseases like cancer and dementia.
Oct 29 (M) 6-7pm | R | NC

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.
Oct 25 (Th) 6-7:30pm | R | \$10

NEW All About Bees in Ventura County (805) 388-1952x100
In the United States approximately 75% of all food crops benefit from bee pollination. Bill Weinerth will discuss local bees, colony collapses, the Varroa mite, Africanized bees, what makes a queen a queen, and the process of instrumental insemination of queen bees to keep the gentle European bee colonies thriving. Bring your questions!
Oct 30 (T) 4:30-6pm | R | NC

NEW Are We Addicted to Vitamins and Supplements? (805) 388-1952x100
Is your vitamin cabinet crammed full of the latest vitamins and supplements with promises to help your heart, bladder, and knees? Unless doctor advised, the result could be an overload of vitamins and minerals that can cause harm. Rajinder K. Rai, pharmacist at All Med Drugs & Compounding Pharmacy, will discuss supplements and vitamins and how to avoid overdoing it.
Oct 25 (Th) 11am-12pm | R | NC

NEW Bladder Cancer: Symptoms & Treatment Kyle K. Himsl, MD (805) 388-1952x100
Bladder cancer is one of the most common cancers in the United States, affecting more than 68,000 people each year. Kyle K. Himsl, MD will discuss the subtle symptoms, how family history may put you at greater risk, and available treatment options. With early detection it can be highly treatable.
Dec 6 (Th) 2-3:30pm | 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. Fun for all ages! (No experience needed; drums provided)
Nov 28 (W) 6-7:15pm | R | \$10

NEW Bullying - Prevention and Response (805) 388-1952x100
As parents and teachers, we are painfully aware of how all forms of bullying can have a lasting impact on our kids. Jesse S. Esqueda, Psy.D. from Engage Therapy provides experienced in-service training about bullying. Discussion will include physical, verbal, and cyberbullying, focusing on prevention and response. Know the facts about bullying.
Oct 22 (M) 6-7:30pm | R | \$10

Massage: Swedish, Pregnancy & Deep Tissue Therapy (805) 298-3202
Lisa Ball, LMT provides therapeutic massages. Her expertise extends to Swedish, deep tissue, rehabilitative, pregnancy, and lymphatic massages.
Tuesdays, Thursdays, Sundays | A | 1 hr: \$75 - 1 1/2 hr: \$95

NEW Pain Management: Resources, Questions & Discussion (805) 388-1952x100
Do you or a loved one suffer from chronic pain? Are you looking for options to help combat the loss of physical function? Community Memorial Health System, Dr. Robert Frey, MD, board-certified Anesthesiologist and Pain Management Specialist, will discuss common ailments, understanding pain, and tips for living a pain free life with pain management and treatment options available.
Oct 23 (T) 6-7:30pm | 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 | 1/2-hr: \$25 | 1 hr: \$45

NEW Saving Your Brain Eileen Gold, MA (805) 388-1952x100
Each one of us has the ability to increase our brain power at any age - the key is brain exercise! Learn the steps and activities to develop or recover age-affected brain power, as well as 10 lifestyle strategies for keeping your mind strong.
Oct 16 (T) 6-7:30pm | R | \$10

NEW Sleep Apnea Dr. Lovell (805) 388-1952x100
In the U.S. alone, more than 18 million adults suffer from sleep apnea. Even though CPAP is most commonly used as treatment, many find it too uncomfortable to use. Community Memorial Health System, Dr. Lovell will explain how an effective and convenient oral appliance therapy can be for the treatment of mild to severe sleep apnea in those who cannot tolerate the CPAP.
Dec 5 (W) 6-7pm | R | NC

NEW Understanding Primary Care: Why Every Woman Needs a PCP (805) 388-1952x100
Many Americans put off going to the doctor until they are sick and when they do, they often visit a specialist. Seeing a Primary Care Physician (PCP) regularly may be the key to a healthier life. Jeanette Ildarden, MD, UCLA Internist, will discuss the role of the primary care physician, the type of care they provide, and why every woman should have one.
Dec 11 (T) 6:30-8pm | R | NC

NEW What is Cannabidiol Oil (CBD)? (805) 388-1952x100
Cannabidiol oil is used for health purposes... but it is controversial. Recently approved by the FDA, CBD has become popular with people suffering from various health issues including chronic pain, arthritis, sleep disorders, and many more. Chelle Goodfriend, Health Educator and Herbalist, will discuss how it works, the benefits, and side effects. Bring your questions.
Oct 17 (W) 6-7:30pm | R | \$10

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

Fitness

NEW Aloha Fridays! Tahitian Dance for Everyone! (805) 388-1952x100
Is there any better way to start off your weekends than to learn a new dance? Kayla Chey is an award-winning Tahitian dancer who will teach a low impact dance, focusing on grace, posture, and hand movements. All ages welcome!
Oct 19 -Dec 14 (F) 10-11am | Single class \$8 | 9 classes \$ 65 | R

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

Funk FuZion with Lorenzo (805) 388-1952x100
Fun, fresh, & funky! A challenging blend of exercise and dance, designed for the fitness novice who wants to enjoy a fun workout while challenging mind and “soles”.
Tuesdays 6-7pm | Saturday 9:30-10:30am | R
Single class \$8 | 5 classes \$30 | 8 classes \$40 | Passes expire 30 days from purchase.

Jazzercise Patty Bolland, Certified Instructor (805) 746-3025
Jazzercise combines dance-based cardio with strength and balance training in a fun and effective 60 minute workout, incorporating the latest moves to a variety of current upbeat music.
Mon & Thu 5:45-6:45pm | Saturday 8:15-9:15am | R
Single class \$8 | 5 classes \$30 | 10 classes \$50 | Tickets expire 30 days from purchase

Seated & Standing Beginning Ta’i Chi Chih® (805) 388-1952x100
Strengthen your core muscles with zero impact and maximum benefit! Accredited Instructor Barbara Freie will challenge you physically and spiritually by showing you how to relax, stretch and focus on your inner-self while also improving balance and peace of mind.

Jan 30-Mar 27 (W) 5-6:15pm | 9 week series | R | \$90
Feb 1-Mar 29 (F) 10-11:15am | 9 week series | R | \$90

Ta’i 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 31-Nov 21 (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. On the first Tuesday of every month, class includes a light walking aerobic session.
Tue 9-10am | single class \$10 | 10 classes \$80 | R

Safety & First Aid

CPR, First Aid & AED Jose Godinez, Certified Instructor (805) 388-1952x100
This basic course follows the American Heart Association guidelines.
Certificate is available upon completion of class.
Nov 5 (M) 5:30-9:30pm | \$65 | R | Materials \$18 | No refunds available.

NEW Babysitting 101 (805) 388-1952x100
Teens and tweens learn to care for children of all ages and to handle emergencies in preparation for being the best sitter on the block! Certificate is available upon completion.
Nov 1 (Th) 5-6:30pm | Dec 1 (S) 10-11:30am | R | \$25

First Aid & CPR for Teens & Tweens (805) 388-1952x100
Jose Godinez, Certified Instructor
Designed for teens and tweens “in charge” of supervising siblings, or those looking to advance their babysitting skills. American Heart Association certificate is available upon completion of class.
Dec 10 (M) 5:30-8pm | R | \$45 | Materials \$15 | No refunds available.

Important Numbers

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

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

 **CAMARILLO HEALTH CARE DISTRICT**
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