

# Healthy ATTITUDES

camhealth.com

*Get Well. Stay Well. Live Well.*

WINTER 2013



***New dawn  
New day  
New year***

**18 NEW  
CLASSES**

to get you  
on your way! *See Inside*

CAMARILLO HEALTH CARE DISTRICT

## A MESSAGE FROM Jane Rozanski, Chief Executive Officer

Change. Hardly anything is more certain in life than change, and I am pleased to announce an exciting change planned for the Adult Day Program here at the Camarillo Health Care District. For the past 30 years, we have operated Camarillo's only state-licensed Adult Day Program known as "Club Camarillo."



As enrollment in programs such as adult day services can postpone institutionalization for up to 18 or 24 months, these program are priceless to clients and their families, and we strive to keep our program meaningful, current and effective. To that end, I am so excited to tell you about the dramatic changes coming to your Adult Day Program!

Keeping the needs of the generations in mind, the adult day program will receive a complete overhaul. The facility will nearly double in size, and will offer an interactive kitchen setting, technology centers, a cafe area, multiple activity centers, and a quiet room, to mention just a few of the exciting upgrades. Even the name will change to reflect the quality that our clients and families want and expect... Club Camarillo will become Seasons Adult Day Program.

With nearly 40% of clients suffering from mild cognitive impairment, and 50% suffering from dementia, the new center's planned activities will utilize upgraded technology to encourage client participation and maximum benefit. The new private treatment room will allow clients to select from an array of services including regular health monitoring and therapies. The upgraded restrooms will offer private lockers for client personal needs and will provide the latest in assistive devices for safety and dignity. Newly created ability-centered activity centers will encourage higher social interaction, and the opportunity to sit at the cozy kitchen counter conveys a sense of the comfort and security of home.

And we cannot neglect to mention the family caregivers who tirelessly care for their loved ones. The increased stress on that person due to the responsibilities is great, and can cause a decrease in the health status of the caregiver. Seasons Adult Day Program is designed to provide care for the client, in a safe and stimulating environment, as well as providing some "Time out" for the caregiver...to take care of personal needs, or time to just recharge!

We look forward to the grand opening of Seasons Adult Day Program in June of 2013, and invite you to partner with us as a Charter Member. If you would like to name a room, in honor, or memory of a loved one, please call us directly at (805) 388-1952, extension 106. There are many levels of partnership available and we would love to speak with you about your wishes.

As we journey through the seasons of life, we are ready to serve with compassion, dignity, and quality.

CAMARILLO  
HEALTH  
CARE  
DISTRICT



For your health & wellness

# How to Register



## Internet

[www.camhealth.com](http://www.camhealth.com)

To register for classes online go to [www.camhealth.com](http://www.camhealth.com). Add your desired class(es) to your shopping cart and "check-out" using our secure site. You will receive a confirmation e-mail when your registration is complete; an email address is required.



## Phone

**805-388-1952, Extension 100**

If you prefer, you may place your order by phone. Please have your credit card and email address ready when calling.



## Walk-in

**3639 E. Las Posas Road, Suite 117  
Camarillo, CA 93010**

Offices are open Monday through Friday from 8am-5pm. You may register at the office anytime during office hours.

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. 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.



## Key

Please notice these abbreviations as they appear in the schedule. They will help determine specifics such as if an appointment, pre-registration or payment is required.

= New.....Classes offered for the first time

= Wellness & Caregiver.....Wellness & Caregiver Center of Ventura County

**A**=Appointment.....An appointment is required

**R**=Register .....Register online, by phone or walk-in

**NC**=No Charge .....There will be no charge for this class

**D**=Donation.....Voluntary donation requested

# Advocacy

KEY: 🍏=New 🧡=Wellness & Caregiver A=Appointment R=Register NC=No Charge D=Donation

**AARP Taxes** Ed McHale (805) 388-1952 x100 A  
 Free income tax assistance for seniors and low to moderate income persons. NC  
 Every Wednesday starting Feb 6-Apr 10 • 12-3pm  
 Please bring a copy of your 2011 tax return, including 2012 W-2's and 1099's

**Elder Legal Services at the Resource Center** (800) 900-8582 A  
 Talk privately with a legal expert experienced in elder law and estate planning. NC  
 and discover what legal tools might help you provide care for a loved one.  
 Mondays • 1-4pm

**Estate Planning** Annette Dawson-Davis, Attorney (800) 900-8582 R  
 Prevent your loved ones from having to deal with property issues after your death. NC  
 Jan 8 • Feb 12 • Mar 12 (T) 10-11am

**Exploring the Myths of Real Estate** (805) 388-1952 x100 R  
 Do you feel like your home is upside down and it may never be worth what \$10  
 you owe? Learn about your options and how to make the right decisions  
 in today's market.  
 Feb 7 (Th) 1-2pm

**Financial Services at the Resource Center** (805) 388-1952 x100 A  
 Third Monday of each month • 1-4pm NC

**Health Insurance Counseling and Advocacy Program (HICAP)** (805) 388-1952 x100 A  
 Presented by the Ventura Health Insurance Counseling and Advocacy NC  
 Program (HICAP) for the County of Ventura Area Agency on Aging.

**Life...Legal Information for Elders** (800) 900-8582 R  
 Presented by Ventura County Area Agency on Aging & NC  
 Grey Law of Ventura County Inc. Be sure your Legal Checklist is up to date.  
 Jan 28 (M) 10am-1pm

**Ventura Center for Dispute Settlement** (800) 900-8582 A  
 Fourth Thursday of each month • 9:30-11am

**Veterans Benefits Presentation** (800) 900-8582 NC  
 Mike McManus, County of Ventura – Veteran Services Officer R  
 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, elder abuse, and  
 much more.  
 Feb 19 (T) 10-11:30am

# District Services

KEY: 🍏=New 🧡=Wellness & Caregiver A=Appointment R=Register NC=No Charge D=Donation

**Adult Day Program**  
 (805) 388-1952 x 111

**Advocacy, Legal & Financial Resources**  
 (800) 900-8582

**Care Consultation**  
 (800) 900-8582

**Care Transitions**  
 (800) 900-8582

**Caregiver Education & Training**  
 (800) 900-8582

**Chronic Health Issues**  
 (800) 900-8582

**Community Health Education**  
 (805) 388-1952 x 100

**Facility Rentals**  
 (805) 388-1952 x 116

**Lifeline of Ventura County**  
 (805) 388-1952 x 120

**Screenings & Immunizations**  
 (805) 388-1952 x 100

**Senior Meal Program**  
 (805) 388-1952 x 112

**Senior Support Line**  
 (800) 235-9980

**Support Groups**  
 (805) 388-1952 x 100

**Transportation Services**  
 (805) 388-2529

**Volunteer Opportunities**  
 (805) 388-1952 x 116

**SENIOR SUPPORT LINE (800) 235-9980**  
 The Senior Support Line is for residents who are living alone, feeling isolated, depressed, or are at risk of losing their independence.  
 Monday - Friday • 8am-6pm (age 60+)

**Wellness & Caregiver** (800) 900-8582  
 Center of Ventura County  
 The Center provides practical, compassionate and reality-based support for caregivers, and for those with ongoing health conditions. A variety of services are available that are beneficial throughout the many transitions and seasons of life. Services are provided at no charge.

# Safety & First Aid

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**AARP Driver's Safety Program for Older Drivers** (805) 388-1952 x100 R  
 This eight-hour class is designed to refine existing AARP members: \$12  
 skills, develop safe, defensive driving techniques. Non-members: \$14  
 Feb 8, 15 (F) 12-4:30pm (Two sessions)  
 Make checks payable to AARP and pay at time of first class.

**AARP Safe Driver Refresher Course** (805) 388-1952 x100 R  
 This refresher course is designed for the driver who AARP members: \$12  
 has completed an eight-hour Driver Safety Program. Non-members: \$14  
 Jan 11 • Mar 8 (F) 12-4:30pm  
 Please make checks payable to AARP and pay at time of first class.

**Basic Life Support (BLS)** Jose Godinez (805) 388-1952 x100 R  
 For healthcare professionals in life-threatening emergencies. \$60  
 Jan 28 • Mar 25 (M) 5:30-9:30pm

**CPR** Jose Godinez, Certified Instructor (805) 388-1952 x100 R  
 This basic CPR class will include CPR for infants and children. \$40  
 Jan 28 • Mar 25 (M) 5:30-9:00pm

**Preparedness Education** American Red Cross (805) 388-1952 x100 R  
 Raise awareness and learn general information on how to prepare for a disaster. NC  
 Mar 12 (T) 1-2:30pm

**First Aid** Jose Godinez, Certified Instructor (805) 388-1952 x100 R  
 Includes bleeding control, caring for a shock patient, burns, and more. \$45  
 Feb 11 (M) 6:30-9:30pm

**Home Safety Modifications** Sean Ahern, PT, Kathleen Ahern, MS, CAPS R  
 Learn strategies for creating a safe home for accessibility, safety and fall prevention. NC  
 Jan 31 (Th) 1-2:30pm

**Personal Safety** Deputy Mario Molina, Camarillo PD (805) 388-1952 x100 R  
 Includes fraud, identity theft and prevention, personal safety, and home security. NC  
 Feb 5 (T) 1-2:30pm



# Support Groups

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- Al-Anon Family Groups, Inc., Men's Stag Group** (805) 258-2587 Bob  
A fellowship of men of all ages.  
Mondays • 7-8pm
- Al-Anon Steps, Traditions, and Concepts** (805) 445-1133 Rosalie  
An in-depth study of our three Legacies.  
Tuesdays • 7:15-8:15pm
- Al-Anon 4th STEP Study Group** (805) 844-2079 Larry  
This group offers an in-depth study of the 4th STEP.  
Wednesdays • 7-8pm
- Al-Anon Study Group** (805) 445-1133 Rosalie  
For those affected by the compulsive drinking of a family member or friend.  
Thursdays • 7-8:30pm
- Alateen/Pre-Teen (7-12 years of age)** (805) 445-6470 Bridget  
For young people whose lives have been affected by alcoholism in a family member.  
Thursdays • 7-8:15pm
- 🍏 Anxiety Support Group** Diana Wightman, LMFT (805) 302-5335 R  
Develop a solid understanding of anxiety symptoms and how to  
overcome their effects in a supportive and encouraging environment.  
First and Third Thursday of each month • 5:30-7pm \$20
- 🧡 Brain Injury Survivor and Family Support Groups** (805) 482-9623  
Joan Moore, Brain Injury Center of Ventura County  
First and Third Wednesday of each month • 4-5:30pm
- 🧡 Caregiver Support Group** (805) 388-1952 x206 Sharon  
Designed for people who are the primary caregivers of loved ones.  
Second and Fourth Friday of each month • 9:30-11am
- Compulsive Eaters Anonymous – HOW** (805) 482-9623 Meg  
For everyone who would like to stop eating compulsively.  
Thursdays 5:30-6:30pm • Saturdays 8:45-9:45am
- Conejo Ventura Macintosh User's Group** (805) 504-3610 Susan  
A group formed to help other Macintosh users get the most from their computers.  
First Tuesday of each month • 6:30-8:30pm

- Counseling Services** Diana Wightman, LMFT (805) 302-5335  
The Camarillo Health Care District offers confidential psychotherapy services.  
Call for a free and confidential consultation to discuss your needs and for  
information on fees and availability.
- 🍏 Loneliness Support Group** (805) 302-5335 Diana R  
Feeling lonely, isolated or alone? Come join us in a welcoming, supportive  
environment and explore the different types of loneliness and learn about  
coping skills and resources that may help you. \$20  
First and Third Thursday of each month • 4-5pm
- MOMS Club (Moms Offering Moms Support)** (805) 419-3419 Letty  
Feel good about your decision to stay home with your children. Kids are welcome!  
First Wednesday of each month • 10-11:30am
- Pain Management Support Group** (805) 388-1952 x100 D  
Joseph A. Cabaret, MD  
Share your experience, strength and hope with other pain  
sufferers and learn to better cope with your pain.  
Third Wednesday of each month • 5:30-6:30pm
- Parkinson's Disease Support Group** (805) 482-2151 Susan  
This group is open to those afflicted with Parkinson's disease, loved ones, and caregivers.  
Fourth Tuesday of each month • 2-4pm
- Peripheral Neuropathy Support Group** (805) 388-1952 x 210 Jan  
Jan Consuelo, RN  
For anyone who has difficulty walking due to nerve pain.  
Fourth Thursday of each month • 2-3pm
- 🧡 Raising Grandchildren or Other Relative  
Children: A Resource and Support Group** (805) 643-1446  
www.kidsandfamilies.org  
Presented by Kids and Families Together in partnership  
with Moorpark Community College Foster & Kinship Care Education Program.  
Second and Fourth Thursday of each month • 9-10:30am
- Scleroderma Foundation Support Group** (805) 987-8236 Arline  
For Scleroderma patients and their families. (818) 991-7342 Bob  
Second Saturday of each odd numbered month • 10am-12pm
- Stroke Support Group** (805) 388-1952 x210  
Jan Consuelo, RN  
For stroke survivors and caregivers. Receive information and share common concerns.  
Third Wednesday of each month • 2-3pm

# Caregivers

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- 🧡 Alzheimer's Care Consultations** (800) 900-8582 A  
Second Thursday of each month • 1-4pm NC
- 🧡 Coast Caregiver Resource Center** (800) 900-8582 A  
First Wednesday of each month • 10am-12pm NC
- 🧡 De-Stress Workshop** Eileen Gold, MA (800) 900-8582 R  
This Institute of Heart Math De-Stress workshop is designed specifically for  
caregivers to meet your unique circumstances. NC  
Feb 20 (W) 5:30-8pm
- 🧡 Long Term Care Ombudsman Consultations** (800) 900-8582 A  
First Monday of each month • 1-4pm NC
- 🧡 Making Decisions for Aging Parents** (800) 900-8582 R  
Eileen Gold, MA NC  
Designed to present an innovative approach to managing the challenge of caregiving.  
Jan 16 (W) 6:30 -8pm

- 🧡 Spirituality for Caregivers** Brock Travis (800) 900-8582 R  
Jan 8 (T) 6-8pm NC  
Learn coping skills and self care versus fatigue and confusion.  
Feb 12 (T) 6-8pm  
Learn how to ease doubts, fears, grief, anger and guilt. Learn how to prevent burnout.  
Mar 12 (T) 6-8pm  
Learn how to deal with life changes and end of life. Learn meaning and purpose.
- Tools for Caregiving** Sharon Tatelman (800) 900-8582 R  
Especially for caregivers....learn to understand the  
physical and emotional aspects of aging. NC  
Jan 17-Feb 21 (Th) 9am-12:30pm (Six week series)

# Lifestyle

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**🍏 Alzheimer's: The 10 Warning Signs** (800) 900-8582 R  
 Rosemary F. Gordon, MBA NC  
 This family education program aims to increase awareness of the warning signs of Alzheimer's and the benefits of early detection and early diagnosis.  
 Jan 22 (T) 10-11:30am

**🍏 Anti Aging and Longevity for all Ages** (805) 388-1952 x100 R  
 Dustin Siena, L.Ac \$10  
 This class will introduce you to the basics of eastern medicine, including how activity, Acupuncture, 5,000 year old herbal formulas, lifestyle, meditation, and nutrition can make a powerful impact in achieving radiant health.  
 Mar 1 (F) 1pm-2:30pm

**Call it Quits! Smoking Cessation Series** (805) 652-3306 Claudia R  
 Ventura County Public Health Department – Tobacco Education Program NC  
 Jan 7 - Mar 11 (M) 5:30-6:30pm (Eight week series)

**Consider the Conversation** (805) 388-1952 x100 R  
 Lanyard K. Dial, MD, LMVNA & Hospice President NC  
 An inspiring documentary film that examines how 21st century Americans live at the end of their lives.  
 Mar 15 (F) 10am-12pm

**Diabetic Conversation Maps** (800) 900-8582 R  
 Amber Wong, RN, MN, CDE NC  
 Conversation Maps are self discovery learning tools that engage those with diabetes on self management issues.  
 Jan 30 - Mar 6 (W) 9:30-11:30am (Six week series)

**🍏 Diabetes** Jasmine Razeghi, Pharm D (805) 388-1952 x100 R  
 Learn about diabetes, how it is treated, diabetic NC  
 medications, side effects, drug interactions and more.  
 Jan 23 (W) 2-3pm

**🍏 Fighting Cancer: Understanding Mechanisms of Cancer Progression - A Hesburg Lecture** (805) 388-19752x100 R  
 Crislyn D'Souza-Schorey, Ph.D. - NC  
 Professor of Biology, Notre Dame, Chair, Walter Cancer Institute  
 The detachment of cancer cells from the surface of a tumor signals the beginning of a critical phase, in the spread of some of the most notorious cancers, including cancers of the breast, prostate, ovary and skin. This lecture will present newly discovered procedures that result in other cancers that could serve useful in diagnosing this disease.  
 Feb 26 (T) 6-8:30pm

**Five Secrets to Permanent Weight Loss** (805) 388-1952 x100 R  
 Michael Roth, DC \$10  
 Come learn how you can get healthy for life!  
 Jan 14 (M) 6-7:30pm

**Hair Loss Solutions** Kiley Hartwich (805) 388-1952 x100 R  
 You will learn about non-invasive, nonsurgical methods of hair replacement. \$10  
 Feb 5 (T) 6:30-7:30pm

**🍏 Headache Management** Brigitte Lovell, DMD (805) 388-1952 x100 R  
 This class will include the warning signs and diagnosis of pro-facial pain and \$10  
 the persistent discomfort in the head, jaw, neck and shoulders as well as treatment options available.  
 Jan 31 (Th) 6-7:30pm

**🍏 Inflammation – How Diet Changes Can Reduce Pain and Illness and Increase Happiness!** Jessica McGrath, Certified Holistic Health Coach R  
 Learn about the causes of inflammation and how specific foods can affect the body. \$20  
 This two part series will incorporate cooking demonstrations and sample tastings.  
 Mar 19, 26 (T) 6-7:30pm

**🍏 Long Term Care - What's Your Plan?** (805) 388-1952 x100 R  
 Corrinne Berenson NC  
 Learn to create a financial plan to protect yourself against the cost of long term care.  
 Feb 26 (T) 6:30-7:30pm

**Nutrition Counseling** Laura Cooper Fuld, RD (805) 388-1952 x100 A  
 Learn how to eat, increase your energy level, and attain optimal health. \$65  
 Second Monday of each month • 6-8:00pm  
 Third Thursday of each month • 6-8:00pm

**🧡 Preventive Health Care for Adults** (805) 388-1952 x100 A  
 The Camarillo Health Care District offers comprehensive health assessments, NC  
 free to adults by a public health nurse. (age 55+)  
 Second Wednesday of each month • 9am-12pm

**Reinventing Your Life After 50** (805) 388-1952 x100 R  
 Barry F.T. Bolker, PhD, CFP(R) NC  
 Come explore the opportunities for a fulfilling life after 50.  
 Feb 28 (Th) 6:30-8pm

**Rotator Cuff** Adam Story, Dr (805) 388-1952 x100 R  
 Learn about the most common shoulder injuries. \$10  
 Mar 5 (T) 6:30-7:30pm

**See the Pharmacist** Jasmine Razeghi, Pharm D (805) 388-1952 x100 A  
 Bring in all of your medications you are currently taking and the NC  
 Pharmacist will answer any questions you have about your prescriptions.  
 Feb 6 (W) 2-3pm

**🍏 Sign Language** Judy Bascue, Instructor (805)-388-1952 x100 R  
 Let your fingers do the talking! Classes are for beginners and intermediate. \$48  
 Jan 7-Feb 4 (M) 10:00-11:00am (4 week series) Beginners \$48  
 Jan 7-Feb 4 (M) 6:30-7:30pm (4 week series) Beginners \$72  
 Jan 9- Feb 13 (W) 6:30-7:30pm (6 week series) Intermediate

**🍏 Solutions to Stress Related Health Issues** (805) 388-1952 x100 R  
 Michael Roth, DC \$10  
 Learn to identify the different stages of stress, ways to reduce stress, what causes it and how it affects our health!  
 Mar 18 (M) 5-6:30pm

**Understanding Your Hearing Loss** (805) 388-1952 x100 R  
 Lance Nelson, AuD CCC-A \$10  
 Understanding your hearing loss will empower you in your decision to pursue hearing instruments.  
 Jan 29 (T) 10:30-11:30am

# Body, Mind & Strength

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**Arthritis Foundation® Exercise Program** (805) 654-1122 Barbara R  
 This class helps reduce pain and stiffness, and maintain or NC  
 improve your mobility, balance and coordination.  
 Tuesdays and Thursdays 11:30am-12:30pm

**Arthritis Foundation Walk with Ease - Walking Group** (800) 900-8582 R  
 Developed by the Arthritis Foundation to create a customized walking plan to stay NC  
 motivated, keep muscles strong and joints stable, boost energy, and control weight  
 Mar 4-Apr 12 (M,W,F) 9:30-10:30am (6 weeks series)  
 Held at Arneill Ranch Park (Sweetwater Ave.)

**Body Mind Connection** Michael Roth, DC (805) 388-1952 x100 R  
 Learn how symptoms correlate with your brain and your organs...what are they telling you? NC  
 Feb 25 (M) 6-7:30pm

**Bone Builders Balance and Building Program** (805) 388-8333 Sylvia R  
 Sponsored by RSVP for 50+ seniors NC  
 Designed to improve balance, increase muscle strength and bone density.  
 Mondays and Wednesdays • 9:30-10:30am • 11am-12pm • 12:30-1:30pm  
 Tuesdays and Fridays • 10:30-11:30am

**Clogging** Evy Eisele, Instructor (805) 388-1952 x100 R  
 Designed for fun and aerobic activity, and you may (4 week series) Per session: \$5  
 dance at your own pace!  
 Jan 9-30 (W) Beginners 6-6:45pm • Easy 6:45-7:15pm • Intermediate 7:15-8pm  
 Feb 6-27 (W) Easy 6-7pm • Intermediate 7-8pm (4 week series)  
 Mar 6-27 (W) Easy 6-7pm • Intermediate 7-8pm (4 week series)

**🍏 Mini Dental Implants - Replace Your Missing Teeth Instantly!** R  
 Charles Scholler, DDS (805) 388-1952 x100 \$10  
 Come learn about this exciting new procedure in dental implants. Whether you  
 are missing one tooth or all of your teeth, you can have them replaced quickly,  
 painlessly and at much less expense with the use of mini dental implants.  
 Feb 1 (F) 10-11am

**Facials** Kim Jones, Esthetician (805) 388-1952 x100 A  
 A facial will cleanse, extract, exfoliate, and bring a wonderful glow to your skin. \$55  
 First and Second Wednesday of each month • 2-6pm

**Facials for Pre-Teen/Teen** Kim Jones, Esthetician (805) 388-1952 x100 A  
 Start your teen or pre-teen with proper hygiene for their skin. \$35  
 First and Second Wednesday of each month • 2-6pm (Ages 11-16)

**HealthRHYTHMS Group Drumming** Brad Anderson (805) 388-1952 x100 R  
 Create music in the moment with an emphasis on Per session: \$10  
 the healthful aspects of adult group drumming.  
 Jan 14, Feb 11, Mar 4, 18 (M) 4-5:15pm

**Healthier Living: Chronic Disease Self-Management Program** (800) 900-8582 R  
 Join others with ongoing health conditions. NC  
 Jan 22-Feb 26 (T) 1-3:30pm (6 week series) at Camarillo Health Care District  
 Feb 28-Apr 4 (T) 9:30-12pm (6 week series) at Padre Serra Parrish

**Improve Your Balance** Benja Sagar, PT (805) 388-1952 x100 R  
 Learn how to improve and maintain balance during your daily activities. \$10  
 Mar 19 (T) 1-2:30pm

**Jazzercise** Patty Bolland, Instructor (805) 746-3025 R  
 Jazzercise will improve your aerobic 1 class at the door: \$5  
 endurance, muscle tone and flexibility. 5 class card: \$22  
 Mon and Thur 5:45-6:45pm • Sat 8:15-9:15am 10 class card: \$40  
 Classes are on-going (Class tickets expire 30 days from purchase)

**Matter of Balance** (800) 900-8582 R  
 This program emphasizes practical strategies to manage falls and improve balance. NC  
 Feb 13-Apr 3 (W) 10:00-12pm (8 week series)

**🍏 Mom and Me—Bone Builders Balance Program** (805) 388-8333 Sylvia R  
 Sponsored by RSVP for 50+ seniors NC  
 Designed for adult daughters and their moms to improve balance, increase muscle  
 strength and bone density as a shared well-being experience  
 Tuesdays and Thursdays • 5:30-6:30pm beginning January 8th.

**Reflexology** Jane Ivey, Board Certified Reflexologist (805) 388-1952 x100 A  
 The art of manipulating reflex points on ears, 1/2-hour session: \$25  
 hands and feet for deep relaxation. 1 hour session: \$45  
 First Wednesday of each month • 9:30am-1:30pm

**Relax and Breathe** Samantha Kincaid, MFA, RYT, JAYT (805)-388-1952 x100 R  
 Learn simple yet effective tools working with your breath that will \$20  
 have a positive effect on your body and mind.  
 Jan 24 • Mar 7 (Th) 3-5pm

**Saving Your Brain** Eileen Gold, MA (800) 900-8582 R  
 You will learn 10 lifestyle strategies to preserve and enhance brain functioning. NC  
 Mar 14 (Th) 1:00-2:30pm

**🍏 Stroke and Acupuncture** (805) 388-1952 x100 R  
 Kyung H. Lee, Ph.D, D.O.M., L.Ac NC  
 Learn about the benefits of Acupuncture and the importance  
 and benefits of herbs to treat many conditions.  
 Feb 20 (W) 2-3pm

**T'ai Chi Chih®** Barbara Lippert, Instructor (805) 388-1952 x100 R  
 Learn slow, gentle movements that build muscle strength and \$80  
 improve your balance without stressing your joints. \$40  
 Jan 23- Mar 13 (W) 6-7:15pm (Eight week series) Beginners  
 Mar 20- Apr 10 (W) 6-7:15pm (Four week series) Intermediate

**🍏 The Power of Positive Thought** (805) 388-1952 x100 R  
 Jane Ivey, Board Certified Reflexologist \$25  
 Techniques explored to enhance positive thinking. We will also look at our  
 energy field and how dreams may contribute to our positive thoughts.  
 Mar 4, 18 (M) 6:15-7:45pm (Two week series)

**Therapeutic Massage** Debbie Folino, LMT (805) 388-1952 x100 A  
 Especially helpful for chronically tense and contracted 1 hour session: \$70  
 areas such as a stiff neck, and low back tightness. 1-1/2 hour session: \$100  
 Jan-Mar (M, T)

**UCLA Memory Training** (800) 900-8582 R  
 Sharon Tatelman, Care Coordinator NC  
 The techniques in this course include strategies such as organization,  
 association and imagery to make information more memorable.  
 Mar 19-Apr 9 (T) 9:30 -11:30am (Four week series)

**Yoga – Gentle** Mikal Rogers, Instructor (805) 388-1952 x100 R  
 Health benefits include improved flexibility, muscle Single session: \$10  
 tone, and stress alleviation. Classes do not meet in 4 classes: \$40  
 sessions, you may begin anytime. 10 classes: \$80  
 Tuesdays • 9-10am



# Screenings

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**Blood Pressure Screening** Jan Consuelo, RN (805) 388-1952 x210 A  
For individual screening of hypertension and any questions you may have D  
regarding your blood pressure.

**Blood Sugar Testing** Jan Consuelo, RN (805) 388-1952 x210 A  
The test is done with a simple finger stick. D

**Cholesterol Screening** Jan Consuelo, RN (805) 388-1952 x210 A  
If you do not know your cholesterol level, now is the time to have it checked. D

**Dental Screening** Eric S. Yum, DDS (805) 388-1952 x100 A  
Come and have a dental consultation and your questions answered. \$5  
Jan 30 • Mar 13 (W) 12-2pm

**DIABETESaware** (805) 388-1952 x100 A  
In cooperation with Community Memorial Hospital NC  
Jan 14 (M) 2-4:30pm

**Family Immunizations** (805) 988-2865 A  
In cooperation with St. John's Regional Medical Center Call for  
Jan 8 • Feb 12 • Mar 12 (T) 3-5pm fees

**Foot Screening** Craig Parent, DPM (805) 388-1952 x 100 A  
Concerned about your foot problems? Come and have your feet examined \$5  
and your questions answered.  
Jan 22 • Mar 5 (T) 9-11am

**Hearing Screening and Seminar** Ron Roberts (805) 388-1952 x100 R  
This informational seminar will explain the latest advances in hearing aids. \$5  
Jan 17 (Th) 1-3pm • Feb 26 (T) 10am-12pm

**Memory Screening Day at the District** (800) 900-8582 A  
James Sutton, MD, Pacific Neuroscience Medical Group NC  
Are you becoming more forgetful? You may benefit from a memory screening.  
Second Monday of each month • 12-2pm

**STROKEaware** (805) 388-1952 x100 A  
In cooperation with Community Memorial Hospital NC  
Feb 11 • Mar 11 (M) 2-4:30pm

**Tuberculosis (TB) Testing** (805) 988-2865 A  
To have your test results read, return on the following Thursday 4-5pm. \$20  
Second Tuesday of each month • 4-5pm



## You'll find more at [www.camhealth.com](http://www.camhealth.com)

We are so pleased to welcome you to our new website! As you navigate through the site, you'll find health articles, featured news and events, and expanded information about each class, the instructors and a full schedule. You may also notice an icon at the bottom right corner of the home page called "OpenLine". Please take a moment to register with "OpenLine" so that you can offer us your compliments, suggestions or complaints. Once you've entered your email address, we will send you one email a month asking you for your thoughts. We truly appreciate your feedback, and you may opt out at anytime.



### *Camarillo Health Care District*

Camarillo Health Care District is a public agency formed in 1969 by the voters of the Pleasant Valley and surrounding areas to provide community health services.

Over the decades, California state legislators and visionary Board members have kept Camarillo on the cutting edge of community health and wellness, as the health care needs of the community have changed. Today, the District focuses on maximizing health and wellness through prevention, screening, education and support. The continuum of services provided today include Adult Day Support Services, Transportation, Lifeline Personal Help Button and Fall Prevention, Care Management Services, Chronic Disease Self Management Programs, Caregiver Education and Training, Senior Support Line, Senior Lunch Program, Wellness & Caregiver Center of Ventura County, Health Screenings, Counseling Services, Exercise, Support Groups, Education and Advocacy.

Recognized statewide as California's Outstanding Healthcare District, the Camarillo Health Care District serves as a model of efficiency and effectiveness. Through the years, the District's Board of Directors, as well as staff and programs, have been awarded and recognized locally and nationwide.

**Mission Statement:** The Camarillo Health Care District ensures that quality health and wellness services are available to all District residents.

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In all of our interactions, I found them  
to be courteous, efficient, and skillful."*

*— Lung Cancer Patient • MOORPARK*

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