

Healthy ATTITUDES

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FALL 2014

Camarillo Health Care District QUARTERLY MAGAZINE



**BUILDING
HOPE**

ADULT DAY CENTER

OPEN HOUSE

OCTOBER 22

25 **NEW
CLASSES**



A MESSAGE FROM Jane Rozanski, Chief Executive Officer

How we feel about aging, as individuals and as a society, depends on perceptions as much as reality. Of course health and lifestyle and security factor into the quality of the aging process. So, too, does how we perceive ourselves and how others perceive us.

We believe that our Adult Day Center participants' days should be filled with meaningful activities from the moment they walk in the door, to the moment they return home for the evening. Remaining active and engaged, with activities and opportunities offered in thoughtfulness and variety, encourage mental and physical engagement throughout the day.

A seminal study on aging conducted by Yale University in 2002 showed that older adults who have favorable perceptions of aging live on average 7.5 years longer. Conversely, those who self-identify with social stereotypes of older adults as feeble and helpless are more likely to live unhappier, shorter lives.

I share this with you for two reasons. Firstly, because we understand it is a key role of the Camarillo Health Care District (CHCD) to gather and communicate information vital to healthy aging. Secondly, District plans to put this knowledge to good use on your behalf.

Actions, after all, speak louder than words. More pointedly, we believe we are what we do, not simply what we say.

Demand for adult day programs, such as ours, grows with every year in an attempt to keep pace with the new longevity we're experiencing. While our own expansion will provide practical support and services for older adults and caregivers in our area, District's new Adult Day Center will offer so much more.

Here is just a sampling of what we mean by so much more:

- Intergenerational connections will be a priority. Substantive programs emphasizing shared experiences will unite youth and older adults to encourage mutual understanding and respect.
- Creative therapies -- involving animals, music, gardening, and arts and crafts as well as innovative happiness workshops -- will enrich the lives of older adults.
- Partnerships with prominent universities, businesses, nonprofits and other institutions will help us expand our reach and resources. Caregiver support, cognitive science and assistive technology are among the concerns we hope to impact.
- Project evaluations and reports will be shared with aging-services providers across the state, both to gain insights from others' accomplishments and to advance replication of ours.

This is a diverse and aggressive agenda that we're developing. Fortunately, thanks to the inspiring support of community leaders and volunteers, our dedicated team is keeping all our plates spinning.

Our goal at District is nothing less than to rebrand aging. We intend to make healthy, purposeful longevity the perception for younger generations; and the reality for today's older adult population.

Mark Twain observed,
"Age is an
issue of
mind over
matter. If
you don't
mind, it
doesn't
matter."

Get Well. Stay Well. Live Well.



SENIOR SUPPORT LINE
800.235.9980

Ventura County Credit Union Donates \$20,000 for Adult Day Center “Imaginarium”

Ventura County Credit Union (VCCU) CEO Joe Schroeder stopped by for a personal tour of the newly-innovated Adult Day Center and the **Imaginarium**.

The VCCU is the proud sponsor of the Imaginarium at \$20,000. “There is no right or wrong way to age... we can help in the process by developing Centers such as this,” states Mr. Schroeder. “This state of the art Center will make lasting changes in lives”. We thank you, Joe and the Ventura County Credit Union!



Gilbert and Aileen Chuck Donate \$15,000 for Adult Day Center Wellness Room

Long-time Camarillo residents, Gilbert and Aileen Chuck, have proudly donated \$15,000 in support of the Wellness & Treatment Room to help provide advanced technology and equipment allowing family members to check the health status of their loved one on-line. “We have lived in this community since we have been married, and we know many seniors who would benefit from these wonderful services,” says Mr. and Mrs. Chuck. “We are happy to be able to give back to the community by supporting this important work.” Thank you from the heart, Mr. and Mrs. Chuck!

Michael and Charlotte Craven Donate \$5,000 for Adult Day Center Art Therapy



Michael and Charlotte Craven, long-time Camarillo residents, are the proud sponsors of the Art Therapy program at the Camarillo Health Care District’s new Adult Day Center. “Art Therapy is a well-known method of calming

unsettled and disoriented minds, as well as relaxing tense bodies and spirits”, states Craven. “We feel it is important to help build permanent facilities that will benefit our community long into the future.” Mike and Charlotte Craven, along with their grandson, assisted in the Wall Whacking ceremony signifying the start of the Center’s innovation process. Thank you, Mike and Charlotte Craven!

contents

Open House Invitation..... 2
 Designed for Caregivers 3
 Hope for Caregivers 4
 Donors 6
 Advocacy 8
 Mindfulness..... 8
 Body, Mind & Strength 9
 Evidence Based Programs 9
 Support Groups 10
 Fitness..... 10
 Screenings 10
 Nutrition 11
 Lifestyle 11
 Counseling..... 11
 Caregivers..... 12
 Safety & First Aid..... 12
 Registration 12

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you're invited

BUILDING HOPE ADULT DAY CENTER
OPEN HOUSE

Wednesday, October 22, 2014
3639 E. Las Posas Road • Camarillo, California



Join us and the community to celebrate our Open House & Tour of the newly-"innovated" Building Hope Adult Day Center. Enjoy a ribbon-cutting ceremony, community presentations, and other festivities. All are welcome!

The **Ribbon Cutting Ceremony** will begin at 10:00 am with State, County, and local leaders inaugurating the opening of the Center, designed to utilize state-of-the-art technology to help make life easier for caregivers, as well as offer innovative and enrichment programs and activities for Center participants.

In addition to tours of the new Center, the **Mobile Clinic** from Dignity Health St. John's Hospitals will offer health screenings from 1:00-4:00pm.

In partnership with FOODShare, the District's **Produce Day** will have fresh fruits and vegetables available from 1:00-3:00 pm as a special addition to the Open House. Produce Day is held regularly on the second Thursday of each month at the District.

Tours of the **District Campus** will also be available from 1:00-4:30 pm. Please come and familiarize yourself with all of the programs and services available, including the classroom, the library and the tranquility room...you will be amazed!

Please follow us on Facebook and check our website as more details develop!

Designed with Caregivers in Mind!

The newly-"innovated" Adult Day Center has been specially designed for both clients and family caregivers. Family caregivers often have 24/7 responsibility for taking care of a loved one. Special thought and design features with caregivers' needs in mind offers enrichment programs for clients to enjoy throughout the day, as well as online technology options to offer peace of mind and reassurance for family members...at work, at home, visiting the grandchildren...basically anywhere you are! We hope that you'll schedule your Hard Hat Tour today, or that we'll see you at the Open House on October 22.

"This Center isn't only about the person who needs the care, it's also about the person who is giving the care," says JoAnn Vizents, Senior Outreach Manager for Blue Shield of California, who was thrilled with her tour and to hear the plans.

"What really moved me were all of the opportunities for caregivers," says Vizents.

She knows firsthand the loneliness, anxiety and exhaustion experienced by family caregivers. Her years as a caregiver to her mother-in-law with Alzheimer's disease was "very tough and lonely." "When you have your head down, and you're just trying to get through it, the thought doesn't even occur to you to ask for help."

Innovative technology installed in the new Center will allow family members to log-in and review their loved one's health status and use the cameras to see their participation in activities, restoring some peace and assurance they are safe during the day, and giving true respite to the family.

Support systems and resources for family caregivers at the Camarillo Health Care District are extensive and accessible... even when you're exhausted and don't know what to ask for! Tools for Caregivers class is a 6-week series that goes deeply into many aspects of caregiving, including the physical, financial and emotional.

"These services are remarkable," says Vizents, "I applaud the vision of the Camarillo Health Care District!"

PERSONAL HARD HAT TOUR

Personally-guided Hard Hat Tours give you an exclusive opportunity to share the vision for the state-of-the-art Building Hope Adult Day Center.



JoAnn Vizents, Blue Shield



Camarillo Health Care Center

Schedule a Hard Hat Tour today and enjoy a preview of the innovation, renovation, and transformation. Contact Ann Springer, Business Development Manager, at anns@camhealth.com or (805) 388-1952 ext. 143.



Care-“Living”! Hope for Caregivers



The **burden** of caregiving. Have you ever heard that phrase and thought to yourself, “It’s not a burden . . . I love him/her”?! The truth of the matter is that it is a burden . . . and it isn’t . . . all at the same time. No one ever doubts the strength and power of enduring love. And no caregiver has to be convinced that being a caregiver is the longest, loneliest journey they’ve ever been on.

Perhaps the “burden” everyone talks about actually represents an unhealthy combination of non-stop responsibility, fatigue, emotional exhaustion, and lack of resources (to mention just a few!).

What if another combination of resources could make a healthy impact in the lives of both the loved one and the caregiver?

The Center utilizes a high-touch environment with client-centered care full of warmth and enrichment activities. Combined with innovative technology that stimulates the mind and offers connectivity with families, the Center provides priceless peace of mind.

The newly-innovated Building Hope Adult Day Center has been specially designed with both clients and caregivers in mind. The fictional characters in this story, Karen and her father Bob, struggle to find and maintain balance in their new relationship of increased dependency. As family caregivers well know, there isn’t enough room in this story to adequately convey the anxiety of missed work, late meetings, multiple and simultaneous demands on time . . . just know that we understand. We are excited to put this knowledge into visionary and practical service for you.

We offer the combination of “touch plus technology!”

Day-In-The-Life of a Caregiver

Karen, a 48-year-old working mother of two teenagers also cares for her aging father, Bob. As if Mondays aren't rough enough just in general, this particular Monday is harder than usual because Bob was especially agitated; everything was a struggle.

Although Dad seemed fine when she dropped him off at the Center, Karen still had an unsettled feeling when she got to work. Thank goodness for the **Family Connections Program!**

Karen easily logs on to the Camarillo Health Care District's (District) webpage, and with her secured password, accesses the **Family Connections Program**, an online software program that allows her to privately view her father's health monitoring history and reports. Each day, a variety of health screenings are offered, along with a reporting feature to families that can include their loved one's mood, mobility, food consumption, and care plan, to mention a few features.

Having viewed her father's health status for the day, Karen moves her computer mouse over the **streaming video** section of the webpage. By clicking there, she accesses one of two cameras in the Center and can, for further peace of mind, see for herself how her father is doing.

Through this live video feature, Karen sees Bob seated with friends at the kitchen island, his favorite place to enjoy a morning coffee. Bob has a front row seat to interactive meal preparation! Studies show that hearing, seeing, smelling and feeling included in meal preparations can stimulate appetites, which certainly helps with weight maintenance and medication interactions. Seeing her father so safe, respected, active and engaged, Karen is able to focus on her work, with confidence and a sense of security.

Let's continue strolling through Bob's day at the Center. After lunch, Bob decides to enter the **Imaginarium**, a special activity room that embraces a variety of cognitive science and assistive technologies to stimulate and enrich the participant's day. In the Imaginarium, members have the opportunity to connect with the outside world through email, Facebook, Skype, and virtual realities, to mention a few. Imagine Karen's pleasant surprise in receiving a quick Skype call! Bob also spent some time working with the evidence-based, touchscreen **Dakim Brain Fitness System**, designed to stimulate six essential cognitive domains. Personalized "workouts" provide progress reports. Before he leaves for

the day, Bob gathers a few friends and they enjoy the news, sports or a hand of cards in the **Man Cave**.

Okay. Deep breath. Exhale! Now that we know Bob is safe and secure, and the agitation of the morning has been resolved, let's worry about his daughter/caregiver Karen. The level of anxiety she experiences most mornings trying to get the kids to school, her father to the Center, and herself to work, can take a heavy toll.

25% of women caregivers have health problems as a result of their caregiving activities

www.owl-national.org

The new technology at the Center, combined with the extensive support services and resources of the Wellness & Caregiver Center, offers new ways to manage time, anxiety and resources. Karen has discovered that the online capabilities of the new day Center allow her to focus on her day and her work, knowing that her father is safe, and knowing that she can "glance" into his day anytime, anywhere she is. She has also discovered that added-value services offered to members of the Adult Day Center that can provide even more respite (see below).

The essential respite time provided by centers such as the District's newly-innovated Building Hope Adult Day Center offers caregivers critical time to refresh, manage the household, and generally have a "stand-down" opportunity from the 24/7 responsibility. 🍏

Added-Value Care Plans

The Building Hope Adult Day Center offers a menu of special services designed to further lighten the load.

- **Prescription Management:** Manage medication refills and prescription delivery to the Center
- **Personal Care Package:** Bathing packages to manage personal care while at the Center
- **Hair Appointments:** Schedule regular hair trims and shampoos as part of the day at the Center
- **Nail Care Options:** Schedule regular nail care services by licensed specialists

"Thank You" to our donors and partners

The following donations have been received in support of the newly-innovated Building Hope Adult Day Center.

HOPE SPONSORS

\$10,000-\$20,000

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Every effort has been made to ensure correctness of this list reflecting donations in fiscal year 2013-2014, and we apologize for any inadvertent omissions.

To contribute to any of our innovative programs or services, please contact Sue Tatangelo, Chief Resource Officer, at statangelo@camhealth.com or (805) 388-1952 ext. 106.

BUILDING

Hope

TOGETHER



Partner with us in the Building Hope Adult Day Center. Dedicated areas in the new Center will highlight community partners and supporters at every level. If you would like to honor a family or loved one, please consider the following opportunities as a Hope Sponsor or a Founding Partner.



YES! I want to build hope!

HOPE SPONSOR

The Imaginarium \$20,000
Bringing dream ideas to life through newsletters, Facebook, email and other cognitive science and assistive technology

SPONSORED

Brain Fitness \$10,000
Evidence-based touchscreen brain fitness software to strengthen six essential cognitive domains

Art Therapy \$5,000
Guided art activities for fun and relaxation offering emotional release and social connection

SPONSORED

The Man Cave \$20,000
A gathering place to watch the news, sports, play cards and games, and chat over coffee in a well-appointed space reminiscent of a different era

Exercise \$5,000
Certified fitness instructors provide custom programs to safely provide strength training, balance improvement, and other health benefits of Chair Zumba, Yoga and other popular exercise programs.

No Place Like Home Kitchen.. \$15,000
Front row seat to the delicious sounds and smells meal preparation stimulates appetites

Wellness Room \$15,000
"Touch plus Tech" by providing a screening room utilizing personalized online care plans

SPONSORED

Pet Therapy \$5,000
Animal therapy makes everything better! Frequent visits offer participants the health benefits of pet therapy.

Family Connections \$10,000
Remote access for families with reports featuring daily activities, personal care details, meal consumption, mood, mobility, and care plans

Music Therapy \$5,000
Music is truly the universal language. Music helps shift moods, manage agitation, stimulate positive interactions, facilitate cognitive function, and coordinate motor movements.

FOUNDING PARTNERS

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

Special Thank You!

Gilbert and Aileen Chuck
Ventura County Credit Union
Michael and Charlotte Craven

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www.camhealth.com



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HEALTH
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For your health & wellness

For more partnering opportunities and an extensive Wish List, please click on "Donate Now" at www.camhealth.com. We would love to hear your ideas! Please contact Sue Tatangelo at 805-388-1952 ext. 106, or at statangelo@camhealth.com.

Advocacy

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

- Elder Legal Services** (800) 900-8582
Talk privately with a legal expert experienced in elder law and estate planning.
Monday | 1-4pm | A | NC
- Estate Planning Ins and Outs** Annette Dawson-Davis, Attorney (800) 900-8582
Prevent your loved ones from having to deal with property issues after your death.
Nov 3 (M) 6-7pm | R | \$10
- Financial Planning 101** Robert Harrell, Financial Planner (805) 388-1952x100
Consult with a certified financial planner on various financial topics.
Third Monday of each month | 1-4pm | A | NC
- Health Insurance Counseling & Advocacy Program (HICAP)** (805) 388-1952x100
Receive help with enrollment, questions and concerns regarding Medicare registration.
First & Third Friday, Second & Fourth Tuesday of each month | A | NC
- NEW HICAP - One Stop Shop** (805) 388-1952x100
A counseling opportunity for pre-Medicare, Medicare disabled, Medicare beneficiaries and Medicare prescription Part D changes, and other Medicare concerns.
Nov 12 (W) 9am-1pm | Nov 19 (W) 9am-12pm | R | NC
- NEW Medicare Changes 2015 - Are You Ready?** (805) 388-1952x100
Learn the new Medicare changes for 2015 and how they will affect you.
Oct 24 (F) 1:30-3pm | R | NC

- NEW Senior Driving - DMV Ombudsman Services** (805) 388-1952x100
Tressa Thompson, Senior Driver Ombudsman will explain the Senior Driver Ombudsman program. This service helps to ensure that senior drivers are treated fairly in their desire to maintain their driving status.
Oct 21 (T) 2-3pm | R | NC
- Someone Died! What Now?** Christopher P. Young, Attorney (805) 388-1952x100
Learn estate administration, and related California laws, as well as estate value determination.
Oct 20 (M) 6-7:30pm | R | NC
- NEW Veterans Benefits Presentation** (805) 388-1952x100
Mike McManus, County of Ventura-Veterans Services Officer
Learn about veterans' benefits including 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 20 (M) 2-3pm | Dec 9 (T) 4:30-6pm | R | NC
- What Happens If I Don't Die?** Christopher P. Young, Attorney (805) 388-1952x100
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?
Nov 4 (T) 6-7pm | R | NC

Mindfulness

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

- Anatomy of A Dream** (805) 388-1952x100
Most dreams contain messages that serve to teach you something about yourself. What are your dreams telling you? Why do we forget dreams once our daily routine starts? Discussion led by Jane Ivey, Msc.D, will also include recurring dreams . . . Will they ever go away? Is this something that needs closure?
Oct 27 (M) 6-7:30pm | Dec 1 (M) 6-7:30pm | R | \$15
- NEW Guided Imagery Hypnotherapy** (805) 218-5793
Danette Banyai, Certified Hypnotherapist
If you have questions about who you are and your place in the world, guided imagery is a great way to find answers. If you are struggling with mental, emotional or physical health concerns and have tried other methods unsuccessfully, you may find the answers with hypnotherapy. It can be used for anxiety, old trauma, and habit breaking.
Please call for appointment. 1 hour session: \$50
- NEW Keep Positive Thoughts & Gratitude Through the Holidays** (805) 388-1952x100
Holidays can be stressful. Jane Ivey, Msc.D, will explore how positive thinking and gratitude can turn your approach from stressful or unpleasant to a calm, positive, and more productive thought process. Explore techniques to enhance your wellbeing and happiness with simple tools that can be applied throughout the year.
Nov 13 (Th) 6-7:30pm | R | \$15
- NEW Mindfulness Training - 3 part Workshop (Take 1 or Enjoy All 3)** (805) 388-1952x100
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 and 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.
Oct 16 (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 true and highest self.
Nov 13 (Th) 6-7:30p | 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.
Dec 4 (Th) 6-7:30pm | R | \$20
- NEW Spirituality & Counseling - Finding Your Way Back** (805) 388-1952x100
Personal grief is different for everyone. Brock Travis, PhD, will facilitate a group discussion on overcoming grief, dealing with unexpected changes in your life, finding peace with them, and discovering hope for the future for your new path ahead.
Oct 14 (T) 6-8pm | Nov 11 (T) 6-8pm | Dec 9 (T) 6:30-8pm | R | \$20
- NEW Removing Obstacles from Your Path** (805) 388-1952x100
Jane Ivey, Msc.D
Obstacles can be big or small and anything in-between. They catch you off guard and take you down a path that you had not envisioned. Explore the art of imagery and visualization to change your view on obstacles. Seeing the situation in a new light can be a gift.
Nov 17 | Dec 8 (M) 6-7:30pm | R | \$30 for both sessions
- Stress Relief & Healing Therapeutic Meditation** (805) 388-1952x100
Danette Banyai
Receive immediate relief from stress and its symptoms, including those which are physical, emotional, mental, and spiritual.
Second Thursday of the month 6-7pm | R | 1 session: \$8 | 4 sessions: \$30

Body, Mind & Strength

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

NEW Body Image and Acceptance Samantha Tamburro, Psy.D. (805) 388-1952x100
How is our image developed? What is the interplay between the media, body image and eating disorders? Learn 10 steps to achieving a positive body image.
Nov 6 (Th) 6-7pm | R | \$10

NEW Calming Massage Techniques for Elderly (805) 388-1952x100
Massage for the elderly has physical and mental benefits including increased range of motion, a boost to the immune system, and a better night's sleep. Lisa Kawai, LMT will demonstrate how to provide a sense of calmness and security for your loved one.
Nov 5 (W) 6-7pm | R | \$10

NEW Dealing with Neuropathy Pain Michael Veselak, D.C. (805) 388-1952x100
Tingling, burning, and cramping in the feet are all classic symptoms of peripheral neuropathy. Discussion will explore diet, nutrition, and new at-home therapies.
Dec 8 (M) 6-7:30pm | R | NC

NEW Demystifying Cancer: Latest Research and Breakthroughs (805) 388-1952x100
Dr. Michael Masterson, UCLA Health Oncologist, will explain how sophisticated cancer research is providing more targeted and effective therapies, allowing people to live longer and healthier lives.
Nov 12 (W) 6:30-7:30pm | R | \$10

NEW Eye Wellness by Braille Institute (805) 388-1952x100
Have you been diagnosed with low vision? Learn to live well with low vision during this 4-part series. The facilitator will discuss the services that Braille Institute offers, as well as information about eye diseases, macular degeneration, and adaptive technology.
Oct 1, 8, 15, 22 (W) 9:30-11am | R | NC

NEW Food Sensitivities - What is Making You Sick? (805) 388-1952x100
Is the food you eat making you sick? Frances Starr, nutrition coach, will help you identify which foods you should avoid that may trigger your health issues.
Dec 2 (T) 6-7pm | R | \$25

NEW Maintain Your Brain: Keeping Your Brain Healthy For Life! UCLA Neurologist Dr. Loren Label (805) 388-1952x100
Dr. Label will discuss the integrative medicine approach (without medications) to keep your brain working optimally.
Nov 5 (W) 6-7pm | 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 pain.
Second Wednesday of each month | 1-5pm | A | 1 hr session: \$70

Mini Spa! Get a Facial & Massage (805) 388-1952x100
Why choose between a facial and a massage? Get both! Erica Haskins, an esthetician and massage therapist, will treat you to both a facial and a massage in 60 or 90 minutes.
Fourth Wednesday of each month | 10am-6pm | 1 hr \$70 (line) 1-1/2 hr \$100

NEW New Hope for Chronic Pain Michael Veselak, D.C. (805) 388-1952x100
Chronic pain is defined as ongoing pain lasting longer than six months. Explore the brain-gut relationship, and how inflammation and autoimmunity can impact how you feel. Explore optional methods to decrease the pain in your body and live your best life.
Oct 13 (M) 6-7:30pm | R | NC

NEW Pain Workshop: Peripheral Neuropathy (805) 388-1952x100
Dr. Joseph Cabaret
Do you experience temporary numbness, tingling, and pricking sensations (paresthesia), sensitivity to touch, or muscle weakness? Learn the full menu of available options. Get back to your best life with less neuropathic pain.
Oct 21 (T) 6-7pm | R | \$10

NEW Preserving the Aging Brain, Memory & Balance (805) 388-1952x100
Stress and environmental surroundings negatively affect your brain. Michael Veselak, D.C. will explain how diet and lifestyle changes can make a positive impact on your health, well-being and longevity.
Nov 10 (M) 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 | 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.
Oct 18-Nov 22 (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 including boosting the immune system, improving circulation, relieving stiffness and soreness, and reducing cortisol (the stress hormone).
Monday & Tuesday | A | 1 hour session: \$70 | 1-1/2 hour session: \$100

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, joints stable, boost energy, and control weight. Go at your own pace. Held at Arneil 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.
Oct 13-Nov 17 (M) 9am-11:30am | 6 week series | R | NC

More information and registration available at www.camhealth.com

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. Please call for date of next session.

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.
Oct 7-Dec 2 (T) | Nov 17-Jan 5 (M) | 10am-12pm | 8 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.
Please call for date of next session.

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	Rosalie (805) 445-1133
Al-Anon Study Group Thursday 7-8:30pm	Rosalie (805) 445-1133
Alateen - All Welcome Thursday 7-8:15pm	Rosalie (805) 445-1133
Autism Spectrum & Related Disorders Support Group J. Hayden, Ph.D., BCBA-D Third Monday of each month 5:30-7pm R NC	(805) 388-1952x100
Brain Injury Survivor & Family Support Groups First and Third Wednesday of each month 4-5:30pm	(805) 482-1312
Compulsive Eaters Anonymous—HOW Thursday 5:30-6:30pm Saturday 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 resident's age 60 or older. Third Thursday of each month 10-11am	(800) 235-9980
MOMS Club (Moms Offering Moms Support) First Wednesday of each month 10-11:30am	Letty (805) 419-3419
Pain Management Support Group 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 Functional Fitness Training Debra McKeown, CPT This fun-filled class will help you to improve your self-esteem by increasing balance and stability, joint mobility, and overall body strength. A yoga mat, stretch bands, or Pilates ball are helpful to bring. Functional training can be adapted to all age groups and levels. Wheel chair bound clients are welcome. 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. Oct 8-Oct 29 (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. Tue 9-10am single class \$10 10 classes \$80 R	(805) 388-1952x100
Zumba Gold® Mary Arevalo, Licensed Zumba Gold Instructor Zumba Gold® is the complete package offering physiological and psychological benefits. Tue 12-1pm single class \$6 4 classes \$20 10 classes \$45 R	(805) 388-1952x100

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

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. Oct 29 (W) 10am-12pm Nov 12 (W) 10am-12pm A \$10	(805) 388-1952x100
Family Immunizations/Shots Program hosted in cooperation with St. John's Regional Medical Center. Oct 14 (T) 3-5pm Dec 9 (T) 3-5pm A Fees vary	(805) 988-2865
Foot Screening Craig Parent, DPM Come and have your feet examined and your questions answered. Nov 18 (T) 9-11am A \$10	(805) 388-1952x100
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. Nov 3 (M) 1-4:30pm A NC	(805) 388-1952x100

NEW Weight Aware Screenings CMH staff will help you identify your potential risks of various weight disorders, including diabetes, sleep apnea, high cholesterol, and knee and joint problems. Oct 6 (M) 1-4:30pm Dec 1 (M) 1-4:30pm 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? If you answered "yes" to the above questions... it's time for a hearing screening. Second Thursday of each month No cleaning available 10:30-11:30am A \$10	(805) 388-1952x100
Memory Screening Day at the District Dr. James Sutton, Pacific Neuroscience Medical Group Nov 10 (M) 1-4pm A \$10	(800) 900-8582
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

NEW DAY Apple-A-Day Café (805) 388-1952x100

Warm lunch served in a friendly, social and educational atmosphere. This service is available for those of age 60 and over. Please RSVP.

Third Thursday of every month | 11:30am | R | \$3 suggested donation

Cholesterol Control (805) 388-1952x100

In partnership with Dignity Health St. John's Hospitals, this class will help participants better understand how to maintain or reduce cholesterol levels through diet and exercise.

Oct 6 (M) 12-1:30pm | R | NC

Home Delivered Meals (805) 388-1952x168

Homebound residents, living in the greater Camarillo area, age 60 and over, can have "ready to heat" meals delivered to their home. Call to apply.

Mon, Wed, Fri | 9:30-11:30am | R | \$3 suggested donation

NEW Meant To Impress Holiday Menu (805) 388-1952x100

Amy Tyrell, Professional Chef, Owner, Morsels As You Wish

Attention all foodies! This 4-part cooking demonstration is truly meant to impress, with at least 6 recipes for each session and generous samples for all. Choose one or take the series. ***Register for two or more classes and receive \$5 off your registration.**

First session: Appetizers & Beverages - Create beautiful and delicious appetizers that will raise the bar for your entire holiday menu.

Oct 16 (Th) 6-8:30pm | R | \$45*

Second Session: Main Dish & Sides - Elevate your holiday menu using recipes that are both comforting and elegant.

Oct 23 (Th) 6-8:30pm | R | \$45*

Third Session: Desserts - A dessert extravaganza! Six glorious dessert demonstrations, all unique and delicious.

Nov 19 (W) 6-8:30pm | R | \$45*

New Year's Eve Party Menu - Elegant hors d'oeuvres and decadent desserts to ring in the New Year.

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

Prevention & Management Diabetes Workshop (805) 388-1952x100

In partnership with Dignity Health St. John's Hospitals, this workshop begins with an optional, free blood glucose screening. With results in-hand, participants will learn the basics of meal planning, stress management, exercise and tips for preventing and managing diabetes.

Dec 8 (M) 1:30-3pm | R | NC

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

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.

Sept 8 (M) 4-4:45pm | Sept 9 (T) 10-10:45am | 10 week series | R

\$160 Fee payable to instructor

Girls Guide to Friendship Social Skills & Self Esteem (805) 388-1952x100

Jill Moland, PsyD.

The tween years can be emotionally challenging for girls 10-12 years old. This group will teach them to enhance their social skills, build self-esteem, and prepare for life changes.

Explore friendship through positive interactions, poetry, art, journals, and games.

Oct 15-Nov 12 (W) 5:30-6:30pm | 5 week series | R | \$100

NEW Help! My Kids Won't Stop Fighting! Karen Wrolson, MS (805) 388-1952x100

Karen Wrolson has counseled more than 800 families who are struggling with raising their children. Join us for a two part presentation and interactive discussion which will include information about why kids fight, how parents can turn it around, and strategies to resolve specific needs.

Oct 27-Nov 3 (M) 6-7:30pm | R | \$20

NEW Keeping You On Your Toes (805) 388-1952x100

Want to improve your balance and feel secure on your feet again? This one-hour workshop will include a balance check, chair exercises, relaxation techniques and other information to help keep you safely on your feet for years to come.

Oct 29 (W) 2-3pm | R | NC

NEW Resolve Communication Problems at Home and Work (805) 388-1952 x100

Everyone has at least one person with whom they find difficulty communicating. Perhaps it's a supervisor, spouse, child or friend. Presenter, Karen Wrolson, will provide you with a model for communication that will help you identify missteps, improve what you hear, and what you say.

Oct 23 (Th) 6-8pm | R | \$10

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

This 5 week series is designed to help children 6-8 years old navigate socially with self confidence. Weekly classes include team building, friendship strategies, expressions and emotions, and bullying. Role playing and class interaction ensure a fun time.

Oct 15-Nov 12 (W) 4-5pm | 5 week series | R | \$100

Counseling

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

Counseling for Children Dr. Jill Moland, PsyD. (805) 444-4696

Dr. Jill Moland specializes in helping 5-12 year olds 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

Counseling Services Diana Wightman, LMFT (805) 302-5335

Need help in overcoming life's challenges? Diana Wightman specializes in anxiety and related disorders. Confidential therapy services are available by appointment.

Call for a free consultation to discuss your needs and fee information.

Diabetes & Cholesterol Counseling (805) 388-1952x100

Elizabeth Vaccaro, RD (Bilingual)

Meet one-on-one with a registered dietician to receive the most current information on disease management through nutrition intervention. Receive nutritional advice for improved serum glucose and blood fat profiles.

Second and Fourth Thursday of each month 12-4pm | A | \$45

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 | 9:30-12:30pm | 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

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

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 | 10-11am | 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? An Ombudsman consultation can be of service. A | NC

Tools for Caregiving Martha Shapiro, LCSW (800) 900-8582

Learn to understand the physical and emotional aspects of aging. Oct 8-Nov 12 (W) 11:30am-3pm | 6 week series | A | NC | Materials \$20

Safety & First Aid

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

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 17 (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. Dec 15 (M) 5:30-8pm | R | \$45 | Materials \$10

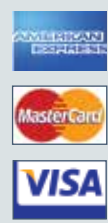
The Mission. The Camarillo Health Care District (District) ensure that quality health and wellness services are available to all District residents.

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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FACILITY RENTALS

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

ROOM SIZES

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

RENTAL RATES

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

3639 E. Las Posas Road, Suite 117
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(805) 388-1952, ext. 116
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