

Healthy ATTITUDES

SPRING 2013

camhealth.com

FREE
Take One

Get Well. Stay Well. Live Well.

Add some spring
to your step with
**15 NEW
CLASSES**

See Inside

**Senior
Support Line**
1-800-235-9980

CAMARILLO HEALTH CARE DISTRICT

A MESSAGE FROM

Jane Rozanski, Chief Executive Officer

Congratulations to your Camarillo Health Care District...once again, recognized as a pioneering leader in quality, efficient and effective health care services!



The Camarillo Health Care District has been named the Community Based Organization partner in Ventura County's **Community-based Care Transitions Program**, in cooperation with the Ventura County Area Agency on Aging, and as such, is the **only health care district** to be so-named in the entire State of California! Through this partnership, the program is made available throughout Ventura County hospitals.

Community-based Care Transitions Program is a federal program initiated by the Center for Medicare and Medicaid Services (CMS), which focuses on reducing avoidable readmissions to the hospital within 30 days of being discharged. Locally, Ventura County serves over 4,770 Medicare beneficiaries each year...preventing avoidable readmissions saves \$12,000 per patient to the Medicare systems, and helps our hospitals avoid penalties.

The Camarillo Health Care District was selected as the partner, due to our initiation of a Care Transitions Pilot Program, one year ago with St. John's Pleasant Valley Hospital, Community Memorial Hospital, and Simi Valley Adventist Hospital. With a 72% success rate in reducing avoidable readmissions, the Camarillo Health Care District was a clear choice as a partner.

HOW IT WORKS

The Care Transitions Program works in conjunction with your doctor's plan and is available in Ventura County hospitals. The following briefly describes how it work:

- The Care Transitions Coordinator visits you in the hospital, while you're planning to be discharged, and gives you your Personal Health Record booklet.
- The Care Transitions Coordinator will schedule a home visit with you.
- During your home visit, the Care Transitions Coordinator discusses your health goals, reviews your medications and follow-up medical appointments, and ensures that you have a plan of action in accordance with the physician's plan
- The Care Transitions Coordinator then maintains telephone contact with you during that 30-day period to discuss your successes and encourage you to continue in your health plan of action.
- Success is helping you to maintain your doctor's Plan of Care for you in such a way that you don't have to *unnecessarily* go into the hospital!

Not only does the Care Transitions Program empower you and assist you in accessing resources to help you be successful, it is also available **at no charge** to you! Be sure to mention that you would like to have a Care Transition Coordinator assigned to you before you are discharged. It's easy and you will certainly feel confident in returning home!

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

<p>🍏 Benefits of A Community-Based Dementia Screening Program (805) 388-1952 x 100 R NC Aaron McMurtray, MD, PhD UCLA David Geffen School of Medicine Learn how to evaluate the economic costs and benefits of community based disease screening programs using the Camarillo Health Care District Community Based Dementia Screening Program as an example. May 23 (Th) 6:30-7:30pm</p> <p>🧡 Elder Legal Services at the Resource Center (800) 900-8582 A NC Talk privately with a legal expert experienced in elder law and estate planning and discover what legal tools might help you provide care for a loved one. Mondays • 1-4pm</p> <p>🧡 Estate Planning Annette Dawson-Davis, Attorney (800) 900-8582 R NC Prevent your loved ones from having to deal with property issues after your death. Tuesdays • Apr 9, 4-5pm • May 14, 1-2pm • Jul 9, 10-11am</p> <p>🧡 Financial Services at the Resource Center (805) 388-1952 x100 A NC Third Monday of each month • 1-4pm</p> <p>🧡 Health Insurance Counseling & Advocacy Program (HICAP) Presentations (805) 388-1952 x100 A NC Presented by the Ventura Health Insurance Counseling and Advocacy Program (HICAP) for the County of Ventura Area Agency on Aging. Apr 25 (Th) 1-3pm Medicare Fraud, Learn to Protect Yourself, Review Changes Jun 20 (Th) 1-3pm Medicare and Its Parts - Is it Working for You?</p>	<p>🧡 Health Insurance Counseling and Advocacy Program (HICAP) (805) 388-1952 x100 A NC Individual counseling by the Ventura Health Insurance Counseling and Advocacy Program (HICAP) for the County of Ventura Area Agency on Aging. First and Third Friday, Second and Fourth Tuesday of each month</p> <p>🧡 LIFE - Legal Information for Elders (800) 900-8582 R NC Presented by Ventura County Area Agency on Aging and Grey Law of Ventura County, Inc. Be sure your Legal Checklist is up to date. May 13 (M) 10am-1pm</p> <p>🍏 Someone Has Died! What Now? (805) 388-1952 x100 R NC Cheri Elson, Attorney This class will discuss estate administration and California laws, everything from filing documents to the value of the estate. Jun 17 (M) 6:30-8pm</p> <p>Veterans Benefits Presentation (805) 388-1952 x100 R NC Mike McManus, County of Ventura-Veterans Services Officer 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 much more. Apr 24, Jun 26 (W) 1-2:30pm</p> <p>🍏 What Happens If I Don't Die? Cheri Elson, Atty (805) 388-1952x100 R NC There are laws in place to protect you and your assets if you are incapacitated. Jun 24 (M) 2-3:30pm</p>
---	--

District Services

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

<p>Adult Day Program (805) 388-1952 x 111</p> <p>🧡 Advocacy, Legal & Financial Resources (800) 900-8582</p> <p>🧡 Care Consultation (800) 900-8582</p> <p>🧡 Care Transitions (800) 900-8582</p> <p>🧡 Caregiver Education & Training (800) 900-8582</p>	<p>🧡 Chronic Health Issues (800) 900-8582</p> <p>Community Health Education (805) 388-1952 x 100</p> <p>Facility Rentals (805) 388-1952 x 116</p> <p>Lifeline of Ventura County (800) 242-1306 x 4632</p> <p>Screenings & Immunizations (805) 388-1952 x 100</p>	<p>Senior Meal Program (805) 388-1952 x143</p> <p>Senior Support Line (800) 235-9980</p> <p>Support Groups (805) 388-1952 x 100</p> <p>Transportation Services (805) 388-2529</p> <p>Volunteer Opportunities (805) 388-1952 x 116</p>
--	---	--

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

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

Safety & First Aid

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

<p>AARP Driver's Safety Program for Older Drivers (805) 388-1952 x100 R This eight-hour class is designed to refine existing skills and develop safe, defensive driving techniques. Apr 12, 19 (F) 12-4:30pm (Two sessions) Please make checks payable to AARP at time of first class.</p> <p>AARP Safe Driver Refresher Course (805) 388-1952 x100 R This refresher course is designed for the driver who has completed the AARP eight-hour Driver Safety Program. Jun 14, 21 (F) 12-4:30pm Please make checks payable to AARP and pay at time of first class.</p>	<p>Basic Life Support (BLS) Jose Godinez (805) 388-1952 x100 R For healthcare professionals in life-threatening emergencies. Jun 10 (M) 5:30-9:30pm Material Fee \$12</p> <p>🍏 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, caring for a shock patient, burns, and more. Apr 22 • May 6 • Jun 3 (M) 5:30-9:00pm Material Fee \$15</p> <p>Personal Safety Deputy Mario Molina, Camarillo PD (805) 388-1952 x100 R NC Includes fraud, identity theft and prevention, personal safety, and home security. May 7 (T) 1-2:30pm</p>
---	---

Support Groups

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

- 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 in a family member.
Thursdays • 7-8:15pm
- Anxiety Support Group** Diana Wightman, LMFT (805) 302-5335 R
Develop a solid understanding of anxiety symptoms and how to
overcome their effects in a supportive and encouraging environment.
First and Third Thursday of each month • 5:30-7pm \$20
- Autism Support Group** (805) 388-1952 x100 R
Jeffery Hayden, Ph.D., BCBA-D NC
Learn valuable information about raising a child diagnosed with autism spectrum
disorder. Share experiences, receive support, and learn tools to help with caring
for an individual with ASD.
Third Monday of every month • 5:30-7pm
- Brain Injury Survivor and Family Support Groups** (805) 482-1312
Joan Moore, 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.
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** Joseph A. Cabaret, MD (805) 388-1952 x100
Share your experience, strength, and hope with other pain
sufferers and learn to better cope with your pain.
Third Wednesday of each month • 5:30-6:30pm
- Parkinson's Disease Support Group** (805) 482-2151 Susan
This group is open to those afflicted with Parkinson's disease, loved ones, and caregivers.
Fourth Tuesday of each month • 2-4pm
- Peripheral Neuropathy Support Group** Dr. Veselak (805) 388-1952
For anyone who has difficulty walking due to nerve pain.
Third Thursday of each month • 2-3pm
- Raising Grandchildren or Other Relative Children: A Resource and Support Group** (805) 643-1446
www.kidsandfamilies.org
Presented by Kids and Families Together in partnership
with the Moorpark Community College Foster & Kinship Care Education Program.
Second and Fourth Thursday of each month • 9-10:30am
- Scleroderma Foundation Support Group** (805) 987-8236 Arline
For Scleroderma patients and their families. (818) 991-7342 Bob
Second Saturday of each odd numbered month • 10am-12pm (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

Caregivers

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

- Autism Support Group** (805) 388-1952 x100 R
Jeffery Hayden, Ph.D., BCBA-D NC
Learn valuable information about raising a child diagnosed with autism spectrum
disorder. Share experiences, receive support, and learn tools to help with caring
for an individual with ASD.
Third Monday of every month • 5:30-7pm
- 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 Decisions for Aging Parents** (800) 900-8582 R
Eileen Gold, MA NC
Designed to present an innovative approach to managing the challenge of caregiving.
Jun 5 (W) 6:30-8pm
- Spirituality for Caregivers** Brock Travis (800) 900-8582 R
Apr 9 (T) 6-8pm Learn coping skills and self care versus fatigue and confusion. NC
May 14 (T) 6-8pm Learn how to ease doubts, fears, grief, anger and guilt.
Learn how to prevent burnout.
Jun 11 (T) 6-8pm Learn how to deal with life changes and end of life.
- Tools for Caregiving** Sharon Tattelman (800) 900-8582 R
Especially for caregivers...learn to understand the NC
physical and emotional aspects of aging.
May 16- Jun 20 (Thu) 9am-12:30pm (Six week series)

Lifestyle

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

Alzheimer's: The 10 Warning Signs (805) 388-1952 x100 R
 Rosemary F. Gordon, MBA NC
 This family education program aims to increase awareness of the warning signs of Alzheimer's and the benefits of early detection and early diagnosis.
 Apr 23 (T) 10-11:30am • Jun 18 (T) 4:30-6pm

Anti Aging and Longevity for all Ages (805) 388-1952 x100 R
 Dustin Siena, L.Ac. \$10
 This class will introduce you to the basics of eastern medicine, including how activity, Acupuncture, 5,000 year old herbal formulas, lifestyle, meditation, and nutrition can make a powerful impact in achieving radiant health.
 May 22 (W) 6:30-8pm

🍏 Autoimmune & Gluten Sensitivity (805) 388-1952 x100 R
 Dr. Michael Veselak NC
 Learn the reasons behind the rise in gluten sensitive patients. See why you still have symptoms of fatigue, heartburn and pain while lab tests are normal.
 May 20 (M) 5:30-7pm

Call it Quits! Smoking Cessation Series (805) 652-3306 Claudia R
 Ventura County Public Health Department – Tobacco Education Program NC
 Apr 30-Jun 18 (T) 5:30-6:30pm (Eight week series)

🍏 Cancer Program Series: (805) 388-1952 x100 R
Caring, Coping & Curing Cancer NC
 The Ventura County Public Health Care Agency is presenting a monthly series on cancer
 Apr 17 (W) 6-7:30pm The Role of Imaging: Cancer Diagnosing and Staging
 May 15 (W) 6-7:30pm Skin Cancer: prevention and treatment with a focus on melanoma.
 Jun 19 (W) 6-7:30pm Radiation Therapy: learn how and why radiation treats cancer.

🍏 Chronic Neuropathy Workshop (805) 388-1952 x100 R
 Dr. Michael Veselak NC
 Do you suffer from burning, tingling, and cramping in your feet and hands?
 Learn the latest research and therapies for rehabilitation of the small nerve fibers.
 Apr 23 (T) 12-1pm

🍏 Consider the Conversation (805) 388-1952 x100 R
 Lanyard K. Dial, MD, LMVNA & Hospice President NC
 An inspiring documentary film that examines how 21st century Americans live at the end of their lives.
 May 6 (M) 11am-1pm

Consider the Conversation: Step Two (805) 388-1952x100 R
 Lanyard K. Dial, MD, LMVNA & Hospice President NC
 Come learn how to preserve dignity and provide peace of mind for you and your family in an interactive workshop. Express desires when you are unable to speak.
 May 21 (T) 12-1:30pm

Diabetic Conversation Maps (800) 900-8582 R
 Amber Wong, RN, MN, CDE NC
 Conversation Maps are self discovery learning tools that engage those with diabetes on self management issues.
 Apr 24 - May 29 (W) 9:30-11:30am (Six week series)

Diabetes Jasmine Razeghi, Pharm D (805) 388-1952 x100 R
 Learn about diabetes, how it is treated, diabetic \$10
 medications, side effects, drug interactions and more.
 May 29 (W) 1-2pm

Hair Loss Solutions Kiley Hartwich (805) 388-1952 x100 R
 You will learn about non-invasive, nonsurgical methods of hair replacement. \$10
 May 21 (T) 6:30-7:30pm

Headache Management Brigitte Lovell, DMD (805) 388-1952 x100 R
 This class will include the warning signs and diagnosis of pro-facial pain and \$10
 the persistent discomfort in the head, jaw, neck and shoulders as well as treatment options available.
 May 9 (Th) 2-3:30pm

🍏 Hyperbaric Oxygen & Wound Healing, When, How & Why It Works Dr. Glodowski (805) 388-1952 x 100 R
 Learn the latest in hyperbaric oxygen treatment for wound care and preventing NC
 further complications.
 Apr 30 (T) 6-8pm

Inflammation (805) 388-1952 x 100 R
 Jessica McGrath, Certified Holistic Health Coach \$25
 Learn about the causes of inflammation and how specific foods can affect the body. This class will incorporate cooking demonstrations and sample tastings.
 May 7 (T) 6-8pm • Jun 3 (M) 6-8pm These are two separate classes.

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 • 6-8pm
 Third Thursday of each month • 6-8pm

🍏 Personal History Workshop: Write Your Life! (805) 388-1952 x100 R
 Dana Tibbitts, Author, Personal Historian \$25
 Learn to write your personal history as a legacy to those you love. Explore the tools for sharing milestones, key memories, defining moments, and life's lessons.
 Jun 1 (S) 1-3:30pm

Reinventing Your Life After 50 (805) 388-1952 x100 R
 Barry F.T. Bolker, PhD, CFP(R) Gloria M. Miele, PhD 10
 Come explore the opportunities for a fulfilling life after 50.
 Jun 4 (T) 6:30-8pm

🍏 Reverse Mortgage Carlos Camargo (805) 388-1952 x100 R
 Learn what a Reverse Mortgage is, who qualifies, and what properties are eligible. NC
 Find out if this is a good fit for you and your family.
 May 7 (T) 6-7pm

See the Pharmacist Jasmine Razeghi, Pharm D (805) 388-1952 x100 A
 Bring in all of your medications you are currently taking and the NC
 Pharmacist will answer any questions you have about your prescriptions.
 May 22 (W) 1:30-2:30pm

Solutions to Stress Related Health Issues (805) 388-1952 x100 R
 Michael Roth, DC \$10
 Learn to identify the different stages of stress, ways to reduce stress, what causes it, and how it affects our health!
 Jun 18 (T) 11-12:30pm

Trigger Point Therapy Dr. Adam Story (805) 388-1952 x 100 R
 Learn this self help method that may help decrease NC
 pain from headaches, neck pain and back pain.
 May 21 (T) 6:30-7:30pm

Body, Mind & Strength

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

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

Arthritis Foundation Walk with Ease - Walking Group (800) 900-8582 R
 Developed by the Arthritis Foundation to create a customized walking plan to stay NC
 motivated, keep muscles strong and joints stable, boost energy, and control weight.
 Go at your own pace. Held at Arneil Ranch Park (Sweetwater Ave.)
 May 6- Jun 17 (M,W,F) 9-10am (no class May 27)

Body Mind Connection Michael Roth, DC (805) 388-1952 x100 R
 Learn how symptoms correlate with your brain and your organs. NC
 Apr 29, Jun 24 (M) 6-7:30pm

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

Chronic Disease Self-Management Program (800) 900-8582 R
 Join others in learning how to manage ongoing health conditions. NC
 Apr 17-May 22 (W) 9-11:30am (Six week series)

🍏 Classical Yoga Lorraine Crane, RYT (805) 388-1952 x100 R
 Learn classical Iyengar, Ashtanga, and Vini-Yoga Single session \$10
 Instructional modifications to any level. 5 classes \$45
 Wednesdays • 5:15-6:30pm 10 classes \$90

Clogging Evy Eisele, Instructor (805) 388-1952 x100 R
 Designed for fun and aerobic activity, and you may Per session \$5
 dance at your own pace!
 April 3-24 (W) Beginners 6-6:45pm • Easy 6:45-7:15pm • Intermediate 7:15-8pm
 May 1-29 (W) Easy 6-7pm • Intermediate 7-8:15pm
 June 5-26 (W) Easy 6-7pm • Intermediate 7-8:15pm

Facials Kim Jones, Esthetician (805) 388-1952 x100 A
 A facial will cleanse, extract, exfoliate, and bring a wonderful glow to your skin. \$55
 First and Second Wednesday of each month • 3-7pm

Facials for Pre-Teen/Teen Kim Jones, Esthetician (805) 388-1952 x100 A
 Start your teen or pre-teen with proper hygiene for their skin. \$35
 First and Second Wednesday of each month • 3-7pm (Ages 11-16)

🍏 Forgiveness Workshop Diana Wightman, LMFT (805) 302-5335 R
 This workshop will guide you through the techniques of managing hurt and anger, \$20
 while reducing depression. Learn positive emotional refocusing.
 Apr 24, May 22, Jun 26 (W) 5:30-7pm

🍏 1, 2, 3 Gluten Free for Kids & Adults! (805) 388-1952 x100 R
 Crystal Dodson, Cert. Holistic Health Coach \$10
 Learn what gluten is and how to create a happy and healthy life for everyone.
 May 8 (W) 6:30-7:30pm • Jun 4 (T) 12-1pm

HealthRHYTHMS Group Drumming Brad Anderson (805) 388-1952 x100 R
 Create music in the moment with an emphasis on Per session: \$10
 the healthful aspects of adult group drumming.
 Apr 8, 22, May 13, Jun 3, 17 (M) 4-5:15pm

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

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

Matter of Balance (800) 900-8582 R
 This program emphasizes practical strategies to manage falls and improve balance. NC
 May 22 (W) 12-2pm • May 29-Jul 10 (W) 10am-12pm (Eight week series)

Mini-Dental Implants Charles Scholler, DDS (805) 388-1952 x100 R
 Come learn how you can have one or more teeth replaced quickly, painlessly \$10
 and at less expense with the use of mini dental implants.
 May 17 (F) 10-11am

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

Saving Your Brain Eileen Gold, MA (800) 900-8582 R
 You will learn 10 lifestyle strategies to preserve and enhance brain function. NC
 May 15 (W) 1-2:30pm

🍏 See For Yourself - An Eye Opening Guide to Vision Correction Paul Dougherty, MD (805) 388-1952 x100 R
 Learn the latest technology for both Lasik and cataract surgery. Explore NC
 what the future holds and the misconceptions.
 Apr 25 (Th) 6-8pm

Stroke and Acupuncture Kyung H. Lee, Ph.D (805) 388-1952 x100 R
 Learn about the benefits of Acupuncture and the importance and NC
 benefits of herbs to treat many conditions.
 May 24 (F) 4-5pm

T'ai Chi Chih® Barbara Lippert, Instructor (805) 388-1952 x100 R
 Learn slow, gentle movements that build muscle strength and \$80
 improve your balance without stressing your joints.
 Apr 17-Jun 12 (W) 6-7:15pm (Eight week series) Beginners (No class May 22)

The Power of Positive Thought (805) 388-1952 x100 R
 Jane Ivey, Board Certified Reflexologist R
 Techniques explored to enhance positive thinking. We will also look at our \$30
 energy field and how dreams may contribute to our positive thoughts.
 Apr 22, 29, May 6 (M) 6:30-8pm

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
 Apr-May-June (M, T)

UCLA Memory Training (800) 900-8582 R
 The techniques in this course include strategies such as organization, NC
 association, and imagery to make information more memorable.
 Not intended for people with dementia
 May 7- May 28 (T) 9:30 -11:30am (Four week series)

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

Screenings

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

Blood Pressure Screening For individual screening of hypertension and any questions you may have regarding your blood pressure.	(805) 388-1952 x100	A D
Blood Sugar Testing The test is done with a simple finger stick.	(805) 388-1952 x100	A D
Cholesterol Screening If you do not know your cholesterol level, now is the time to have it checked.	(805) 388-1952 x100	A D
Dental Screening Eric S. Yum, DDS Come and have a dental consultation and your questions answered. Apr 10, May 22, Jun 26 (W) 12-2pm	(805) 388-1952 x100	A \$5
DIABETESaware In cooperation with Community Memorial Hospital Apr 15, May 20, Jun 17 (M) 2-4:30pm	(805) 388-1952 x100	A NC
Family Immunizations In cooperation with St. John's Regional Medical Center Shot fees vary, call for information. Apr 9, May 14, Jun 11 (T) 3-5pm	(805) 988-2865	A

Foot Screening Craig Parent, DPM Concerned about your foot problems? Come and have your feet examined and your questions answered. Apr 30, Jun 18 (T) 9-11am	(805) 388-1952 x 100	A \$5
Hearing Screening and Seminar Ron Roberts This informational seminar will explain the latest advances in hearing aids. Apr 25, May 23 (Th) 1-3pm	(805) 388-1952 x100	R \$5
Memory Screening Day at the District James Sutton, MD, Pacific Neuroscience Medical Group Are you becoming more forgetful? You may benefit from a memory screening. Second Monday of each month • 1-3pm	(800) 900-8582	A NC
STROKEaware In cooperation with Community Memorial Hospital Apr 15, May 20, Jun 17 (M) 2-4:30pm	(805) 388-1952 x100	A NC
Tuberculosis (TB) Testing To have your test results read, return on the following Thursday 4-5pm. Second Tuesday of each month • 4-5pm	(805) 988-2865	A \$20



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.

BOARD OF DIRECTORS

Peggy O'Neill, R.N.
President
805.504.3848

Rod Brown, M.B.A.
Vice President
805.388.1513

Mark Hiepler, Esq.
Clerk of the Board
805.988.5833

Richard S. Loft, M.D.
Director
805.484.4651

STAFF

Jane Rozanski
Chief Executive Officer
805.482.9382

Kara Ralston
Chief Operations Officer

Sue Tatangelo
Chief Resource Officer

Sonia Amezcua
Human Resources Officer

Monica Teverbaugh
Editor
805.388.1952



LEADING THE WAY IN VENTURA COUNTY SINCE 1979.

RADIATION
ONCOLOGY



Exceptional Cancer Care

When you or a loved one is diagnosed with cancer, you don't have to face it alone. Our UCLA trained doctors will answer your questions, explain your options, and help you preserve your quality of life. The personal attention we give to our patients and their families is what truly makes the difference. We are here for you, close by, right where you need us.

Let's face cancer together.

*"I felt the entire team
was there for us, that we
could really count on them."*

— Prostate Cancer Patient • CAMARILLO



Timothy A.
O'Connor, M.D.

1700 NORTH ROSE AVENUE
SUITE 120, OXNARD
805-988-2657

5301 MISSION OAKS BLVD.
SUITE A, CAMARILLO
805-484-1919

www.rovc.com



Henry Z.
Montes, M.D.

■
Se habla Español.

