

Healthy ATTITUDES

AUTUMN 2013

camhealth.com

Get Well. Stay Well. Live Well.

Camarillo Health Care District

Open House

Thursday, October 10
10am-2pm

- Free event for the whole family
- Produce Day
- Free Fitness Class
- Free Wellness Checks
- Tour the District offices

Senior Support Line
1-800-235-9980

CAMARILLO HEALTH CARE DISTRICT

A MESSAGE FROM Jane Rozanski, Chief Executive Officer

Whether you are very familiar with the award-winning Camarillo Health Care District, or whether you've never taken advantage of the services and programs, I personally encourage and invite you to join us for a Community Open House, on Thursday, October 10, from 10 a.m. to 2 p.m.



Life can get very busy, and sometimes overwhelming. Knowing where to turn for help in time of need can mitigate anxious feelings and the feeling that everything is out of control. This Community Open House will ensure that you know where we are, where to park, and what we have to offer.

During the Open House, you can tour the innovative, one-of-a-kind Wellness & Caregiver Center of Ventura County and learn about the myriad of free services available there, including caregiver education series with a professionally taught curriculum, legal services for caregivers, respite care for caregivers, and health insurance counseling and advocacy (HICAP).

As you move through the campus atmosphere, you'll see the rooms where a multitude of strengthening and exercise classes for all ability levels are offered which include Bone Builders, Gentle Yoga, and Zumba Gold, to mention a few.

You'll also see the Adult Day Program, visit one of the Care-A-Van vehicles, see the nutrition education classroom, check out the many counseling and service offices, see where the Senior Support Line is handled, and meet the staff who are ready to help you, your family and your friends!

We've scheduled an exciting day and I encourage you to join us for these highlights as well:

- Produce Day—select from a variety of seasonal produce provided by FOODShare; no charge, no eligibility requirements
- Free Wellness Screenings—check your blood pressure, pulse, blood oxygenation levels, and weight
- Apple-A-Day Café—Seniors (60 and older) can enjoy a catered meal approved by a registered dietician; \$3 suggested donation

We look forward to seeing you! Please call with any questions, or email rsvp@camhealth.com to let us know you'll be joining us.

CAMARILLO
HEALTH
CARE
DISTRICT



For your health & wellness

How to Register



Internet

www.camhealth.com

To register for classes online go to 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=RegisterRegister online, by phone or walk-in

NC=No ChargeThere 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

- 🍏 Chemical Restraints In Nursing Homes** (805) 388-1952 x100 R
 Cheri Elson Sperber, Attorney NC
 Is it possible to stop a loved one from being drugged by a nursing home?
 Learn more about the use of psychoactive drugs in nursing homes
 and how to protect your loved one from becoming a victim.
 Nov 6 (W) 6:30-8pm
- 🧑 Elder Legal Services** (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 Located at the Wellness & Caregiver Center
- 🧑 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
 Oct 8 (T) 10-11am • Nov 12 (T) 10-11am
- 🧑 Financial Services at the Resource Center** (805) 388-1952 x100 A
 Third Monday of each month • 1-4pm NC
- 🧑 Health Insurance Counseling & Advocacy Program (HICAP)** (805) 388-1952 x100 A
 Presented by the Ventura Health Insurance Counseling and Advocacy Program (HICAP) NC
 First and Third Friday, Second and Fourth Tuesday of each month
- 🍏 Healthcare Resources - Learning Your Options** R
 What is the difference between Palliative Care and Hospice? Assisted living NC
 and skilled nursing facilities? Join us to gain a better understanding of resources
 available.
 Oct 29 (T) 2-3:30pm
- 🍏 Medicare Changes 2014 - Are You Ready?** (805) 388-1952 x100 R
 Presented by the Ventura Health Insurance NC
 Counseling and Advocacy Program (HICAP)
 Are you eligible for help paying for your Part B Premium, or help with your part D
 prescription expenses? How will the new insurance law affect you, if you're on Medicare?
 Oct 3 (Th) 1-3pm
- 🍏 Medicare - One Stop Shop** (805) 388-1952 x100 R
 Presented by the Ventura Health Insurance Counseling and Advocacy Program (HICAP). NC
 The One Stop Shop is for pre-Medicare, Medicare disabled, Medicare beneficiaries, and
 changes in Medicare prescription Part D Plans and all other Medicare counseling. To
 have your prescription Part D comparisons, call the HICAP office for the Part D worksheet
 (805) 477-7310. Bring in your Medicare prescriptions to compare!
 Oct 17 (Th) 9am-1pm • Nov 8 (F) 9am-1pm

- 🍏 Paying The Bills When The Paychecks Stop!** (805) 388-1952x100 R
 Paul Norr, CFP \$10
 When you retire, the expenses keep coming, but without a paycheck! Learn the
 strategies that financial experts use to generate retirement income. This is
 for someone who plans on retiring in the next 10 years.
 Oct 22 (T) 1-2pm • Nov 7 (Th) 6:30-8pm
- 🍏 Scams - How To Protect Yourself Over The Holidays!** (805) 388-1952 x100 R
 Camarillo Police Department NC
 Learn how to protect yourself over the holidays! Learn the current
 scams being used, and the top 10 ways to avoid becoming a victim.
 This could save you or a family member thousands of dollars.
 Nov 5 (T) 11-12pm • Dec 11 (W) 2-3pm
- 🍏 Social Security - Think It Doesn't Matter? Think Again!** (805) 388-1952x100 R
 Paul Norr, CFP \$10
 When is the right time to apply for Social Security? When does it make
 sense to delay applying? The decisions you make now could have a significant
 impact on your lifetime benefits and security.
 Oct 24 (Th) 6:30-8pm
- Someone Died! What Now?** (805) 388-1952 X100 R
 Cheri Elson Sperber, Attorney NC
 Imagine your parents or grandparents die, leaving you in charge to administer
 their estate, would you be clueless as to what to do? This class will discuss estate
 administration and California laws, including and determining estate value.
 Oct 28 (M) 6:30-8pm
- Veteran Benefits Presentation** (805) 388-1952 x100 R
 Mike McManus, County of Ventura-Veterans Services Officer NC
 Learn about veteran's 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.
 Oct 30 (W) 1-2:30pm
- What Happens If I Don't Die?** (805) 388-1952 X100 R
 Cheri Elson Sperber, Attorney NC
 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 18 (M) 6:30-8pm

District Services

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- Adult Day Support Center**
 (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 x120
- Screenings & Immunizations**
 (805) 388-1952 x 100

- Senior Meal Program**
 (805) 388-1952 x 143
- Senior Support Line**
 (800) 235-9980
- Support Groups**
 (805) 388-1952 x 100
- Transportation Services**
 (805) 388-2529
- Volunteer Opportunities**
 (805) 388-1952 x 112

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.

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 • 7-8:15pm

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 of 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 the effects in a supportive and encouraging environment. \$20
First and Third Thursday of each month • 5:30-7pm

Autism Support Group Jeffrey Hayden, Ph.D., BCBA-D (805) 388-1952 x100 R
Share experiences, receive support, and learn tools to help with caring NC
for an individual with ASD.
Third Monday of every month 5:30-7pm

Brain Injury Survivor & Family Support Groups (805) 482-1312
Denise Buttrey, Brain Injury Center of Ventura County
First and Third Wednesday of each month • 4-5:30pm

Caregiver Support Groups (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.

Friendship Connection (800) 235-9980
A social group for friends of the Senior Support Line, open to any Ventura County
resident age 60 or older.
Meets the Second Thursday of each month • 10-11am

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
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

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 (Dark in July)

Stroke Support Group (805) 388-1952
For stroke survivors and caregivers. Receive information and share common concerns.
Third Wednesday of each month • 2-3pm

More information and registration available at www.camhealth.com

Safety & First Aid

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AARP Safe Driver Course (805) 388-1952 x100 R
This eight hour course is designed to teach
preventive measures to use when driving. AARP members: \$12
Non-members: \$14
You will learn defensive driving techniques, new traffic laws, and rules of the road.
Find out how to adjust your driving to age-related changes in vision, hearing, and
reaction time.
Please make checks payable to AARP and pay at time of first class.
Oct 11, 18 (F) 12-4:30pm (2 sessions)

AARP Safe Driver Refresher Course (805) 388-1952 x100 R
This refresher course is designed for the driver who
has completed an eight-hour Driver Safety Program. AARP members: \$12
Non-members: \$14
Nov 8 (F) 12-4pm (One session)
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
Oct 7 (M) 5:30-9:30pm Materials \$15

CPR & First Aid Jose Godinez, Certified Instructor (805) 388-1952 x100 R
This basic CPR class will include CPR for infants and children. First aid includes
bleeding control, shock, burns and more. \$65
Oct 14 • Dec 2 (M) 5:30-9:30pm Materials \$15

'I Am In Charge' First Aid For Kids (805) 388-1952 x100 R
Jose Godinez, Certified Instructor \$45
Designed for 9-13 year olds "in charge" of supervising siblings, Materials \$10
or others. This course will go over choking, nosebleeds, fractures, bites, and
basic first aid and safety. Certificate available upon completion of class.
Nov 4 (M) 5:30 – 8pm

Lifestyle

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🍏 Attention Deficit - Hyperactivity Disorder (ADHD) R
 Judith Leone Friedman, Psy.D. Clinical Neuropsychologist \$10
 Attention Deficit Hyperactivity Disorder (ADHD) affects 3-5% of school-aged children, and accounts for 30-50% of mental health referrals for children. Many of the symptoms persist into adolescence and adulthood. Dr. Leone Friedman will give an overview of ADHD through the life-span, including diagnosing criteria, symptoms, and treatments at each stage of life.
 Nov 12 (T) 12-1:00pm

Camarillo Music Together (Newborns-4 years) (805) 469-0134 R
 Dr. Lynn Decker- Mahin \$120
 Join a class of child and parent participation for 45 minutes Materials \$40 each a week. Children will experience new songs, chants, movement, activities, and instrumental jam sessions! Music Together offers a comprehensive program designed to enhance your child's musical growth.
 (M) 9:45-10:30am or 4-5pm
 (T) 9:45-10:30am

Call it Quits! Smoking Cessation Series (805) 652-3306 Claudia R
 Ventura County Public Health Department – Tobacco Education Program NC
 Sept 9-Oct 21 (M) 5:30-7pm (Eight week series)

Health RHYTHMS 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.
 Oct 7, 21, Nov 4, 18, Dec 9, 23 (M) 4-5:15pm

🍏 Obsessive Compulsive Disorder Management & Treatment (805) 388-1952x100 R
 Karron Maidment, RN, MFT, UCLA OCD Intensive Treatment Program \$10
 Is there a little OCD in all of us? Where is the line between being organized and constantly double checking yourself? OCD is a disabling disorder consisting of distressing, time-consuming, obsessive thoughts and compulsive behaviors that significantly impact one's quality of life. Learn more about the physical and mental aspects and what treatment and support is available.
 Oct 23 (W) 6:30-8pm

🍏 Tame the Clutter! (805) 388-1952x100 R
 Shirley Jones, Professional Organizer \$20
 Where do you start? Pay for extra storage? Learn essential organizing tips, elder care and clutter hazards, organizing the kids, 50 of the best organizing ideas! This is for all of us that have a collection of something, somewhere...
 Nov 19 (T) 2-3:30pm

🍏 TMJ - Jaw Pain Brigitte Lovell, DMD R
 What is TMJ? also known as Temporomandibular Joint Dysfunction. Learn the \$10 symptoms and what can be done to help ease the pain.
 Nov 7 (Th) 2-3:30pm

UCLA Memory Training (800) 900-8582 R
 Sharon Tatemlan, Mary Ann Ratto NC
 The techniques in this course include strategies such as organization, association and imagery to make information more memorable.
 Oct 1-Oct 22 (T) 9:30 -11:30am (Four week series)

Body, Mind & Strength

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🍏 Abdominal Pain - What's Your Gut Feeling? (805) 388-1952 x100 R
 Dr. Mayur Trivedi \$10
 This class will cover a variety of important symptoms and when to seek medical attention for conditions that cause abdominal pain.
 Nov 13 (W) 1-2pm

🍏 Dreams & Energy Anatomy (805) 388-1952 x100 R
 Jane Ivey, Cosmetologist, Doctorate in Metaphysical Science \$12
 This course is designed to provide exciting tools to help put you in better touch with your hopes, wishes and dreams, while gaining insight into what your dreams may be telling you. No experience is needed...just a curious mind!
 Oct 21 (M) 6:15-7:45pm

Facials Celine Collins, Esthetician (805) 388-1952 x100 A
 Re-energize and boost cell renewal for a smoother, more vibrant complexion. \$65
 Second and Third Wednesday of each month • 10am-5pm

🍏 Mirror, Mirror On The Wall... Dan Kolder, MD (805) 388-1952 x100 R
 Learn the latest advances in cosmetic surgery and non-invasive techniques, including CoolSculpting, a new non-surgical body contouring treatment. NC
 Dr. Kolder is a Board Certified Plastic surgeon.
 Nov 13 (W) 5:30-6:30pm

🍏 Peace Amidst Changes Brock Travis, PhD. (805) 388-1952 x100 R
 Peace Amidst Changes: Oct 8 (T) 6:30-8:30pm \$10
 Learn ways to find and bring peace in crisis.
 De-Stressing Session: Nov 12 (T) 6:30-8:30pm \$10
 Gentle friendly meditations for serenity.
 Basic Energy Healing: Dec 10 (T) 6:30-8:30pm \$10
 Learn ways to use light and love to help others.

Positive Thought — Dreams, Drawings, & Energy (805) 388-1952 x100 R
 Jane Ivey, Board Certified Reflexologist \$40
 Explore techniques to enhance positive thinking. Look at your energy field and how dreams may contribute to positive thoughts.
 Oct 28- Nov 18 (M) 6 -7:30pm (Four week series)

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 • 10:10am-1:30pm

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
 Oct-Dec (M, T)

Therapeutic Meditation for Stress Relief (805) 388-1952 x100 R
 Danette Banyai
 Immediate relief from stress and its symptoms- physical, emotional, 1 session \$8
 mental, and spiritual. 4 sessions \$35
 Oct-Dec Second Thursday of the month 6-7:30pm • Fourth Thursdays 9:30-11am

🍏 Trigger Point Therapy Adam Story, D.C. (805) 388-1952 x 100 R
 Trigger points are the knots within the muscles that seem to never go \$10
 away. Learn to apply pressure specifically with your thumb can decrease your pain from headaches, neck pain, and middle to lower back.
 Oct 22 (T) 6:30-7:30pm

Nutrition

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Apple-A-Day Café (805) 388-1952 x100 R
 Appropriate and adequate nutrition has a direct effect on the aging process and overall sense of well-being. Warm lunch served in a friendly, social and educational atmosphere. This service is available to Camarillo residents age 60 and over.
 Second Thursday of every month \$3 suggested donation

🍏 Chef AJ Culinary Class (805) 388-1952 x100 R
 Chef, Culinary Instructor, Author
 Chef AJ has followed a plant-based diet for over 36 years, holds a Certificate In Plant-Based Nutrition from Cornell University. This class will include a cooking demonstration, nutritional advice, and possibly some singing. Chef AJ has been featured on the Tonight Show with Jay Leno, and David Letterman just to name a few. Learn how to create meals to transform your health, deal with cravings, food addictions, and the emotional side of eating. Food will be served.
 Jan 14 (T) 6-9pm \$30

Diabetic Conversation Maps Amber Wong, RN, MN, CDE R
 Conversation Maps are self discovery learning tools that engage those with diabetes on self management issues.
 Oct 16-Nov 20 (W) 9:30-11:30am (six week series) NC

🍏 Produce Day - No Charge (805) 388-1952 x100 NC
 The Camarillo Health Care District, in partnership with FOOD Share, hosts a Produce Day. Participants can select from a wide variety of seasonal produce items at no charge! First come, first serve basis.
 Second Thursday of each month • 11-1pm

Home Delivered Meals (805) 388-1952 x100 R
 Homebound residents age 60 and over can enroll to have "ready to heat" meals delivered.
 Monday, Wednesday, Friday • 9:30-11:30am Suggested donation: \$3

🍏 Nutrition For Life - Fundamental Concepts (805) 388-1952 x100 R
 Dr. Tom Rauscher \$25
 Enhance the quality of your life through the basics of proper nutrition. 3 sessions \$55
 Each week will include one meal preparation. Learn the concepts of how carbs, fats, and proteins all work for optimum health and wellness.
 Oct 7 (M) 6:30-8pm - Carbs Are Not Your Enemy!
 Nov 4 (M) 6:30-8pm- Fats - The Good, Bad & the Ugly!
 Dec 2 (M) 6:30-8pm - Proteins - The Body's Building Blocks

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

Screenings

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Dental Screening Eric S. Yum, DDS (805) 388-1952 x100 A
 Come and have a dental consultation and your questions answered. \$5
 Oct 23, Nov 13 (W) 10-12

Diabetes & Stroke Aware
 Stroke and diabetes screenings include bilateral blood pressure, carotid auscultation, and non-fasting total cholesterol. Performed by Community Memorial Hospital Staff
 Oct 21, Nov 18, Dec 16 (M) 2-4:30pm

Family Immunizations- Shots call for information. (805) 988-2865 A
 In cooperation with St. John's Regional Medical Center Fees vary call for information
 Oct 8, Nov 12, Dec 10 (T) 3-5pm

Foot Screening Craig Parent, DPM (805) 388-1952 x 100 A
 Concerned about your foot problems? Come and have your feet examined and your questions answered. \$5
 Oct 22, Dec 3 (T) 9-11am

HEALTHAware Screenings (805) 388-1952 x100 A
 If you do not know your cholesterol level, or blood sugar level now is the time to have it checked. Performed by Community Memorial Hospital Staff
 Oct 21, Nov 18, Dec 16 (M) 1-2pm NC

HEALTHAware Blood Pressure Screening (805) 388-1952 x100 A
 For individual blood pressure screening of hypertension and any questions you may have regarding your blood pressure. NC
 Performed by Community Memorial Hospital Staff
 Oct 21, Nov 18, Dec 16 (M) 1-2pm

🍏 Lend Me Your Ear! Dr. John Malan (805) 388-1952 x100 R
 Dr. Malan will examine and clean your ears, and perform a hearing screening. \$5
 Second Thursday of each month • 1-3pm

Memory Screening (800) 900-8582 A
 Dr. James Sutton, Pacific Neuroscience Medical Group NC
 Are you becoming more forgetful? You may benefit from a memory screening.
 Second Monday of each month • 1-3pm

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

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

Long Term Care Ombudsman Consultations (800) 900-8582 A
 First Monday of each month • 1-4pm NC

🍏 Making Peace with Age, Ills, and Death (805) 388-1952 x100 R
 Brock Travis, PhD. \$10
 Learn a respectful skill set for bringing serenity amidst life's changes and end of life.
 Oct 29 (T) 6:30-8pm

Fitness

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

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

Bone Builders Balance Program Evening Class (805) 388-8333 Sylvia R
 Sponsored by RSVP for 50+ seniors. Designed to fight osteoporosis, NC
 improve balance, increase muscle strength and bone density.
 Tuesdays and Thursdays • 5:30-6:30pm

Classical Yoga Lorraine Crane, RYT (805) 388-1952 x100 R
 Classical yoga lifestyle promotes perfect health: physical, mental Single session \$10
 emotional, moral and spiritual. Learn Ashtanga, Viniyoga, and 5 Classes \$45
 Iyengar Instructional modifications to meet any level. 10 classes \$80
 Wednesdays 4:45-5:45 (Class tickets expire 90 days from purchase)

Jazzercise Patty Bolland, Certified Instructor (805) 746-3025 R
 Jazzercise combines dance-based cardio with strength 1 class at the door \$6
 training and stretching to sculpt, tone, and lengthen muscles 5 class card \$25
 in one fun and powerfully effective 60 minute workout. 10 class card \$45
 Mon and Thur 5:45-6:45pm • Sat 8:15-9:15am
 Classes are on-going (Class tickets expire 30 days from purchase)

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

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

Zumba Gold® Mary Arevalo, Licensed Zumba Gold Instructor (805) 388-1952 x100 R
 Zumba Gold® is the complete package which offers Single session: \$6
 both physiological and psychological benefits. 4 classes: \$20
 (Class tickets expire 45 days from purchase) 10 classes: \$45
 (T) 12-1pm • (F) 9-10am



You'll find more at 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 Care Transition Services, 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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