

Healthy ATTITUDES

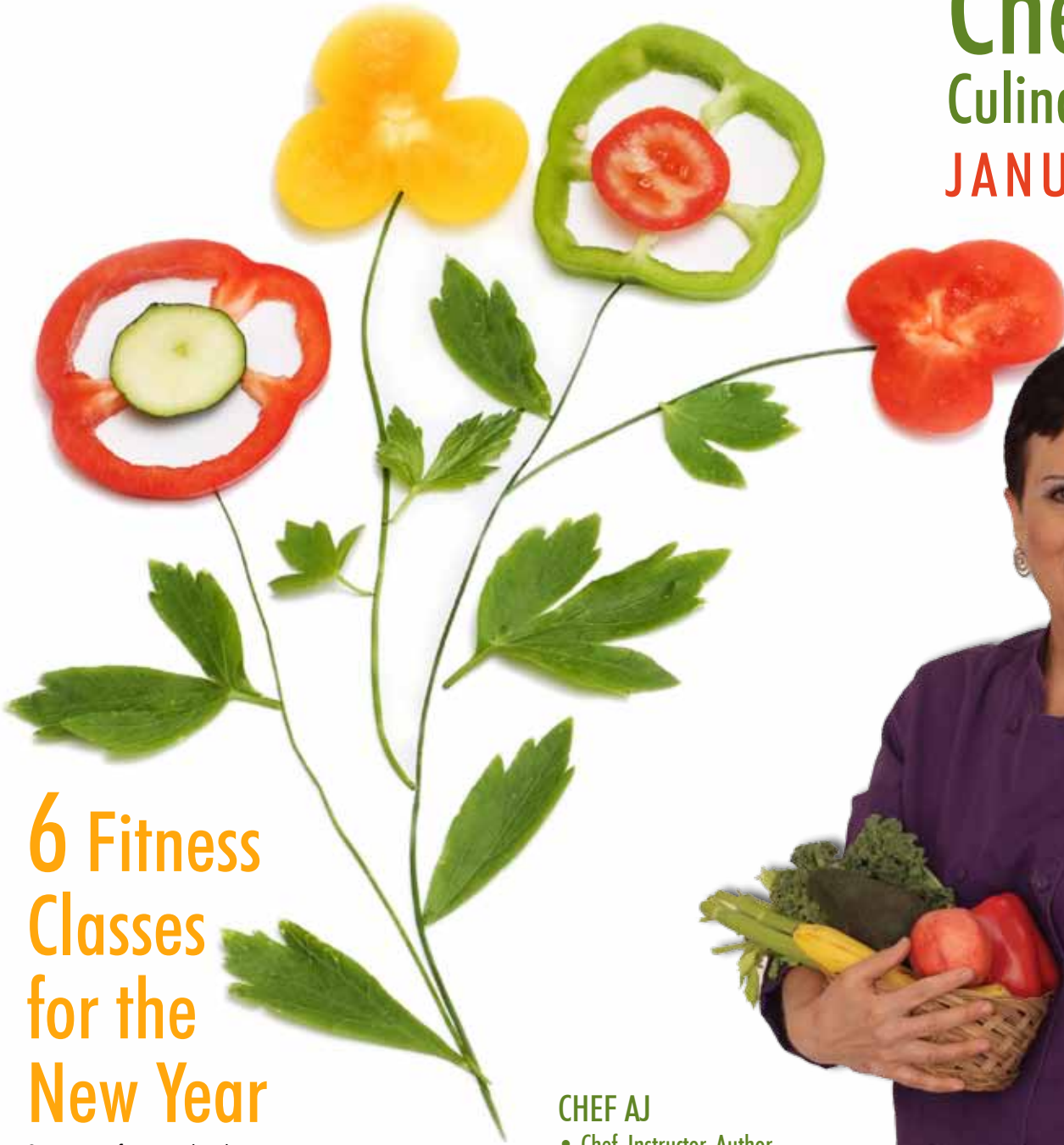
WINTER 2014

camhealth.com

Get Well. Stay Well. Live Well.

FREE
Take One

Chef AJ
Culinary Class
JANUARY 14



**6 Fitness
Classes
for the
New Year**

See page 5 for more details.

CHEF AJ

- Chef, Instructor, Author
- Featured on "The Tonight Show,"
"The David Letterman Show,"
and more

See page 6 for more details.



SENIOR SUPPORT LINE

800.235.9980

CAMARILLO HEALTH CARE DISTRICT

A MESSAGE FROM Jane Rozanski, Chief Executive Officer

The arrival of a brand new year traditionally brings a renewed resolve to make some changes, usually in one's lifestyle and health choices. Now, more than ever before in our nation, we are being asked to take more and more responsibility for our own healthcare and our own choices in living. What have you resolved to do? No one should care more about your health than you!

Experts agree that the best ways to help older adults live longer, healthier, and more independent lives is to teach healthy behaviors and support them in their efforts to manage their own ongoing health issues. Experts also agree that promoting healthy behaviors, and being successful at it, requires a measured tested approach that builds on the latest scientific knowledge... known as "evidence-based" approaches, or programs. Evidence-based programs are rapidly becoming a "best practice" with service providers, especially in communities such as Camarillo where nearly 23% of the population is over the age of 60.

The Camarillo Health Care District offers a variety of these evidence-based programs, and has been certified to present these programs by such acclaimed entities as Stanford University, University of Texas at Baylor, Boston University, and the University of California at Los Angeles.

- **Healthier Living** (Stanford University): 6 week series to build practical skills for living a healthy life and managing chronic health conditions. Provides support for normal daily activities and dealing with the emotions chronic conditions can bring about. Results include improved health status, increase in exercise, reduction in pain and proper utilization of the health care system.
- **A Matter of Balance** (Boston University): 8 sessions designed for people who have fallen in the past, have a risk of falling and who may be reducing their activities due to a fear of falling. Learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change your environment to reduce risk factors.
- **Healthy IDEAS** (University of Texas at Baylor): IDEAS stands for Identifying Depression, Empowering Activities for Seniors, and help improve quality of life by screening for symptoms of depression and assessing their severity, educating older adults and caregivers about depression, linking older adults to primary care and mental health providers, and empowering older adults to manage their depression through a behavioral activation approach that encourages involvement in meaningful activities
- **Memory Training** (UCLA): presents effective memory-enhancing techniques through presentations, group discussions, memory checks, and skill-building exercises. This program focuses on the four top memory challenges which are 1) Forgetting names and faces, 2) Forgetting to do things in the future, 3) Forgetting where you put things down, and 4) Knowing something you can't immediately recall-a "tip of the tongue" challenge
- **Walk With Ease** (The Arthritis Foundation): 6 week series to create a walking plan to stay motivated, manage pain and exercise safely to keep muscles strong and joints stable, boost energy, reduce stress and control weight.

What we appreciate so much about evidence-based programs is that they have proven results, and experts in the field have examined the evaluation methods and agreed with the conclusions about program effects. This sort of endorsement by respected researchers and federal agencies truly does lend credibility and perhaps some added motivation for those interested in participating.

Here's to you and your brand new year! Call 1-800-900-8582 today for more information. Let's all Get Well, Stay Well, and Live Well!



IN THE NEWS

Chief Operations Officer Appointed by Governor Jerry Brown

Kara Ralston, MBA, SDA, Chief Operations Officer at the Camarillo Health Care District, has been appointed by Governor Jerry Brown to the California Health Professions Education Foundation Board of Trustees. Established in 1987, the California Health Professions Education Foundation is the state's only non-profit foundation statutorily created to encourage persons from underrepresented communities to become health professionals and increase access to health providers in medically underserved areas. Supported by grants, donations, licensing fees, and special funds, the Foundation provides scholarship, loan repayment and programs to students and graduates who agree to practice in California's medically underserved communities. Congratulations, Kara!



Adult Day Services Manager Appointed to State Board

Mary Ann Ratto, CSA, Manager of the Adult Day Program at the Camarillo Health Care District since 2007, has been appointed to the Board of Directors for the California Association for Adult Day Services (CAADS). Ratto was selected for a position on the CAADS Board of Directors as a result of her expertise in the industry and her years of service with the District, which is recognized as a model District throughout the state of California. CAADS member-centers provide innovative day programs that support individuals with physical or mental disabilities and older adults with Alzheimer's disease and their families, including the Club Camarillo program at the District.

CAADS' purpose is to inspire, provide leadership and facilitate the success of its members who support and assist people with long-term challenges in realizing their individual potential, and to assure and promote the development of high quality Adult Day Care Services as an integral part of a comprehensive long term care system. CAADS provider-members agree to abide by a Code of Ethics and are screened and approved by the CAADS Membership Committee. Congratulations, Mary Ann!







Executive Assistant Elected to Camarillo Council on Aging

Karen Valentine, Executive Assistant at the Camarillo Health Care District has been elected to the Camarillo Council on Aging. The City of Camarillo, in recognition of the significant number of senior citizens in the Camarillo population, formed this advisory body in 1978 for the purpose of providing a mechanism for senior residents to make formal recommendations on matters of concern to them, the City and the Area Agency on Aging. Congratulations, Karen!



Advocacy

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

-  **AARP Taxes** Ed McHale (805) 388-1952x100 A
Free income tax assistance for seniors and low-to-moderate income persons. Bring 2012 tax return, including 2013 W-2s, 1099s and interest statements. Wednesday Feb 5-Apr 16 • 12-3pm NC
-  **Avoid Court Costs:** (805) 388-1952x100 R
 **Mediation for Family Empowerment** Rosenbaum Mediation \$10
Mediation empowers family members to reach decisions in a safe, relaxed setting with a neutral mediator. Listen and learn ways to save families from expensive litigation, court proceedings, and assist in resolving differences. . Jan 30 (Th) 6-7pm • Mar 25 (T) 10-11am
- ABCs of Estate Planning** Annette Dawson-Davis, Atty (800) 900-8582 R
Prevent your loved ones from having to deal with property issues after your death. NC
Jan 28 (T) 6:30-7:30pm • Feb 20 (Th) 2-3pm • Mar 24 (M) 10-11am
- Consider the Conversation** (800) 900-8582 R
Dr. Lanyard K. Dial, President of Livingston Memorial Visiting Nurse Assn. & Hospice NC
An inspiring documentary film examines how 21st Century Americans live at the end of their lives including personal accounts from patients, family members, doctors, nurses, clergy, and national experts on issues related to dying. Jan 28 (T) 6-8pm
- Consider the Conversation-Step Two** (800) 900-8582 R
Dr. Lanyard K. Dial, President of Livingston Memorial Visiting Nurse Assn. & Hospice NC
Come explore some of the issues surrounding advance healthcare directives and participate in an interactive workshop designed to facilitate conversations that help you support loved ones when they need you most. Feb 25 (T) 6-7:30pm
- Elder Legal Services** (800) 900-8582 A
Talk privately with a legal expert experienced in elder law and estate planning. NC
Monday • 1-4pm
-  **Financial Services** (805) 388-1952x100 A
Consult with a certified financial planner on various financial topics. NC
Third Monday of each month • 1-4pm

- Health Insurance Counseling & Advocacy Program (HICAP)** (805) 388-1952x100 A
Presented by the Ventura County HICAP to help with enrollment, questions, and concerns regarding Medicare registration. NC
First and Third Friday, Second and Fourth Tuesday of each month
-  **I Can't Afford To Get Old!** (805) 388-1952x100 R
 **Paying The Bills When The Paychecks Stop!** NC
Discussion will include care at home vs. care in a facility, information about entitlement, long term care insurance, and veterans' benefits. Feb 27 (Th) 6:30-8pm
- Retirement Income** Paul Norr, CFP (805) 388-1952x100 R
Planning to retire in the next 10 years? Will you have enough money to enjoy retirement when the paychecks stop coming? Learn strategies from a financial expert to generate retirement income. \$10
Feb 11 (T) 6:30-8pm
- Social Security—Think It Doesn't Matter?** (805) 388-1952x100 R
Think Again! Paul Norr, CFP \$10
When is the right time to apply for social security? The decisions you make now could have a significant impact on your lifetime benefits and security. Mar 3 (M) 6:30-8pm
- Someone Died! What Now?** Cheri Elson Sperber, Atty (805) 388-1952x100 R
Learn estate administration, California laws, and determining estate value. NC
Feb 10 (M) 6-7:30pm
- Veteran Benefits Presentation** (805) 388-1952x100 R
Mike McManus, County of Ventura-Veterans Services Officer NC
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. Mar 12 (W) 1-2:30pm
- What Happens If I Don't Die?** Cheri Elson Sperber, Atty (805) 388-1952x100 R
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? NC
Mar 24 (M) 6-7:30pm

District Services

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- 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 168
- 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.

BOARD OF DIRECTORS

Peggy O'Neil, RN President (805) 504-3848	Rod Brown, MBA Vice President (805) 388-1513	Mark Hiepler, Esq. Clerk of the Board (805) 988-5833	Richard S. Loft, MD Director (805) 484-4651	Christopher Loh, MD Director (805) 484-8479
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STAFF

Jane Rozanski Chief Executive Officer	Sue Tatangelo Chief Resource Officer	Monica Teverbaugh Editor
Kara Ralston Chief Operations Officer	Sonia Amezcua Human Resources Officer	

Body, Mind & Strength

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🍏 Adoption and Abandonment (805) 388-1952x100 R
 Dr. Wendy Basil, Ph.D. will explain why secure bonding and attachments are essential to preventing emotional problems later in life. Whether you are adopted, or an adoptive parent this class will concentrate on the power of empathy, and education to address what can be done to help heal at any age.
 Mar 10 (M) 6-7:30pm \$20

Body Mind Connection Michael Roth, DC (805) 388-1952x100 R
 Discover how your mind affects your body, how your body affects your brain, and what you can do to keep the whole brilliant system working to your advantage.
 Mar 31 (M) 6-7:30pm \$10

🍏 Compulsive Collecting & Shopping (805) 388-1952x100 R
 Dr. Wendy Basil, Ph.D, Clinical Psychology \$20
 This workshop is designed to help families, individuals, and friends of anyone who has a problem with excessive shopping and collecting. Understand the compulsivity behind the need to collect. Learn how to address the problem directly and with compassion.
 Feb 3 (M) 6-7:30pm

Dreams, Thoughts and Energy (805) 388-1952x100 R
 Jane Ivey, Doctorate in Metaphysical Science \$40
 Find tools through dream interpretation to help put you in touch with your hopes, wishes, and dreams.
 Feb 24-Mar 10 (M) 6-7:30pm (3 week series)

🍏 Emotional Freedom Technique (805) 388-1952x100 R
 Emotional Freedom Technique (EFT) is a popular, safe, healing technique that stimulates acupressure points to the body to heal mental, emotional, and physical pain. Effective for people with insomnia, depression, addiction, etc.
 Feb 22 (Sat) 10am-2pm \$45

Facials Celine Collins, Esthetician (805) 388-1952x100 A
 Second and Third Wednesday of each month • 10am-5pm \$65

🍏 iParent – An Eye on Social Media? (805) 388-1952x100 R
 UCLA's Jesse Esqueda, Psy.D. will discuss new trends in social media used by teenagers, and how you can keep your teens safe.
 Feb 18 (T) 6:30-7:30pm \$10

🍏 Life Changes Brock Travis, PhD (805) 388-1952x100 R
 With life changes you will learn a skillset for finding fulfillment beyond retirement, divorce, or the empty house.
 Mar 11 (T) 6-8pm \$10

🍏 Psoriasis or Eczema? (805) 388-1952x100 R
 UCLA Dermatologist, Dr. Melvin Chiu, will discuss the contributing factors to common skin diseases, such as, psoriasis and eczema...and more.
 Mar 10 (M) 2-3pm \$10

🍏 Recovery From Alcoholism and Addiction
 Brock Travis, PhD (805) 388-1952x100 R
 This class will focus on families and friends that have been touched by alcoholism and drug addiction. Learn strategies to deal with substance abuse.
 Jan 14 (T) 6-8pm \$10

🍏 Recovery Strategies Anxiety and Depression
 Brock Travis, PhD (805) 388-1952x100 R
 Fear and grief are accompanied by anxiety and depression. This class will provide strategies that will help you move forward.
 Feb 11 (T) 6-8pm \$10

Reflexology Jane Ivey, Board Certified Reflexologist (805) 388-1952x100 A
 The art of manipulating reflex points on ears, hands and feet for deep relaxation. 1/2-hour session: \$25
 1 hour session: \$45
 First Wednesday of each month • 10am-1:30pm

🍏 See For Yourself-Eye Opening Guide to Vision Correction (805) 388-1952x100 R
 Dr. Paul Dougherty will explain the latest technology for cataract and Lasik surgery.
 Jan 23 (Th) 6-8pm \$10

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

🍏 The Doctor is "In" William Klope, MD (805) 388-1952x100 R
 Is incontinence part of natural aging? Do you have chronic UTIs? Do you wonder if you have a prolapsed bladder? Find out what is available to make it all go away! Have all of your urology issues answered by a doctor in this informative session.
 Jan 29 (W) 6-7:30pm \$10

Therapeutic Massage Debbie Folino, LMT (805) 388-1952x100 A
 Monday & Tuesday by appointment
 1 hour session: \$70
 1-1/2 hour session: \$100

Safety & First Aid

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AARP Safe Driver Course— Revised for 2014 (805) 388-1952x100 R
 This eight-hour course is designed to teach preventive measures to use when driving, learn new traffic laws, and rules of the road. Checks payable to AARP at first class.
 Feb 21, 28 (F) 12-4:30pm (2 sessions)
 AARP members: \$15
 Non-members: \$20

AARP Safe Driver Refresher Course— Revised for 2014 (805) 388-1952x100 R
 This refresher course is designed for the driver who has completed an eight-hour Safe Driver Course. Checks payable to AARP at first class.
 Jan 24 • Mar 21 (F) 12-4pm (1 session)
 AARP members: \$15
 Non-members: \$20

Basic Life Support (BLS) Jose Godinez, Cert. Instr. (805) 388-1952x100 R
 For healthcare professionals in life-threatening emergencies.
 Feb 17 (M) 5:30-9:30pm
 Materials \$15

CPR, First Aid & AED Jose Godinez, Certified Instructor (805) 388-1952x100 R
 This basic course follows the American Heart Association guidelines. Certificate is available upon completion of class.
 Jan 27 (M) 5:30-9:30pm
 Materials \$15

First Aid & CPR for Teens and Tweens (805) 388-1952x100 R
 Designed for teens and tweens "in charge" of supervising siblings, or those looking for advanced skills while babysitting. American Heart Association certificate is available upon completion of class.
 Mar 17 (M) 5:30-8pm
 Materials \$10

Support Groups

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Al-Anon Family Groups, Inc., Men's Stag Group	(805) 258-2587 Bob	
Monday • 7-8:15pm		
Al-Anon Steps, Traditions, and Concepts	(805) 445-1133 Rosalie	
Tuesday • 7:15-8:15pm		
Al-Anon 4th STEP Study Group	(805) 844-2079 Larry	
Wednesday • 7-8pm		
Al-Anon Study Group	(805) 445-1133 Rosalie	
Thursday • 7-8:30pm		
Alateen/Pre-Teen (7-12 years of age)	(805) 445-6470 Bridget	
Thursday • 7-8:15pm		
Anxiety Support Group Diana Wightman, LMFT	(805) 302-5335	R
First and Third Thursday of each month • 5:30-7pm		\$20
Autism Spectrum & Related Disorders Support Group J. Hayden, Ph.D., BCBA-D	(805) 388-1952x100	R
Third Monday of every month • 5:30-7pm		NC
Brain Injury Survivor & Family Support Groups	(805) 482-1312	
First and Third Wednesday of each month • 4-5:30pm		
Caregiver Support Groups	(805) 388-1952x206 Sharon	
Designed for people who are the primary caregivers of loved ones.		
Second and Fourth Friday of each month • 9:30-11am • District Offices		
Monday • 9:30-11am Leisure Village (residents only)		

Compulsive Eaters Anonymous—HOW	(805) 482-9623 Meg	
Thursday 5:30-6:30pm • Saturdays 8:45-9:45am		
Conejo Ventura Macintosh User's Group	(805) 504-3610 Susan	
First Tuesday of each month • 6:30-8:30pm		
Counseling Services Diana Wightman, LMFT	(805) 302-5335	
Confidential psychotherapy services available by appointment.		
Call for a free consultation to discuss your needs and for fee information.		
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.		
Second Thursday of each month • 10-11am		
MOMS Club (Moms Offering Moms Support)	(805) 419-3419 Letty	
First Wednesday of each month • 10-11:30am		
Pain Management Support Group Dr. J. Cabaret	(805) 388-1952x100	
Third Wednesday of each month • 5:30-6:30pm		
Parkinson's Disease Support Group	(805) 482-2151 Susan	
Fourth Tuesday of each month • 2-4pm		
Scleroderma Foundation Support Group	(805) 987-8236 Arline	
Second Saturday of each odd numbered month • 10am-12pm (Dark in July)		
Stroke Support Group Sharon Bick, RN	(805) 388-1952x100	
Third Wednesday of each month • 2-3pm		

More information and registration available at www.camhealth.com

Fitness

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Arthritis Foundation® Exercise Program	(805) 654-1122 Barbara	R
Reduce pain and stiffness, and improve your mobility, balance and coordination.		NC
Tuesday and Thursday • 11:30am-12:30pm		
Bone Builders	(805) 388-8333 Sylvia	R
Designed to improve balance, increase muscle strength, and bone density.		NC
Monday and Wednesday • 9:30-10:30am • 11am-12pm • 12:30-1:30pm		
Tuesday and Friday 10:30-11:30am • Tuesday and Thursday 5:30-6:30pm		
Brain Gym® Joyce Sherwood, M.A.	(805) 388-1952x100	R
This 20-year-old program integrates body and mind through physical movements that enhance learning, increase memory and organization, and reduce stress.		\$25
Feb 24-Mar 17 (M) 10-11:30am (4 weeks)		
Classical Yoga Lorraine Crane, RYT	(805) 388-1952x100	R
A Classical Yoga lifestyle promotes physical, mental, and emotional health. Learn Ashtanga, Viniyoga, and Iyengar methods.	Single session: \$1	
Instruction modifications will meet any level.	5 classes: \$45	
Wednesday • 4:45-5:45pm (Class tickets expire 90 days from purchase.)	10 classes: \$80	
Jazzercise Patty Bolland, Certified Instructor	(805) 746-3025	R
Jazzercise combines dance-based cardio with strength training	1 class at the door: \$6	
in one, fun and powerfully-effective 60 minute workout.	5 class card: \$25	
Monday & Thursday 5:45-6:45pm • Saturday 8:15-9:15am	10 class card: \$45	

Matter of Balance	(800) 900-8582	R
Designed by Boston University to assist older adults who have a fear of falling.		NC
Learn to view falls as controllable, reduce concerns, and set goals for increasing activity.		
Jan 29-Mar 19 (W) 10am-12pm • (8 week series)		
Self-Defense Basics Victor Young, Instructor	(805) 388-1952x100	R
Learn awareness and basic movements during demonstrations that teach the basic fundamentals of self-defense.		\$20
Jan 30 (Th) 10-11am		
T'ai Chi Chih® Barbara Lippert, Instructor	(805) 388-1952x100	R
Learn slow, gentle movements that build muscle strength and improve your balance without stressing your joints.	Beginners: \$80	
Jan 15-March 5 (W) 6-7:15pm (8 week series)	Intermediate: \$40	
Mar 12-Apr 2 (W) 6-7:15pm (4 week series)		
Yoga—Gentle Mikal Rogers, Instructor	(805) 388-1952x100	R
Health benefits include improved flexibility, muscle tone, and stress alleviation.	Single session: \$10	
Tuesday • 9-10am	4 classes: \$40	
	10 classes: \$80	
Zumba Gold® Mary Arevalo, Licensed Zumba Gold Instructor	(805) 388-1952x100	R
Zumba Gold® is the complete package offering both physiological and psychological benefits.	Single session: \$6	
Tuesday 12-1pm • Friday 9-10am	4 classes: \$20	
	10 classes: \$45	

Nutrition

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Apple-A-Day Café	(805) 388-1952x100	R
Warm lunch served in a friendly, social and educational atmosphere. This service is available for those age 60 and over. Second Thursday of every month • 11:30am suggested donation \$3		
🍏 Chef AJ Culinary Class	(805) 388-1952x100	R \$30
Learn how to create meals to transform your health, deal with cravings, food addictions, and the emotional side of eating from Chef AJ, who has been featured on the Tonight Show with Jay Leno, The David Letterman Show, and many others. She has followed a plant-based diet for over 36 years and holds a certificate in Plant-Based Nutrition from Cornell University. This educational and entertaining class includes a cooking demonstration and sampling, nutritional advice, and possibly some singing. Jan 14 (T) 6-9pm		
Eat Your Way to Good Health	(805) 388-1952x100	R \$25
Jessica McGrath, Certified Holistic Health Coach Reduce your risk of excess inflammation by learning how specific foods can affect the body. Enjoy cooking demonstrations in this unique class. Jan 27 (M) 6-7:30pm • Mar 10 (M) 6-7:30pm		

Home Delivered Meals	(805) 388-1952x100	R
Homebound residents, living in the greater Camarillo area, aged 60 and over, can have "ready to heat" meals delivered to their home. Monday, Wednesday, Friday • 9:30-11:30am suggested donation \$3		
🍏 Pre-Diabetic? You Are Not Alone!	(805) 388-1952x100	R \$10
Linda Hampson, RN, MSN-Diabetes Nurse Specialist Learn the importance of early intervention of this growing public health concern and the tools to prevent progression to developing diabetes. Jan 29 (W) 2-3pm		
Produce Day		
The Camarillo Health Care District hosts a Produce Day. Participants can select from a wide variety of seasonal produce items at no charge. First come, first serve basis. In partnership with FOOD Share. Second Thursday of each month • 11am-1pm		
Nutrition Counseling	Laura Cooper Fuld, RD (805) 388-1952x100	A \$65
Learn how to eat, increase your energy level, and attain optimal health. Second Monday of each month • 6-8pm Third Thursday of each month • 6-8pm		

Screenings

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Dental Screening	Eric S. Yum, DDS (805) 388-1952x100	A \$5
Come and have a dental consultation and have your questions answered. Jan 15 • Feb 12 • Mar 12 (W) 10am-12pm		
Family Immunizations-Shots	Call for information (805) 988-2865	A fees vary
Program hosted in cooperation with St. John's Regional Medical Center. Jan 14 • Feb 11 • Mar 11 (T) 3-5pm		
Foot Screening	Craig Parent, DPM (805) 388-1952x100	A \$5
Come and have your feet examined and your questions answered. Jan 21 • Mar 11 (T) 9-11am		
Health Aware Screenings	(805) 388-1952x100	A NC
Know your blood sugar levels, cholesterol level, blood pressure, or stroke risk? Cholesterol, stroke and diabetes screenings are performed by CMH staff. Jan 27 • Feb 24 • Mar 17 (M) 1-4:30pm		

Hearing Screening	Lance Nelson, AuD (805) 388-1952x100	A \$5
Do you say "what" more than you should? 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 • 1-2pm		
Memory Screening Day at the District	(800) 900-8582	A \$5
Dr. James Sutton, Pacific Neuroscience Medical Group Second Monday of each month • 1-3pm		
Tuberculosis (TB) Testing	(805) 988-2865	A \$20
Program hosted in cooperation with St. John's Regional Medical Center. Second Tuesday of each month • 4-5pm		

Caregivers

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Care Consultations	Sharon Mitchell (800) 900-8582	A NC
Find yourself, or a loved one, in a life transition and don't know where to turn? The care coordinator will provide a one-on-one consultation with a road map to vital links to community resources to help improve your family's quality of life, safety, independence, and peace of mind. Call to schedule an appointment.		

Care Consultations-Alzheimer's	(800) 900-8582	A NC
Consult with Rosemary Gordon, Regional Director of the Alzheimer's Association, if you suspect your loved one may have Alzheimer's or has already been diagnosed. Second Thursday of each month • 1-4pm		
Long-Term Care Ombudsman Consultations	(800) 900-8582	A NC
Do you have questions or concerns about placing your loved one in a long-term facility? Then an Ombudsmen consultation can be of service.		

Pet Corner

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🍏 Ask the Vet!	(805) 388-1952x100	NC
Dr. Battier, DVM will discuss skin remedies for your pet's dry, itchy skin and which human medications your pet can safely take. Share your experiences with your pet! Pets welcome. Feb 12 (W) 12-1pm		

🍏 PupCakes For Your Pup!	(805) 388-1952x100	R \$20
Jennifer Brouhard, Owner, The Lucky Lab Join us in learning to bake a safe, healthy treat for your furry child (dog). Class will include a baking demonstration, and a take home PupCake! Feb 3 (M) 5:30-6:30pm		

Lifestyle

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Call it Quits! Smoking Cessation Series (805) 677-5232 Christina R
Ventura County Public Health Department—Tobacco Education Program NC
Jan 6-Mar 10 (M) 5:30-7pm (8 week series)

Camarillo Music Together (Newborns-4 years) (805) 469-0134 R
Dr. Lynn Decker-Mahin (tuition fee payable to instructor) \$120
Children and parents will experience new songs, chants, movement Materials \$40
activities, and instrumental jam sessions in this 45 minutes class.
Jan 6 (M) 9:30-10:15am or 4-4:45pm • (T) 9:30-10:15am (12 week series)

Compulsive Hoarding Disorder Management & Treatment (805) 388-1952x100 R
Karron Maidment, RN, MFT, UCLA OCD Intensive Treatment Program \$10
This presentation will describe the differences between “normal” collecting and compulsive hoarding and provide tips for management and treatment.
Feb 19 (W) 6-7:30pm

🍏 Girl's Group Dr. Jill Moland (805) 388-1952x100 R
Girls 10 to 12 years old can learn to enhance their social skills, build self-esteem, and emotional development. Explore friendship and social skills through positive interactions, poetry, art, journals, and games. \$100
Feb 19-Mar 19 (W) 5:30-6:30pm (5 week series)

Hair Loss Solutions (805) 388-1952x100 R
Whether you have hair loss due to alopecia, cancer treatments, or just thinning hair, there are non-invasive, non-surgical innovative methods available. \$10
Mar 24 (M) 6:30-8pm

Healthier Living: Chronic Disease Self-Management Program (800) 900-8582 R
This award-winning “Healthier Living” series, based on research conducted at Stanford University, is designed for anyone enduring ongoing health conditions. NC
Methods taught will reduce fatigue, anxiety, sleep loss and ensure a happier, healthier life.
Jan 23 - Feb 27 (Th) 1:30-4pm (6 week series)

Health RHYTHMS Group Drumming (805) 388-1952x100 R
Research proves a link exists between recreational music and Per session: \$10
wellness. Create music, reduce stress, and improve your health in this adult group drumming activity. No prior drumming experience necessary.
Jan 13 • Feb 10 • Mar 3,17 (M) 4-5:15pm

🍏 Hot and Bothered? Mood Changes? Menopause! Where's the Relief? (805) 388-1952x100 R
UCLA's Leena Nathan, MD will explain the causes and symptoms of menopause, the emotional battlefield, and what can be done to cool you down...physically and emotionally. Hormone replacement therapy, bioidentical relief treatments will also be discussed. \$10
Feb 5 (W) 6-7pm

🍏 January is "Get Organized" Month (805) 388-1952x100 R
This workshop will arm you with a plan to de-clutter, purge, and feel great! \$20
Jan 21 (T) 3-4:30pm

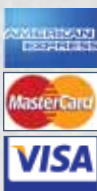
🍏 Social Skills For Kids Jill Moland, Psy.D. (805) 388-1952x100 R
This 5 week series is designed to help children 6-8 years old navigate socially with self-confidence—includes team building, friendships do's and don'ts, explore faces and emotions, bullying, role playing and class brainstorming. \$100
Feb 19-Mar 19 (W) 4-5pm (5 week series)

🍏 Tips for Selling Your Home (805) 388-1952x100 R
Get your house ready to go on the market by learning simple tips from a local, expert realtor that appeal to potential buyers. NC
Feb 20 (Th) 11am-12pm

UCLA Memory Training (800) 900-8582 R
The techniques in this course include strategies such as organization, association and imagery to make information more memorable. NC
Feb 4-Feb 25 (T) 10am-12pm (4 week series)

🍏 Vaccinations-Your Childs Immune System (805) 388-1952x100 R
Dr. Stephanie Smith NC
Are vaccines really necessary? This controversial topic has parents searching for answers. Are children who are not vaccinated susceptible to serious illness? Do they present a danger to children who have had their shots?
Feb 18 (T) 1-2pm

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. 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



Walk-in

3639 E. Las Posas Road, Suite 117, Camarillo

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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RADIATION
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Cancer Care Close to Home.

When you or your loved one is diagnosed with cancer, you do not need to face it alone. Our caring team will answer your questions, explain your options, and help you make the best choice. Our goal for over 30 years has been to eliminate cancer while preserving quality of life. However, the personal attention we give to our patients and their families is what truly makes the difference. Why spend precious time commuting, when you can have UCLA-level treatment close to home.

No cancer is routine—for you or for us. Let's face cancer together.



“Dr. O’Connor explained my options clearly, answered my questions, and was always ready for me on time. I would recommend Radiation Oncology Centers to anyone because I had such a good experience there.”



Timothy A.
O’Connor, M.D.

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