

Healthy ATTITUDES

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SUMMER 2016

Camarillo Health Care District QUARTERLY MAGAZINE

Award-winning Health Care District

Director of the Year

Ventura County Special
District Association

Oral Health Specialist of the Year

Ventura County Medical
Resource Foundation

Healthcare District of the Year

Association of California
Healthcare Districts

Allied Health Partner

Ventura County Medical Resource
Foundation

Innovative Program of the Year

California Special District Association



A MESSAGE FROM

KARA RALSTON, CHIEF EXECUTIVE OFFICER



"Excellence
is not a
spectator
sport.
Everyone's
involved."

—General Electric

This is going to be a startling statement...
get ready, but please keep reading!

What if we said we're not interested in meeting the expectations of the community?! That is most certainly a "trick" statement. We're very interested in your expectations... but we're more interested in exceeding them, rather than simply meeting them. In fact, "Exceeding the community's service expectations", is the final point in the District's Vision Statement, and is what continues to drive us toward excellence in each endeavor. This issue is dedicated to the outstanding work of the Board of Directors, Staff, programs and services...we hope you enjoy it!

The cover was initially designed to showcase an unprecedented series of awards recently bestowed upon the Camarillo Health Care District. And then a much deeper, parallel meaning emerged. The red-white-and-blue of the ribbon, symbolizing the colors of the American flag, spoke to the pioneering vision of dedicated leaders. The gold medal, representing the sacrificial commitment to excellence of top athletes, spoke to our team in their relentless pursuit of excellence. And the list of District awards is tangible representation of goals reached and dreams realized through teamwork and unwavering commitment to providing meaningful, life-changing service to the community.

Having the Board of Directors and Staff recognized throughout Ventura County as top visionary leaders, and being recognized throughout the State of California as the Health Care District of the Year and the Innovative Program of the Year, demonstrates our dedication to you, and underlines our commitment to bring you excellence.

Please enjoy this issue reading about these awards and what they mean for you and your family. If you haven't yet visited the District, please come.

And please, as always, let us know how we can be part of your life.

Kara

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Community Donor Provides Herb Garden at Adult Day Center

It is with great pleasure that we announce the receipt of a \$5,000 sponsorship from siblings John Gamble, Nancy Nguyen, Daniel Gamble, and Thomas Gamble, in honor of their parents, Bob and Pat Gamble. Opportunities to tend the garden offers a peaceful therapy, and will yield fresh, delicious herbs, which can enhance meal preparations, hot beverages, and be shared among clients. Thank you John Gamble, Nancy Nguyen, Daniel Gamble, and Thomas Gamble for honoring your parents in such a meaningful way!



The previous issue of the Healthy Attitudes magazine incorrectly listed the honorarium in the name of Don and Pat Gamble, which has been corrected to Bob and Pat Gamble. We extend our deep apologies.

"100 Women Who Care" Organization Donates \$2500 to Memory Café

The Ventura County Chapter of "100 Women Who Care" donated \$2500 for the Memory Café at the Camarillo Health Care District. Hosted in the Building Hope Adult Day Center, the Memory Café began in early 2016 to provide a gathering place for friends with memory loss, and their family caregivers, and to enjoy a meal and socialization. The supportive and non-pressure environment offers peer support, resources and education during the quarterly luncheon. The next Memory Café is Saturday, August 27. For more information, please see page 10. Thank you to "100 Women Who Care" for supporting this important Memory Café!



District Launches New Diabetes Program

Beginning in July, the District will begin a six-week, hands-on workshop to empower and educate individuals with diabetes, and their loved ones, in controlling symptoms and preventing complications. This evidence-based class was scientifically developed by the University of Illinois in Chicago, and includes instruction in self-blood sugar testing, meal planning, stress management, and exercise to effectively manage diabetes. See pages 4 and 10 for more details about this program and for registration information.

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Screenings

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13 Safety & First Aid
Pet Corner
Important Numbers



ON THE COVER

Learn more about your award-winning Camarillo Health Care District! See page 3 for more details.

GOING FOR GOLD

THE STANDARD IN COMMUNITY HEALTH SERVICES

July 1 is a little bit like New Year's Day for us here at the Camarillo Health Care District (District) as it's the beginning of our new fiscal year. In keeping with New Year's traditions, we also take time to review the year past, and as such, it is a great honor to share with our Ventura County community some of the programs and services that have recently received top honors, both locally and statewide. These awards represent pioneering vision and leadership from the Board of Directors and Staff...dedication and leading-edge innovation from a team of highly-skilled professionals...and ongoing, important, direction-setting feedback from an invested community.

In an earlier Annual Report, Senator Hannah-Beth Jackson Senate District 19, authored an article titled "Bringing Dignity to All Generations", and stated, *"My constituents rely on the local agencies on the ground to understand and respond to their individual needs. I am grateful that the Camarillo Health Care District is a model organization leading the way in California through innovative, patient-centered care."*

In that same report, Assembly Member Jacqui Irwin, California Assembly District 44, in an article titled *"Leading the Way in Outstanding Care for Our Older Population"*, stated, *"Over the decades, the district has responded to the needs of the community and continues to be on the leading-edge in community health and wellness, offering innovative programs and services to help caregivers, families and participants to be more connected."*

What a remarkable accomplishment to live up to that praise, and to be named California's Innovative Program of the Year, California's Health Care District of the Year, and more. Recognition of this caliber confirms that this health care district is a unique entity, a valued and respected community partner, and an innovative leader in meeting the needs of the communities.



83
AVERAGE
AGE OF
ADULT DAY
CLIENT

AWARDS
WON
THIS
YEAR!



Rod Brown, MBA
DIRECTOR TO THE YEAR
VC Special Districts Association



16,700
HOURS OF
SERVICE IN
ADULT DAY
CENTER

50,000
HOURS TO
CAREGIVERS



Healthcare District of the Year

Awarded by the Association of California Healthcare Districts

To be recognized as Healthcare District of the Year, a District must have implemented programs and/or services that have yielded direct and measurable benefit on the health and well-being of its residents. Camarillo Health Care District's innovative "Changing Aging" campaign began when the District resolved to change key paradigms about aging and create targeted programs to change the philosophy and practice of healthcare's relationship to aging.

- Care Transitions
- Caregiver Support, Education, & Training
- Evidence-based Health Promotion Programs
- Person-Centered Adult Day Support



284
PEOPLE WITH
IMPROVED
BALANCE



Scott Packham, DDS
ORAL HEALTH
SPECIALIST OF THE YEAR
VC Medical Resource Foundation

Allied Health Partner Award

Awarded by Ventura County Medical Resource Foundation

Recognized for exceptional efforts toward bringing innovative solutions and partnerships to issues of care transitions from hospital to home, caregiving and overall patient empowerment and care management, and lauded by the California Department of Aging for creating a unique approach to patient empowering programs, the District was named Allied Health Partner of the Year in Ventura County.

- Prototyping innovative models of partnerships
- Serving as community-based care "extenders" with physician groups, hospitals, accountable care organizations and health plans
- Award-winning service to fragile, socially complex, and chronically ill patients
- Partnering in the hospital-to-home continuum; improving patient care, enhancing patient experience, maximizing the return to health at home.



4,635
PEOPLE EDUCATED



*Mark Hiepler, Esq; Christopher Loh, MD; Rod Brown, MBA;
Scott Packham, DDS; Richard Loft, MD*

4,785
HOURS OF
RESPIRE



Innovative Program of the Year

Awarded by the California Special Districts Association

Innovative Program Award criteria includes originality of program, positive results, and a demonstrated improvement in the district's quality of service without significantly increasing costs. The District's newly renovated Building Hope Adult Day Center was selected for the 2015 Innovative Program Award! The Adult Day Center provides licensed adult day services, and is one of many programs and services offered on the District campus. The renovated Center represents a significant change in appearance and highlights a pivotal change in the philosophy and delivery of care, to include "person-centered" care and technology.



AWARD-WINNING EVIDENCE BASED PROGRAMS



The California Department of Aging states that California leads the nation in providing evidence-based classes, and praised the District for creating a unique, collaborative approach to adoption, implementation, and promotion of these patient-empowering education programs.

UCLA Memory Training 4 week series

Where ARE my keys? What IS her name... I've known her forever! Memory lapses like these happen all the time and for no good reason. Common memory complaints include forgetting where you parked, where you put things, and names. The techniques taught in this series include word or location association, routines and organization to create habits, and imagery to help enhance short term memory and make information easier to recall. UCLA studies have shown these are effective techniques in improving memory in older adults with normal, age-related memory challenges.

Diabetes Empowerment Education Program (DEEP) 6 week series

This empowering series, developed by the University of Illinois at Chicago for individuals with pre-diabetes or diabetes and their families, requires an "all-in" attitude as you'll be working with simulations of kidney functions, how blood "feels" different as blood glucose increases, and how your circulatory system is affected... all using creative everyday items that really get the point across! Discussion focuses on nutrition, physical activity, risk factors, and complication prevention to help you optimally manage your condition.

Matter of Balance 8 week series

This highly successful series to address falling was designed by Boston University to assist older adults who were beginning to limit their activities and scope of life, because they were afraid of falling. Proven methods taught in this "serious but fun" series helps you begin to reframe your brain about how you might be getting in your own way. Viewing falls as more controllable can increase confidence and assertiveness, and help you set goals for increased activity.

Chronic Disease Self-Management Program:

"Healthier Living" 6 week series

Have you checked what condition your condition is in, lately?! Nearly everyone lives with a chronic health condition and this award-winning program out of Stanford University is specifically designed to help you maximize your health status. Proven methods taught in this series can help you reduce fatigue, anxiety, and depression, and increase relaxation, sleep patterns and overall health outlook.

Arthritis Foundation's

"Walk With Ease" Walking Group 6 week series

If your joints hurt, the last thing you want to do is get up and do... anything! But that's exactly what this scientifically proven program recommends... keep moving! This multi-component program was developed by the Arthritis Foundation to help improve overall health and quality of life while reducing age-related aches and pains. In this program, you will create your customized walking plan to help keep muscles strong, joints stable, reduce pain and fatigue, boost energy and control weight. All exercise levels and assistive devices welcome!

Chronic Pain Self-Management Program 6 week series

Hopeless. Despairing. My pain is controlling my life. Does this sound like you or someone you know? Stanford University has intentionally designed this series to help people living with chronic pain find a way to manage their symptoms without minimizing realities, and to offer motivation for the challenges of daily living. This program can offer new hope, encouragement and support. For adults age 18 and older.

See page 10 for class details.

askus

Diving DEEP into Diabetes



By Blair Craddock, MPH
Health Promotion Manager
blairc@camhealth.com
(805) 388-1952 ext 133

My mother is diabetic and I just discovered I am pre-diabetic. What lifestyle changes can I make to avoid full-blown diabetes? What can I do to help my mother manage her symptoms and prevent complications?

ANSWER: What a great outlook you have...you get a standing ovation for taking such a proactive position! There are quite a few manageable lifestyle changes that can have a positive effect, and there are many great management tools for your mother. Let's break this down carefully so that we address both questions.

An Ounce of Prevention is worth a pound of cure! You've probably heard that before, and in this case it is really true. Here's the good news, according to the American Diabetes Association, you will not automatically develop type 2 diabetes if you have prediabetes. For some people with prediabetes, early treatment can actually return blood glucose levels to the normal range. The National Institute of Diabetes and Digestive and Kidney Diseases states that by losing weight and being more physically active, people can actually reverse insulin resistance and prediabetes, thus preventing or delaying type 2 diabetes. People can decrease their risk by

- eating a healthy diet and reaching and maintaining a healthy weight
- increasing physical activity
- not smoking
- taking medication as prescribed

This is not a diet! For diabetics and prediabetics, this goes deeper than "just a diet"...this becomes a way of life. Smart meal planning (*yes, it takes a little more effort but the payoff is worth it!*) will help both you and your mother control symptoms and prevent complications due to the disease. And healthy meal planning will not only help control diabetes symptoms, but it will also help protect your family from other chronic conditions such as heart disease, cancer, and stroke. Doing this in combination with exercise will give your family the boost it needs to get and keep blood sugar in check.



Diabetes Complications & Prevention. You are so right in being aware that serious complications can occur with unmanaged diabetes, including blindness, kidney failure and amputations. Diabetes can also put an individual at greater risk for other chronic conditions and is the number one risk factor for heart disease and stroke, according to the National Institute of Diabetes and Digestive and Kidney Diseases. If you are worried about complications caused by diabetes, please contact your physician right away.

Engage Your Social Support. By mobilizing friends and family around you in support of healthy decisions, not only are they helping you, but they're also improving their own health and reducing their risk for diabetes as well. Making such radical dietary changes require a commitment to changing one's lifestyle. The more support you have, the more likely you are to succeed!

Looking for more education on this topic? Join us for a six-week workshop called Diabetes Empowerment Education Program (DEEP) beginning Thursday July 21. This hands-on class provides empowering instruction to individuals with diabetes, and their loved ones, to control symptoms and prevent complications. (For more details see pages 4 and 10.)

Thank You for letting us shine

HOPE SPONSORS \$10,000-\$20,000

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Behzad Ourmazdi, MD

Brain Fitness Center
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Dining Hall

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Dennis & Margaret Travlos*

Jerry Zins*

Monica Teverbaugh &

dog Curley

Carol & Robert Goodkin

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City of Camarillo

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Foundation

The SCAN Foundation

Ventura County Area Agency

on Aging

Ventura County Community

Foundation

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HOW TO REGISTER

Internet

www.camhealth.com

Phone

805-388-1952, Extension 100

Walk-in

3639 E. Las Posas Road, Suite 117
Camarillo, California

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Views expressed by class facilitators are not necessarily those of the Camarillo Health Care District.

MINDFULNESS

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

NEW Finding Gratitude & Positive Thinking Jane Ivey, Msc.D. (805) 388-1952x100
Gratitude is an attitude, a choice that has a positive ripple effect on your entire well-being. People that are positive thinkers are healthier, less stressed and have more energy, and if you keep a gratitude journal you may feel better and be more optimistic!
Aug 15 (M) 7-8:30pm | R | \$20

NEW Understanding Your Dreams and Energy (805) 388-1952x100
Jane Ivey, Msc.D.
Your dreams are unique only to you; they draw from your personal life and experiences. Do you recognize in your waking life what you see in your dreams? What message are you missing? Join us in discussing dream interpretation in a fun, interactive way. Bring a curious mind and a recollection of dreams.
Sept 19 (M) 7-8:30pm | R | \$20

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

NEW Mindfulness with Danette Banyai (805) 388-1952x100
Mindfulness meditation classes. Healing with Mindfulness Meditation - always practical; always simple.

Forgiveness & Healing: Whether it's an old or recent hurt or resentment, whether it's for ourselves or for others, the act of forgiveness allows relief and freedom from the heaviness of sadness, despair and fear. Forgiveness and loving kindness practices heal the wounds and create more wholeness.
Aug 18 (Th) 6:30-8pm | R | \$20

Loving Kindness & Healing: A practice of loving kindness brings healing to body, heart and mind. Loving kindness is an ancient principle used in most types of meditation and yogas. Loving kindness from the heart of the heart. Practice and Learn.
Sept 15 (Th) 6:30-8pm | R | \$20

Healing Wounds: Trauma reactions (PTS) can occur from past or recent losses, betrayals, or physical, emotional or mental distressing experiences. They often pop up unexpectedly - old wounds seeking attention. Healing is possible; you can learn and practice acceptance, loving kindness, forgiveness and deep healing.
Oct 20 (Th) 6:30-8pm | R | \$20

SUPPORT GROUPS

Al-Anon Family Groups, Inc., Men's Stag Group Dino (818) 720-1462
Monday | 7-8:15pm

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

Al-Anon: How It Works Barbara (805) 558-2553
Tuesday | 7:15-8:15pm

Al-Anon Study Group Peter (805) 665-8382
Thursday | 7-8:30pm

Caregiver Support Group Jenica Polakow, MSW (800) 900-8582
Second and Fourth Friday of each month | 9:30-11am | District Offices
First & Third Wednesday of each month | 1:30-2:30pm | District Offices
Monday | 9:30-11am | Leisure Village (residents only)

Catch Your Breath (805) 677-5162
Last Friday of each month | 11:30am-1pm

Compulsive Eaters Anonymous-HOW Meg (805) 482-9623
Monday 6-7pm | Thursday | 5:30-6:30pm | Sat | 8:45-9:45am

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

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

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

Scleroderma Foundation Support Group Arline (805) 987-8236
Second Saturday of each odd numbered month (no meeting in July) | 10am-12pm

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

ADVOCACY

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

NEW ABCs of Estate Planning & Trusting Your Trustee (805) 388-1952x100
Regardless of your net worth, it is important to have a basic estate plan in place. Attorney, Annette Dawson-Davis will discuss estate planning, wills, trusts and probate! Learn tips to select a trustee, avoid family conflicts and protect your assets.
Aug 16 (T) 10-11am | R | \$10

NEW Do You See What I See? (805) 388-1952x100
Do you know the difference between low vision, visually impaired, and legally blind? Learn about the Braille Institute, its programs and services for low vision to no vision, and its menu of classes including self-defense, pottery, swimming, and cooking! Maximize remaining vision with practical skills and techniques to make daily life manageable. Low vision screening and demonstration of helpful tools designed for low vision.
Aug 25 (Th) 1-2:30pm | R | NC

NEW Consider the Conversation Dr. Lanyard Dial, LMVNA (805) 388-1952x100
An inspiring documentary film that examines how 21st century Americans live at the end of their lives. The film includes personal accounts from patients, family members, doctors, clergy and national experts on the physical, social and emotional issues related to dying.
Aug 10 (W) 6:30-8pm | R | NC

NEW The Rising Cost of Alzheimer's Disease (805) 388-1952x100
A panel of experts will discuss the heavy financial and emotional toll caregivers endure, often times at the expense of their personal retirement savings or the loss of personal belongings. Are there ways to alleviate these costs? Discussion will include various available alternatives.
Sept 15 (Th) 2-3:30pm | R | NC

NEW Directives & Dignity (805) 388-1952x100
Teri Helton from Livingston Memorial Visiting Nurse Association will discuss how to preserve dignity and provide peace of mind for you and your family. This interactive workshop is designed to facilitate conversation, when those you care about need you the most.
Sept 7 (W) 2-3:30pm | R | NC

Elder Legal Services (800) 900-8582
Schedule a confidential appointment with an elder law and estate planning expert.
Monday | 1-4pm | A | NC

Financial Planning 101 Robert Harrell, Financial Planner (805) 388-1952x100
Consult with a financial planner on various financial topics in a confidential session.
Third Monday of each month | 1-4pm | A | NC

Health Insurance Counseling & Advocacy Program (HICAP) (805) 388-1952x100
Trained counselors offer objective information and provide assistance relating to Medicare, Advantage Programs, Supplemental Medigap Plans, and Medicare Prescription Drug Plans.
First Friday, Second & Fourth Tuesday of each month | A | NC

NEW How Does a Reverse Mortgage Work? (805) 388-1952x100
How does a reverse mortgage work? Who is eligible? Is it the right choice for you? Broadview Mortgage will discuss how a reverse mortgage is different from a home equity loan, and how this can improve your quality of life in your retirement years.
Aug 11 (Th) 1:30-2:30pm | Nov 3 (Th) 1:30-2:30pm | R | NC

NEW Medicare Changes for 2017 (805) 388-1952x100
Health Insurance Counseling and Advocacy Program (HICAP) community educators will answer questions about Medicare and understanding your choices. Learn how to save money on healthcare and avoiding late-enrollment fees.
Oct 7 (F) 1:30-3pm | R | NC

NEW Preventive Services with Medicare...Free! (805) 388-1952x100
Health Insurance Counseling and Advocacy Program community educators will explain how free preventive services will help you stay healthy. Talk with your doctor about which free services are right for you.
Aug 26 (F) 1:30-3pm | R | NC

Taking Care of Tomorrow: Long-Term Care HICAP (800) 900-8582
Long-Term Care counseling is designed for individuals concerned about planning, providing, and paying for long-term care for themselves, spouse, parent or loved one.
Third Tuesday of each month 10am-1pm | A | NC

NEW Veterans Benefits Presentation (805) 388-1952x100
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 and elder abuse.
Sept 13 (M) 2-3:30pm | Nov 7 (M) 3:30-5pm | R | NC

NEW Virtual Dementia Tour - A Window Into Their World (805) 388-1952x100
This specially designed tour allows participants to experience what it is like for those with dementia. Whether you are a caregiver, spouse, parent, relative or friend of a person with dementia; the tour provides an opportunity to walk in their shoes and attain a deeper understanding of behavior and the daily struggles of performing routine tasks.
Aug 3 (W) 10-4pm | R | NC

What is a Village?

Camarillo Council on Aging is sponsoring this informational meeting to assess interest of Camarillo's seniors in the "Village" concept. The "Village" is a community-based membership organization focused on empowering older adults to live happily, healthfully and successfully in their own homes as they age.
Sept 27 (T) 5:30-6:30pm | R | NC

Feeling Isolated?
Senior Support Line
1-800-235-9980

NUTRITION

Apple-A-Day Café (805) 388-1952x168
Warm lunch served in a friendly, social and educational atmosphere. This service is available for those age 60 and over. Please RSVP.
Third Thursday of every month | 11:30am | R | \$3 suggested donation

Home Delivered Meals (805) 388-1952x168
Homebound residents, living in the greater Camarillo area, aged 60 and over, can have "ready to heat" meals delivered to their home. Call to apply.
Mon, Wed, Fri | 9:30-11:30am | R | \$3 suggested donation

Produce Day

In partnership with FOOD Share, participants can select from a variety of seasonal produce items, and receive health screenings. First come, first serve basis. Please bring your own bag.
Second Thursday of each month | 11am-1pm | Donations appreciated

EVIDENCED BASED PROGRAMS

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

Arthritis Foundation's® Walk with Ease-Walking Group (800) 900-8582

Learn to customize a walking plan to boost energy, keep muscles strong and joints stable, while controlling weight. Go at your own pace. Held at Arneill Ranch Park (Sweetwater Ave.)
Sept 12-Oct 21 (M-W-F) 9:30-10:30am | R | NC

Chronic Pain Self-Management Program (CPSMP) (805) 388-1952x100

CPSMP is a 6-week series designed to teach people with chronic pain practical skills to better manage their symptoms and provide motivation for the challenges of daily living. This program is for adults living with any ongoing pain due to illness or accident. Please call for date of next session.

Healthier Living (805) 388-1952x100

Do you have a chronic health concern or care for someone who does? This award-winning, Chronic Disease Self-Management Program (CDSMP) is based on research conducted at Stanford University. Take your first step to manage ongoing health conditions, with easy methods to reduce fatigue, anxiety, sleep loss and ensure a happier, healthier life.
Aug 9-Sept 13 (T) 1:30am-4pm | 6 week series | R | \$40

Matter of Balance (800) 900-8582

Have you fallen? Are you worried about falling? Join us to learn that falls are controllable, to discuss techniques to reduce concerns, and to set goals for increasing activity.
Jul 27-Sept 14 (W) 1:30-3:30pm | 8 week series | R | NC

NEW Diabetes Education Empowerment Program (DEEP) (805) 388-1952x100

Diabetes Education Empowerment Program is an evidence-based series developed by the University of Illinois in Chicago. This series includes diabetes basics, self-blood sugar testing, meal planning, stress management, preventing complications and exercise to effectively manage your disease. Space is limited.
Jul 21-Aug 26 (Th) 9:30-11:30am | 6 week series | R | NC

Diabetes Self-Management Program (DSMP) (805) 388-1952x100

This award-winning diabetes series, based on research conducted at Stanford University, is designed for anyone with Type 2 Diabetes. Methods taught will reduce fatigue, pain, stress, and fear by providing suggestions for exercise and healthy eating to effectively manage your disease and lead a happier, healthier life.
Please call for date of next session.

UCLA Memory Training (805) 388-1952x100

The techniques taught in this course, based on research at UCLA, include strategies of organization, association and imagery to make information easier to recall.
Aug 10-31 (W) 10am-12pm | R | \$40

CAREGIVERS

Adult Day Program (805) 388-1952x111

Enjoy a complimentary half-day at our state-licensed, award-winning Adult Day Program that offers support, comfort and stimulation 5 days a week for those who could benefit from additional supervision and social interaction during the day. Call for a reservation and to take a tour. See ad on page 7.

Care-A-Van Transportation Services (805) 388-2529

Care-A-Van offers door-to-door, non-emergency medical transportation service throughout Ventura County to accomplish medical visits and other activities of daily living. Call for additional information on service area, fees, and reservations.

Care Consultations (800) 900-8582

Are you, or a loved one, in a life transition and don't know where to turn? Our care coordinators will provide a personalized plan with vital links to community resources.
A | NC

Memory Café (800) 900-8582

A gathering for people affected by dementia, along with their families and caregivers.
Aug 27 (S) 11-12:30pm | Registration required | NC

Caregiver Support Groups Jenica Polakow, MSW (800) 900-8582

Intended for those who are the primary caregivers of loved ones.
Second and Fourth Friday of each month | 9:30-11am | District Offices
First & Third Wednesday of each month | 1:30-2:30pm | District Offices
Monday | 9:30-11am | Leisure Village (residents only)

Tools for Caregiving (805) 388-1952x100

Caring for a loved one can be overwhelming. In this series, learn from experts about the physical and emotional aspects of caregiving and the tools required to fulfill this demanding role, including legal issues, personal care, stress management and more. Worried about care for your loved one while you are in class? Ask about free respite care.
Jul 12-Aug 16 (T) 9-11:30 | 6 week series | A | \$40

Visit The Kroll Resource Library (800) 900-8582

The Kroll Library is a comprehensive library with specially selected resources related to caregiver duties and chronic disease. Check out a resource and enjoy our tranquil environment to relax and take time to learn more and be better prepared to manage you or your loved one's health.

FALL PREVENTION

NEW Check Your Balance (805) 388-1952x100

Have an expert assess your balance and give you tips for ways to keep you on your toes.
Aug 16 (T) 10-11:30am | R | \$10

Matter of Balance (800) 900-8582

Have you fallen? Are you worried about falling? Join us to learn that falls are controllable, to discuss techniques to reduce concerns, and to set goals for increasing activity.
Jul 27-Sept 14 (W) 1:30-3:30pm | 8 week series | R | NC

NEW Seated & Standing Beginning Ta'i Chi Chih® (805) 388-1952x100

Trouble standing? Wheelchair bound? This Seated & Standing Ta'i Chi Chih® series will strengthen your core muscles with zero-impact and maximum benefit! Accredited Instructor Barbara Freie will show you how to relax, stretch and focus on your inner-self while also improving balance and peace of mind, challenging yourself physically and spiritually. All ages are welcome to attend.
Aug 17-Oct 12 (W) 5-6:15pm | 9 week series | R | \$90

FITNESS

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

20/20/20 Monday Brenda Sullivan, Instructor (805) 388-1952x100
Designed to give you the best of three aspects of fitness: 20 minutes of cardio (aerobics), 20 minutes of muscle conditioning and 20 minutes of abdominal work and stretch.
Mondays 8:00am | Single class \$8 | 4 classes \$25 | R

Bone Builders Sylvia Fulton, Certified Instructor (805) 388-8333
Designed to improve balance, increase muscle strength and bone density.
This class is currently full. Please call instructor to be on wait list.

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

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

Mat Pilates with Aromatherapy Brenda Sullivan, Instructor (805) 388-1952x100
Start your day off right with this core based class, designed to improve muscle strength and flexibility with the use of essential oils to enhance inner awareness and peace of mind.
Wednesdays 8:00am | Single class \$10 | 4 classes \$35 | R

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

NEW Seated & Standing Beginning Ta'i Chi Chih® (805) 388-1952x100
Trouble standing? Wheelchair bound? This Seated & Standing Ta'i Chi Chih® series will strengthen your core muscles with zero-impact and maximum benefit! Accredited Instructor Barbara Freie will show you how to relax, stretch and focus on your inner-self while also improving balance and peace of mind, challenging yourself physically and spiritually. All ages are welcome to attend.
Aug 17-Oct 12 (W) 5-6:15pm | 9 week series | R | \$90

Ta'i Chi Chih® Barbara Freie, Accredited Instructor (805) 388-1952x100
Slow down and focus on your inner-self while improving balance, muscle strength and peace of mind. Challenge yourself physically and spiritually with this intermediate 4 week series.
Oct 19-Nov 9 (W) 5-6:15pm | 4 week Intermediate series | R | \$40

Yoga-Gentle Mikal Rogers, Instructor (805) 388-1952x100
Health benefits include improved flexibility, muscle tone, and stress alleviation. On the First Tuesday of every month the class will include a light walking aerobic session.
Tue 9-10am | single class \$10 | 10 classes \$80 | R

*Treat yourself to a therapeutic
massage or facial! see page 12*



SCREENINGS

NEW Balance Screening (805) 388-1952x100
Have an expert assess your balance and give you tips for ways to keep you on your toes.
Aug 16 (T) 10-11:30am | R | \$10

Caregiver Burnout Screening (805) 388-1952x100
Are you a family caregiver? Feeling overwhelmed? Learn more about what stressors could put your own health at risk. Screenings are 30 minutes.
Aug 25 (Th) 9am-12pm | A | \$10

NEW Denture Screening (805) 388-1952x100
Already have dentures or facing the prospect of getting them? Lee Schambach, DMD will be offering 50 minute appointments for consult, minor denture adjustments, oral cancer screening, and ultrasonic cleaning with complimentary denture brush and soaking cup.
Jul 15 (F) 10am-4pm | Aug 19 (F) 10am-4pm | Sept 16 (F) 10am-4pm | A | \$10

Dental Screening Eric S. Yum, DDS (805) 388-1952x100
Come and have a dental consultation and get answers to your questions.
Jul 20 (W) 10am-12pm | A | \$10

Depression Screening (805) 388-1952x100
Speak with a qualified counselor to learn if you show symptoms of depression. Understand more about your mood and learn what resources may help.
Aug 25 (Th) 9am-12pm | A | \$10

Family Immunizations / Shots / TB Testing (805) 988-2865
Program hosted in cooperation with St. John's Regional Medical Center.
Jul 12 (T) 3-5pm | Aug 9 (T) 3-5pm | Sept 13 (T) 3-5pm | A | Fees vary

Health Aware Screenings (805) 388-1952x100
Do you know your blood sugar levels, cholesterol level, blood pressure, and stroke risk? Screenings for these health related issues are performed by CMH staff at no charge.
Aug 1 (M) 12-3:30pm | A | NC

Hearing Screening Lance Nelson, AuD (805) 388-1952x100
Do you say "what" more than you should? Do you hear better in one ear than the other? It may be time for a hearing screening. No cleaning available.
Second Thursday of each month | 10:30-11:30am | A | \$10

Memory Screening Day at the District (805) 388-1952x100
Does your memory loss affect your daily life? What is normal age-related memory loss? Screenings conducted by Dr. James Sutton, Pacific Neuroscience Medical Group
Aug 10 (W) 1-2pm | A | \$10

Vision Screening (805) 388-1952x100
Has your vision changed over the years, making everyday tasks more difficult? Dr. Michael Freeland, OD will check your visual acuity and check for glaucoma.
Sept 30 (F) 2-3pm | A | \$10

BODY, MIND & STRENGTH

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

NEW Advances in Joint Replacement Surgery (805) 388-1952x100

Gregory Tchejyan, MD specializes in orthopedic surgery, sports medicine, knee, shoulder, joint replacement and minimally invasive surgeries. Voted Best Orthopedic Surgeon in the greater Los Angeles Area, discussion will focus on new technology and advances in surgeries to get you back in the game.

Oct 5 (W) 6-7:30pm | R | \$10

NEW Alzheimer's Disease & Memory Loss (805) 388-1952x100

Neurologist, Dr. Behzad Ourmazdi

The most common cause of dementia is Alzheimer's Disease (AD) which is the 6th leading cause of death for people over the age of 70 in the United States. Currently 50% of nursing home beds are dedicated to AD patients. Learn the symptoms, how AD is diagnosed and how it impacts our population's health.

Sept 28 (W) 6-7:30pm | R | \$10

NEW Are You At Risk? - Osteoporosis UCLA Jodi Ferro, MD (805) 388-1952x100

Osteoporosis can strike at any age, although the risk for developing the disease increases as you get older. UCLA physician, Dr. Jodi Ferro, MD will guide you through the diagnosis, treatment and prevention of osteoporosis.

Sept 27 (T) 6:30-8pm | R | NC

NEW Arthritis - Rheumatoid & Psoriatic (805) 388-1952x100

Rheumatoid arthritis affects 1% of the population, Psoriatic is half of that, yet both disorders may cause pain, deformity and disability. Dr. Martin Weiss, Rheumatologist, will discuss the diagnosis and best treatment of these disorders. Focus will be on the risks and benefits of the current medications that are commonly available.

Jul 20 (W) 6-7pm | R | \$10

NEW Conquering Clutter! Lori Gersh, Professional Organizer (805) 388-1952x100

Do you lack the motivation to get organized? Want to find things easily? Learn to reduce the stress and simplify your life with tips and tricks from the organizing pro! Whether you are moving, downsizing or just overwhelmed, this class is for you!

Aug 2 (T) 1-2:30pm | R | \$20

Counseling for Life's Transitions (800) 900-8582

Has a parent moved in with you? Looking to have better communication with your spouse? If you are having trouble managing life's transitions, short term goal-oriented counseling will help you learn the coping skills to realize your own resilience.

Call for appointment | 50 minute appointment | A | \$50

Dealing with Neuropathy Pain Michael Veselak, DC (805) 388-1952x100

Those who suffer from peripheral neuropathy know that the pain, tingling, and numbness in extremities are part of daily life, or are they? What causes this? Discussion will explore diet, nutrition, and new at-home remedies.

Jul 27 (W) 6-7pm | R | NC

NEW Detecting & Preventing Deadly Diseases (805) 388-1952x100

Dr. Steven Tenenbaum will explain how modern medicine has the tools to detect deadly diseases earlier than ever before. Discussion will focus on early detection, giving us the best chance at a long and healthy life.

Sept 20 (T) 6:30-7:30pm | R | \$10

NEW Dizziness, Vertigo & Vestibular Dysfunction (805) 388-1952x100

Vestibular dysfunction includes vertigo, dizziness, and disequilibrium. Gary L. Pearce, P.T., CCE will help you understand how they differ and how to communicate what you are feeling to your doctor in order to receive a correct diagnosis and treatment. Learn about new, exciting treatment options.

Aug 11 (Th) 6-7:30pm | R | \$10

Drumming For Health Brad Anderson (805) 388-1952x100

Group drumming may help to reduce stress, chronic pain, anxiety, and tension while giving the immune system a boost. (No experience needed, drums provided)

Jul 27 | Aug 24 | Sept 28 (W) 6-7:15pm | R | \$10

NEW Genetics 23 & Me Testing Michael Veselak, DC (805) 388-1952x100

Your body comes with a complete set of instructions...through your DNA. What are you looking for? Can the clinical outcome change? Learn how the testing works and how you can influence your genes. Nutrigenomics is the medicine of the 21st century.

Sept 21 (W) 6-7pm | R | NC

NEW How to Get a Good Night's Sleep (805) 388-1952x100

How you sleep affects your entire day, and those around you! Everyone wants to sleep deeper, better and longer. Sleep specialist Dr. Raj Bhatia will discuss sleep disorders and what you can do to sleep better and wake up with more energy.

Aug 9 (T) 6:30-7:30pm | R | \$10

NEW Leg Veins, Ultrasound Screening & Results! (805) 388-1952x100

Dr. Haimesh Shah

Leg cramps, swelling, aching and burning are all signs of poor vein circulation. Receive an ultrasound screening with instant results. Dr. Shah will discuss new treatments and the latest technology in venous disease with cosmetic benefits. Treatments are minimally invasive with virtually no down time. Please wear pants with loose fitting legs for ultrasound screening.

Jul 28 (Th) 6-8 | Aug 18 (Th) 6-7pm | R | \$10

Massage: Swedish, Pregnancy & (805) 298-3202

Deep Tissue Release Therapy

Lisa Ball, LMT has over 20 years of experience providing therapeutic massages to ease the pain of scar tissue, and sports related issues. Her expertise extends to Swedish massage, deep tissue, and rehabilitative massage, pregnancy massage, and lymphatic massages.

Tuesdays, Thursdays, Saturdays | A | 1 hr session: \$70 - 1 1/2 hr session: \$85

NEW Osteoporosis & Bone Density Screening with Results! (805) 388-1952x100

Would you like to find out if you are at risk of osteoporosis? Dignity Health St. Johns Hospital will provide free bone density screenings, provide your results and explain how to prevent osteoporosis.

Jul 20 (W) 1-2:30pm | R | NC

NEW Positive Psychology and the Effects on Aging (805) 388-1952x100

Dr. Barbara Thayer, Neuroscientist and lecturer from California State University, Channel Islands will discuss the power of positive thought and how it promotes longevity in ourselves, our loved ones and those for whom we provide care.

Sept 20 (T) 3-4pm | R | \$10

Reflexology Jane Ivey, Board Certified Reflexologist (805) 388-1952x100

Discover the art of manipulating reflex points on ears, hands, and feet for deep relaxation.

First Wednesday of each month | 10am-1:30pm | A

1/2-hour session: \$25 | 1 hour session: \$45

NEW Relax with Reiki Bea Lutterbeck, RN, Reiki Master Teacher (805) 388-1952x100

Reiki is a Japanese hands on healing practice that calms the mind, relaxes the body, and renews the spirit. Reiki healing sessions have been shown to reduce stress, anxiety, and depression. Reiki eases muscle tension and pain, improves sleep, and speeds healing.

Monday & Fridays 11am-6pm | A | 1/2-hour session \$45 | 1 hour session: \$60

NEW Stress Management Dr. Ronald Bale, Ph.D. (805) 388-1952x100

Stress can hit when you least expect it. Money, relationships, and your job can all be stressful situations. Dr. Ronald Bale will discuss symptoms for identifying your reactions to stress and life skills to help you manage these overwhelming feelings.

Oct 12 (W) 6-7:30pm | R | \$10

The Aging Brain Michael Veselak, DC (805) 388-1952x100

Discussion will focus on causes of brain inflammation, how to recognize the changes and how to improve this process. Learn how to perform your own neurological exam and slow down the degenerative and aging process.

Aug 17 (W) 6-7pm | R | NC

SAFETY & FIRST AID

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

NEW Babysitting Clinic 101 (805) 388-1952x100

Teens and tweens can learn to care for children of all ages and to handle emergencies in preparation for being the best sitter on the block!

Jul 11 (M) 5-6:30pm | R | \$25

CPR, First Aid & AED Jose Godinez, Certified Instructor (805) 388-1952x100

This basic course follows the American Heart Association guidelines.

Certificate is available upon completion of class.

Aug 1 (M) 5:30-9:30pm | Sept 26 (M) 5:30-9:30pm | R | \$65 | Materials \$18

First Aid & CPR for Teens & Tweens (805) 388-1952x100

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. Jose Godinez, Certified Instructor.

Jul 11 (M) 5:30-8pm | R | \$45 | Materials \$15

NEW Identifying & Preventing of Sepsis (805) 388-1952x100

Sepsis can have a potentially deadly outcome if not recognized early. It can happen to anyone at any time, even from a minor cut. Chad Panke, Regional Director of AMR Ventura/Gold Coast Ambulance will discuss how to recognize Sepsis early, and how to best prevent susceptibility to this silent and difficult to diagnose condition.

Sept 29 (Th) 6-7pm | R | NC

NEW Surviving a Stroke (805) 388-1952x100

Strokes are the 5th leading cause of death in America, making 1 of every 20 deaths stroke related. Chad Panke, Regional Director of AMR Ventura/Gold Coast Ambulance will discuss the signs and symptoms of a stroke and mini strokes. Learn about stroke prevention and what information first responders need to help a stroke victim.

Aug 16 (T) 6-7pm | R | NC

PET CORNER

NEW Can Your Pet Take Human Medication? Ask The Vet! (805) 388-1952x100

Dr. Margarita Garcia, DVM will answer questions about your pet's skin problems and simple home remedies, including human medications that are safe for your pet.

Sept 8 (Th) 12-1pm | R | \$10

Animals and Your Health: The Center for Disease and Control has established that simply petting a dog, for example, decreases both blood pressure and heart rate and appears to raise levels of serotonin, the neurotransmitter associated with feelings of happiness and well-being.

NEW Fleas & Ticks Are on Their Way! (805) 388-1952x100**Bonus - Nail Trimming!**

Dr. Battier, DVM will discuss the importance of flea, tick, and heartworm protection for your pets. Do shampoos work? What about natural remedies? Bring your pet for a complimentary nail trimming!

Jul 20 (W) 12-1pm | R | \$10

NEW Pets: Allergies & Arthritis (805) 388-1952x100

Does your pet's intense itching make them miserable? Arthritis & allergies are common problems in our four legged friends. Dr. Battier, DVM will discuss the latest treatment options that can keep your pet healthy and happy.

Sept 21 (W) 12-1pm | R | \$10

IMPORTANT NUMBERS

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

Adult Day Center & Support Services(805) 388-1952 x111

Award-winning, person-centered day program

Care Transitions Services (Hospital to Home)(800) 900-8582

Supporting well-prepared transitions from hospital to home

Care-A-Van Transportation(805) 388-2529

Door-to-door non-emergency service throughout Ventura County

Caregiver Respite, Education & Training(800) 900-8582

Training, resources, respite and options for family caregivers

Counseling Services – Legal, Financial, & Emotional(800) 900-8582

Confidential sessions with certified experts

Evidence-Based Programs(800) 900-8582

Rigorously tested programs scientifically proven to show results

Exercise Classes(805) 388-1952 x100

Cardiovascular, strength and flexibility classes for all levels

Fall Prevention & Home Modifications(800) 900-8582

Home safety through resources and education

Health Education, Promotion & Advocacy Classes (805) 388-1952 x100

Changing Aging through hundreds of classes offered each year

Health Screenings(805) 388-1952 x100

Variety of screenings and immunizations

Lifeline Personal Help Button(805) 388-1952 x120

Enhanced safety and independence, at the touch of a button

Custom Care Consultations(800) 900-8582

A personalized plan with vital links to community resources

Senior Nutrition Program(805) 388-1952 x168

Nutrition and socialization for homebound and active residents age 60+

Senior Support Line(800) 235-9980

Trained volunteers provide resources and friendly conversation

Support Groups(800) 900-8582

A wide variety of groups available at various times of the day

Volunteer Opportunities(805) 388-1952x112

Join the Acts of Kindness movement...give of your time and talent

Wellness & Caregiver Center of Ventura County (800) 900-8582

Free resources for caregivers and their loved ones

CALL NOW
to take advantage of
FREE
ACTIVATION

805-388-1952
ext. 120

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