

Healthy ATTITUDES

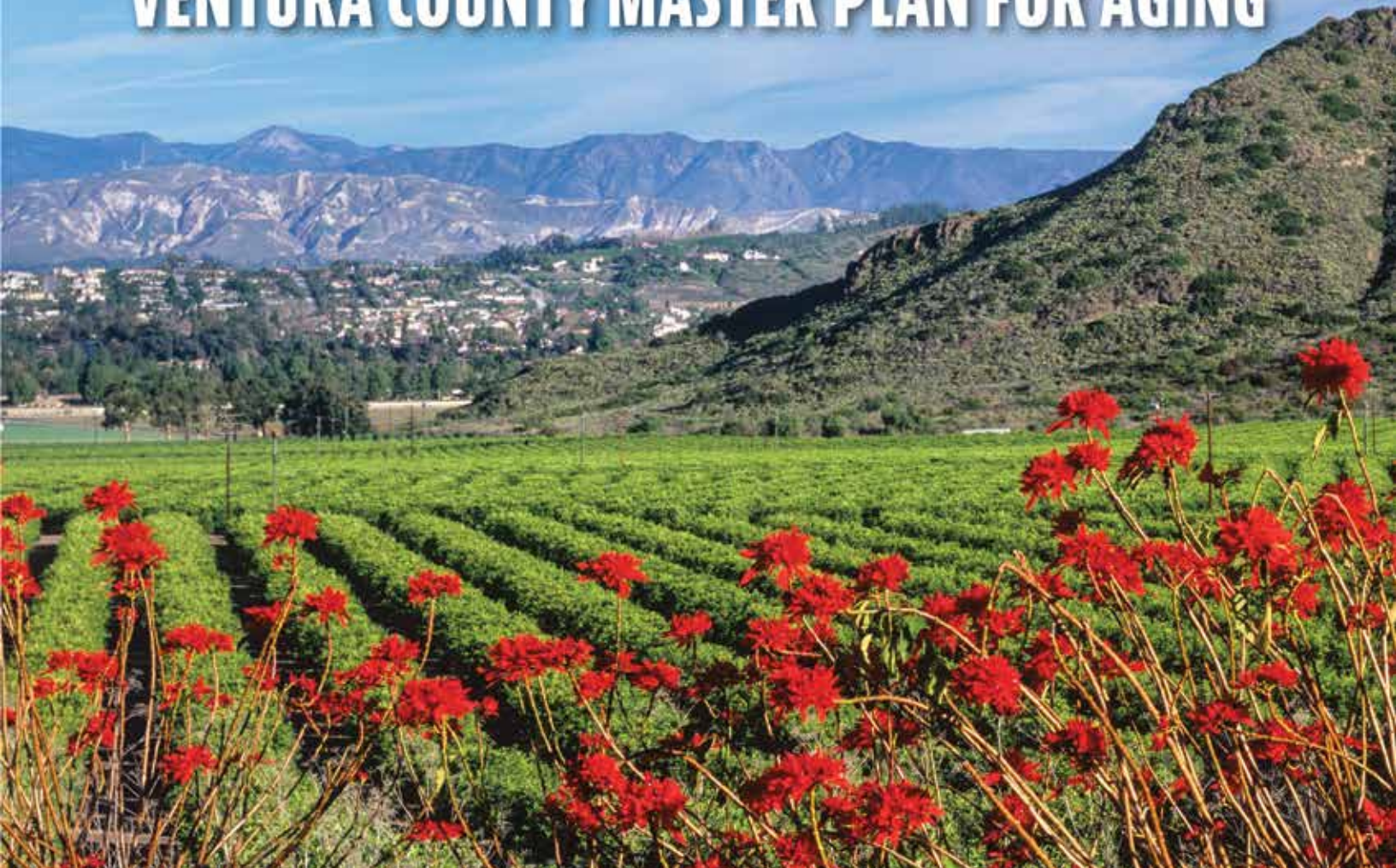
camhealth.com

JANFEBMAR 2020

Camarillo Health Care District QUARTERLY MAGAZINE

PLANNING TOGETHER

VENTURA COUNTY MASTER PLAN FOR AGING





Master Plan for Aging

For tomorrow belongs to the people who prepare for it today
— African proverb

When it comes to planning, there are as many different ideas of what and how to plan, as there are people on the planet. Some people plan and study, and study and plan...and end up in "analysis paralysis". Others may plan for a school exam the next morning by cramming all night...and then oversleep their alarm. Sometimes either or both of those methods can actually work out, but what we do know is that consistent, thoughtful, and long-term investment toward a "goal" is the surest bet toward success.

Famous investor Warren Buffet said, "Someone's sitting in the shade today because someone planted a tree a long time ago." I really appreciate this analogy as it is very easy to understand that when you plant a young tree, you know you're in it for the long game. Perhaps this is why the Camarillo Health Care District has been so invested in doing what is needed now, in order to address the needs of the community in the future. As part of our investment, we recently participated in an alliance that brought community and statewide stakeholders together for a forum to discuss California Governor Newsom's executive order calling for the creation of a Master Plan for Aging, in light of California's over-65 population which is projected to grow to 8.6 million by 2030.

Working toward building an age-friendly California, the focus will "go beyond just the health and human services area. The academic research is clear: underlying social factors, such as transportation and housing, have a significant impact on an individual's health outcomes and well-being."

Governor Newsom also said that "it must address person-centered care, the patchwork of public services, social isolation, bed-locked seniors in need of transportation, the nursing shortage, and demand for In-Home Supportive Services that far outpaces its capacity."

We were honored to serve as a community-based stakeholder at the forum and remain committed to partnering a "master plan" for the benefit of all.

Happy, healthy, strong, committed New Year!

Kara

**District Celebrates 50 Years of Service
1969-2019**

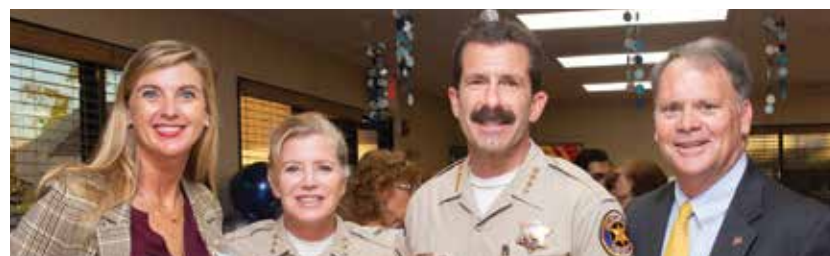
Camarillo Health Care District celebrated 50 years of service during an Open House celebration in November which featured the award-winning Adult Day Center



Representatives from Congress, Senate and Assembly

and Caregiver Center, as well as meeting rooms, classrooms, exercise rooms, and the library.

Camarillo Health Care District was established in 1969, and has served the ever-increasing community health needs since then. In the early 1990s, by act of the California State Legislature, and in recognition that health care is effectively served beyond hospital walls, the name "hospital district" was changed to "health care district", and services were expanded to include community-based health and wellness programs. The District has become recognized as a model health care district in the State of California and nationally for the effective and innovative services offered, and known locally for its friendly, customer-oriented environment.



L-R: 3rd District Supervisor Kelly Long, Undersheriff Monica McGrath, Sheriff Bill Ayub, Camarillo Mayor Tony Trembley

Over the course of the past five decades, Camarillo Health Care District has achieved national, state and local recognition as a model health care district, an effective and preferred contract partner in community health, and an innovator and pioneer in care management, social risk factors (social determinants of health), chronic disease management, caregiver services and training, and health promotion and education.



District CEO Kara Ralston

It was a standing-room-only event and we thank you all for celebrating with us!

You can enjoy the photo album at our Facebook site www.facebook.com/pg/CamarilloHealthCareDistrict/photos, and then select the 50th Anniversary Celebration album.

BOARD OF DIRECTORS

Christopher Loh, MD President (805) 386-4539	Rod Brown, MBA Vice President (805) 388-1513	Richard S. Lofi, MD Clerk of the Board (805) 484-4651	Mark O. Hiepler, Esq. Director (805) 988-5833	Thomas Doria, MD Director (805) 482-3232
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STAFF

Kara Ralston, MBA, SDA Chief Executive Officer	Lynette Harvey, RN, BSN, CCM Clinical Services Director	Blair Barker, MPH Care Services Director
Sonia Amezcua, MPPA Chief Administrative Officer	Mary Ann Ratto, BA, CSA Adult Day Center Director	

Testimonials



*I am so thankful that your services **touch so many lives.**
Mine included.* —Jan, Caregiver Resources

*My class was pain management. **I enjoyed the program**
related to the other participants and learned I was not alone with my
issues. Thanks for making the program available.*
—Nels

*CONGRATULATIONS on 50 years! We are glad we had a chance to be
a part of this **great progress over 50 years.** CHCD
certainly is and has been of tremendous service to the community.*
—Gerry and Joan

*I want to thank you for your **faithful service** to our community.*
—Brock, Caregiver Resources

*Thank you for being there for us and providing **good classes**
and interesting preparation to encourage us to get and stay healthy.*
—Judith and Luis

*I want to thank the District for providing the class - 'A Matter of Balance'.
The staff did an **excellent job** conducting the class and provided
many **useful tools** to help prevent falls. The class was definitely a
beneficial experience for me.* —Wilbur

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connect with us!

Write to us, tweet us, or tag us. We want to hear from you!



FACEBOOK
CamarilloHealthCareDistrict

TWITTER
@changing_aging

INSTAGRAM
@camarillo_health_care_district



ON THE COVER

At the Eastern edge of Camarillo, just out of sight of the commuters traveling up and down the Conejo Grade is long border of poinsettias that burst into color each winter along Camarillo Springs Road.
Photographer Joe Vernig

PLANNING

VENTURA MASTER PLAN FOR



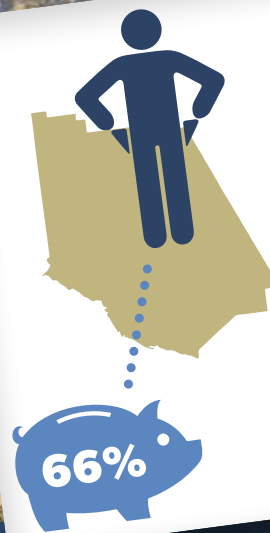
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It is my hope that we will create an integrated system of care that agencies will not simply say no, we can't do that, no we are not equipped for that. We need agencies that are going to be creative and collaborative and cooperative, whether it's the county, the state or local organizations.

—Senator Hannah-Beth Jackson

TOGETHER

COUNTY AGING FORUM



IN VENTURA
COUNTY,
AGE 60+
POPULATION WILL
INCREASE BY
66% IN NEXT
40 YEARS

Probably everyone has some unfinished projects, either at home or at work...or just in life. It can be an uncomfortable feeling knowing that it's hanging out there waiting to get done. And then conversely, there's that great feeling of accomplishment when a project is completed, finished, brought to fruition. But what about when a project is never finished, won't ever be finished, shouldn't ever be finished? Wait...what?!

Yep. You read that right...when the need for a project (change) is so big, and the ever-evolving nature of a project is so ongoing, that you know from the beginning that there won't, and probably shouldn't, ever be an "end". Projects of that magnitude require constant adjustment and continuous work. That's about the size of a new project being worked on by California. Yes, you read that right, too...the State of California is starting an enormous project, and Ventura County and the Camarillo Health Care District are proud to be part of it.

In June of this year, and in recognition that California's over-65 population is projected to grow to 8.6 million by 2030, California Governor Gavin Newsom issued an executive order calling for the creation of a California Master Plan for Aging, to be developed by October 1, 2020.

The California Master Plan for Aging will serve as a sort of blueprint to be utilized by every sector of a community to build environments that promote an age-friendly California. The World Health Organization (WHO) defines age friendly as a "world enable[ing] people of all ages to actively participate in community activities and treats everyone with respect, regardless of their age. It is a place that makes it easy for older people to stay connected to people that are important to them. And it helps people stay healthy and active even at the oldest ages and provides appropriate support to those who can no longer look after themselves." (Continued on page 4)

In response to the Governor's executive order, the Hospital to Home Alliance of Ventura County (Camarillo Health Care District serves on the Steering Committee), and the Ventura County Area Agency on Aging came together in a partnership to develop, produce and present the very first **Ventura County Master Plan for Aging Forum (Forum)**, which was held on October 23, 2019. The Forum convened a diverse group of nearly 200 stakeholders, representing elected officials, leaders of county and city governments, civic leaders and community service providers, representing a broad base of expertise. The findings of this Forum will help provide a Ventura County perspective for use and consideration in the California Master Plan for Aging.

During the Forum, the audience was provided a crowd-polling software by which to indicate their top priorities and offer comments in a variety of sectors and categories. Now that these priorities have been identified, they will be included in future work and considerations as the project moves forward through the decades.

69.2% OF OLDER ADULTS SPEND MORE THAN 30% OF THEIR INCOME ON RENT



The following information shares the initial top priority findings as indicated by the crowd polling:

Housing Sector

The top priority in this category had almost three “top priorities”, as the margin between them was slim.

Increase affordable, universal/accessible design housing;
Develop early intervention programs and supports to address declining financial capacity and potential for homelessness, and;
Develop and fund programming and supports for homeless older adults and people with disabilities.

Transportation Sector

Develop a coordinated countywide transportation system



68%: FAMILY CAREGIVERS WHO SAY THEY HAVE TO USE THEIR OWN MONEY TO HELP PROVIDE CARE TO THEIR RELATIVE

39%: FELT FINANCIALLY STRAINED

Workforce/Employment Sector

Increase long term care specialty service workers to support older adults and people with disabilities to live well in the community

Health Sector

Create sustainable funding for expanded community-based services to decrease unnecessary health care utilization, reduce cost, and extend time that one could stay in the community

Caregiver Support

Address financial impact on family/friend caregivers; lost wages, decreased retirement savings, use of own money to take care of the person

Alzheimer's/Dementia

Assistance with cost of adult day services, in-home care and assisted living/nursing home care due to the need for increased care over a longer period

Disability Sector

Streamline systems to be centralized, navigable, user-friendly, and cross-linked, providing access to information, resources, services, and programs at the state, regional, and local level


Needs of Older Adults

Invest in community case management and care coordination to improve health outcomes, reduce cost of health care, and promote independence in the community

In addition to the polling questions, the Forum invited two panels of speakers to address identified issues from the perspective of each sector. The first panel conversation included the information that the older adult population growth is outpacing the total population growth, and that Californians age 65 and older are projected to increase to approximately 9 million people by 2030. Additionally, the age 85 and older population is projected to increase by 132%, and the age 100+ population is projected to increase by 168% nationally by 2040. Further, Alzheimer's disease is currently the 6th leading cause of death nationally, the 4th leading cause of death in California, and the 3rd leading cause of death in Ventura County, and at this time, 39% of Ventura County's older adults struggle to meet basic needs, yet resources are underfunded, fragmented and uncoordinated.



IN 2019, ALZHEIMER'S DISEASE AND OTHER DEMENTIAS WILL COST THE NATION **\$290 BILLION.** BY 2050, THESE COSTS COULD RISE AS HIGH AS **\$1.1 TRILLION**

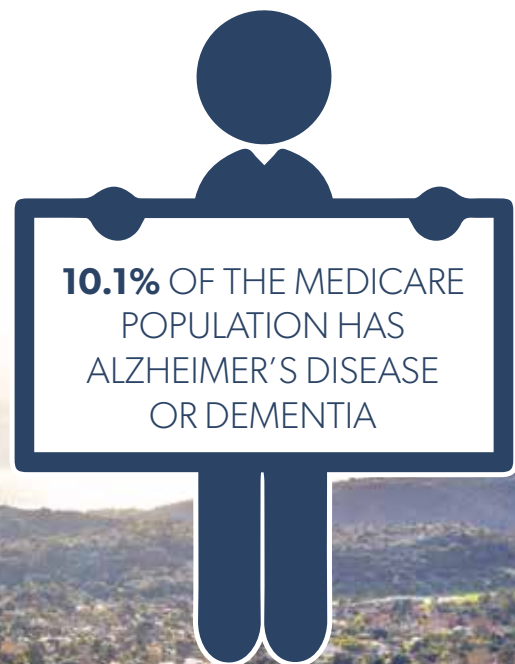


ALZHEIMER'S DISEASE IS THE 3RD LEADING CAUSE OF DEATH IN VENTURA COUNTY (4TH IN CA AND 6TH IN US)

The second panel considered the issue of Long Term Services and Supports (LTSS), which is a broad term that refers to the actual paid and unpaid non-medical services that some people with disabilities, advanced age, and/or chronic conditions need to complete their daily routines and live well at home. Examples of these supports may include assistance in eating, bathing, dressing, preparing meals, managing medications, housekeeping, laundry, transportation, adult day center services, care planning and coordination of care. Most of this care happens in the home as most adults prefer to age in place. Long Term Services and Supports have the potential to reduce medical costs and improve health outcomes, but most of the care is provided by family/friend caregivers, who are the backbone to long term care and who are providing increasingly more complex and/or nursing tasks. With projected ratios of family caregivers to older adults on the decline, this will cause problems in providing long-term care that produces good health outcomes and is cost-effective.

As you can see by these issues, this is a big project, but California is facing it head-on and asking counties and cities and service providers, and everyone, to begin thinking about living, working, aging and serving differently, and to make intentional preparations for change that will make a difference.

It is a project of generational magnitude and we're proud to be part of it. What Camarillo Health Care District understands from the findings of the Forum is that there is still work to be done in asking entities to partner with us, and in asking communities to step into this concept as we all invest in the future. One thing that is abundantly clear is that living independently, in the community, as healthy as possible, and for as long as possible, is what most people desire. Whenever that is an option, we hope to be right there with you. 🍷



askus

I attended your 50th Anniversary celebration and I guess I never realized all the services you have, especially the beautiful day center for adults. Can you tell me more about that?

ANSWER: We're so glad you could celebrate with us...it was standing-room-only and a lot of fun to consider what 50 years of service means. We're especially glad you like the Camarillo Health Care District's Adult Day Center (Center).

The Center was intentionally designed with home-style comforts to reflect our commitment to excellent, dignified and respectful care, and to person-centered activities and programming. We're also proud to share that this award-winning Center carries the title of Innovative Program of the Year from the California Special Districts Association.

There are many benefits of participating in a program like our Center, and perhaps the two most prominent benefits are 1) compassionate care for those attending, and 2) a well-deserved break and peace of mind, for families/caregivers.

As I mentioned, the interior was very intentionally designed to offer a home-like setting and atmosphere where people feel comfortable moving around, as if they were at home. As many participants face anxieties each day, we have been very aware that this type of setting provides calm and comfort.

Dining Hall & Kitchen

Much like one's home, the kitchen is a focal point for many to gather. The wrap around island/bar allows participants an up-close opportunity to feel part of the cooking experience, complete with the appetizing aromas of the food prepared each day. Nutritious snacks and lunches are served in the Dining Hall, which is sponsored by the Ventura County Homecare Association.



The Lion's Den

Complete with a card table, the Lion's Den is a popular place to gather for a friendly game of cards. Designed with sports memorabilia

and a flat screen TV, this game room has hosted various televised sporting events, such as the Olympics, March Madness, marathons, and gymnastics, and card games from poker to blackjack to Uno. This room is sponsored by the Pleasant Valley Lion's Club.

The Tsukida Family Activity Room

Endless fun and memories are made in this beautiful activity center. Designed with plenty of room for exercising, live musical guests, animal therapy groups, reminiscing opportunities and other group activities, this room is a favorite for gathering together with new friends. This room is sponsored by Dorene and James Tsukida.



50th Anniversary Celebration



By Mary Ann Ratto, CSA

Director, Adult Day Center
 maryannr@camhealth.com
 (805) 388-1952 ext 111

Imaginarium

Enjoy interactive, mind-strengthening activities and games utilizing the Dakim Brain Fitness application on an interactive touchscreen computer. Designed to strengthen seven areas of the brain, Dakim Brain Fitness is an evidence-based, fun activity, and is sponsored by Dr. Behzad Ourmazdi. The Imaginarium also offers a quiet and cozy seating area that replicates a living room, complete with an illuminated fireplace, and is sponsored by the Ventura County Credit Union.

Community Garden and Herb Gardens

The Activity Center and the Dining Hall also house two indoor gardens in accessible planters that allow for gardening activities, growing herbs and tending to plants. This extra special touch is available due to the generosity of the Bob and Pat Gamble Family, and the Janet and Ellis Beymer Family.



Wellness Room

This is a special, quiet room, set apart from the other areas, that offers privacy for health screenings, administering first aid, or assisting with medication dispensation. Sponsored by Gilbert and Aileen Chuck.

We offer personal tours of the Center, and a complimentary half-day stay for loved ones, which can help your family in making care decisions.

Thank you for asking about the Center. Please let us know how we can help. 🍀

Please email me at maryannr@camhealth.com, or call 805-388-1952 ext. 111, to schedule a tour.

caregiver quiz

Is your loved one experiencing these signs of aging

YES NO

Difficulty socializing?..... YES NO

Show signs of depression or anxiety?..... YES NO

Been diagnosed with Alzheimer's or dementia? YES NO

Experience long or short term memory loss? YES NO

Require assistance with personal needs, such as, meal prep and bathroom care?..... YES NO

Need assistance with medications?..... YES NO

Are you, as the caregiver

YES NO

Worried about your loved one's safety when left home alone?..... YES NO

Stressed and unable to pursue personal interests?..... YES NO

If you answered, **"YES,"** to two or more questions, it is likely that our ADULT DAY CENTER has something to offer your loved one.



Schedule A Tour Today!

How to Register for Classes



Pre-registration and payment is required to secure your reservation. We're happy to assist you over the phone, online, or in person. Notification 48 hours prior to the day of class is required to receive a refund. Class credit of equal value will be offered if cancellations are received less than 48 hours prior to the day of the class. No refunds are allowed for CPR, First Aid, AED and Cooking Classes. Non-district residents include \$4.00 out-of-district fee on fee-based classes.

Online
camhealth.com

Phone
(M-F 8am-5pm)
805-388-1952, Ext. 100

Walk-in
(M-Th 8am-7pm • Fri 8am-5pm)
3639 E. Las Posas Road, Suite 117
Camarillo, California

Tips for Successful Class Registration & Attendance

- Class registrations must be paid prior to the day of the class. Pay by phone, online or in person. Onsite security may not receive payments.
- Arrive a little early to assist with locating classrooms; onsite security can assist with finding classrooms.

The information in this publication may not be copied for commercial use or distribution without the express written consent of the Camarillo Health Care District.

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

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

Mindfulness

Discover Mindfulness Series with Danette Banyai (805) 388-1952x100
Hypnotherapist and Health Education Specialist, Danette Banyai.
All classes listed below include mindfulness meditation. Always practical, always simple.

NEW Being Present in 2020 (3-Part series)

Part 1: Resolutions One Breath at a Time (805) 388-1952x100
Enjoy 90 minutes of mindful breathing exercises and increased calm. Discussion of what interferes with intentions and resolutions. How does mindfulness help?
Jan 23 (Th) 6:30-8pm | R | \$55 for 3 part series

Part 2: It's an Inside Job (805) 388-1952x100
Establishing a foundation for physical and emotional health. How mindful living opens the door to your highest good. Exercises to know yourself better while gaining trust and confidence.
Jan 30 (Th) 6:30-8pm | R | \$55 for 3 part series

Part 3: Staying with the Breath - Being with Your Experience (805) 388-1952x100
Conscious breath as a mantra. Noticing and experiencing what's happening. Increase comfort and ease within yourself and your surroundings.
Feb 6 (Th) 6:30-8pm | R | \$55 for 3 part series

NEW Mindfulness and Change (3-Part series)

Part 1: Mindfulness Practice - A Paradigm Shift (805) 388-1952x100
Practice awareness without judgment. Relating to the body from the body rather than the head. Increase focus, confidence, and reduce anxiety and depression.
Feb 27 (Th) 6:30-8pm | R | \$55 for 3 part series

Part 2: Thoughts, Emotions and Physical Senses (805) 388-1952x100
Practice and discussion about the impact of mindfulness practice on our thoughts, emotions and senses; beliefs, desires, attitudes and reactions and behavior.
Mar 5 (Th) 6:30-8pm | R | \$55 for 3 part series

Part 3: Changing Habits: Neural Pathways (805) 388-1952x100
Mindfulness is a powerful technique that promotes changes in habit and neural pathways. Enhance your understanding of how powerful you can be.
Mar 12 (Th) 6:30-8pm | R | \$55 for 3 part series

Hypnotherapy - Mindfulness Healing: Heart, Mind, Body & Soul (805) 218-5793
Hypnotherapist and Health Education Specialist, Danette Banyai.
Receive help with healing anxiety, sadness, and stress. Resolve physical, emotional or mental issues.

More information and registration available at camhealth.com

Volunteering

Building Compassion through Volunteering

Camarillo Health Care District enjoys the enthusiastic and compassionate volunteers whose talents, skills and interests make a significant difference in the lives of community members. With many opportunities at the District, your gift of time and talent can find a home on our Volunteer Team. We look forward to meeting you.

Adult Day Center

Looking for Volunteers to engage in conversation with clients and share your skills or talents to help make their day brighter. Application is required and training provided, Call Monica at 805-388-1952, ext. 112.

For more information on how you can join the District's Volunteer Team, please call Monica at (805) 388-1952 ext. 112, or email monicat@camhealth.com.

Nutrition

Apple-A-Day Café (805) 388-1952x168

Warm lunch served in a friendly, social, and educational atmosphere for individuals age 60 and up. Please RSVP.

Third Thursday of every month | 11:30am | R | \$3 suggested donation

NEW Cooking with Ancient Grains (805) 388-1952x100

Grains and grain-like seeds have been a staple in the human diet for 10,000 years and have never tasted as good as they do now! Join us as Chef Lucinda demonstrates a variety of amazing recipes that are healthy and far from boring. Discover how easy, delicious and versatile grains can be. Recipe handouts and generous samples provided.

Feb 18 (T) 6:30-8:30pm | R | \$45

NEW Diabetes - Achieving Blood Glucose Control (805) 388-1952x100

Your blood sugar is an important measure for your health. Too much sugar in the blood is the factor for all types of diabetes. Learn what foods break down into blood sugar and what is used to fuel our bodies. Learn what can make blood sugar rise or fall, and how best to keep track of your blood sugar levels. Presented by Patti Jaeger, Registered Dietitian from Area Agency on Aging. Participants must be 60 or older.

Mar 25 (W) 10-11am | R | NC

NEW Food Labels for 2020 - What you Need to Know! (805) 388-1952x100

The U.S. Food and Drug Administration (FDA) has given food labels a makeover for 2020. Learn the new changes in serving size, sugar, calorie counter and percentage points that will help you have a better understanding of food choices and what they mean for your health. Participants must be 60 or older. Provided by the Ventura County Area Agency on Aging.

Jan 28 (T) 1-2pm | R | NC

NEW Healthy Mediterranean Cooking (805) 388-1952x100

If you are looking to merge heart healthy foods into your lifestyle this year, the Mediterranean diet is full of grains, fish, vegetables, nuts and healthy fats, resulting in big time flavor. Chef Lucinda will demonstrate several delicious recipes that are easy to make at home. Recipe handout and generous samples provided.

Jan 21 (T) 6:30-8:30pm | R | \$45

Home Delivered Meals (805) 388-1952x168

Provides "ready to heat" meals to home-bound residents of Camarillo and Somis age 60 and up.

Mon, Wed, Fri | 9:30-11:30am | R | \$3 suggested donation

NEW Homemade Pasta Dishes with Chef Lucinda (805) 388-1952x100

Nothing remotely comes close to the taste and texture of homemade pasta. Chef Lucinda will demonstrate several delicious pasta dishes while sharing her tips and shortcuts along the way. Recipe handout and generous samples provided.

Mar 24 (T) 6:30-8:30 | R | \$45

NEW Nutrition Counseling- One-on-One Appointments (805) 388-1952x100

Meet with Patti Jaeger, Registered Dietitian from Area Agency on Aging, to discuss your specific health topic. Topics include controlling blood pressure, lowering cholesterol, enhancing bone health and eating healthy on a budget. Participants must be 60 or older. One hour appointments.

Third Wednesday of each month | 1-4pm | R | NC

Produce Day

A collaboration with FOOD Share of Ventura County to bring residents a variety of seasonal produce at no cost. First come, first serve basis. Please bring your own bag.

Community Memorial Health Systems staff present to provide blood pressure and blood glucose screenings

Second Thursday of each month | 11am-1pm

Evidence-Based Programs

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) in Camarillo.

Please call for date of next session.

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

CPSMP is a six-week series designed to teach practical skills for managing chronic pain to moderate symptoms and stay motivated to overcome the challenges of daily living. This program is for adults living with any ongoing pain due to illness or accident.

Feb 5-Mar 11 (W) 1:30-4pm | 6-week series | R | NC

Chronic Disease Self-Management Program (CDSMP) "Healthier Living" (805) 388-1952x100

Do you have a chronic health condition or care for someone who does? The award-winning Chronic Disease Self-Management Program (CDSMP) is based on research conducted at Stanford University. Take the first step to manage ongoing health conditions with easy methods to reduce fatigue, anxiety, and sleep loss.

Jan 30-Mar 5 (Th) 1:30-4pm | R | \$40

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

DEEP is an evidence-based series developed by the University of Illinois at Chicago. The program includes discussion on diabetes basics: self-blood sugar testing, meal planning, managing stress, and preventing complications. Participants learn exercises specifically designed to help effectively manage the disease. Space is limited.

Please call for date of next session.

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

An award-winning series, based on research conducted at Stanford University is designed for anyone with Type 2 Diabetes. Obtain information about how to reduce fatigue, pain, stress, and fear through exercise and healthy eating. Learn to effectively manage your disease in order to lead a happier, healthier life.

Feb 24-Mar 30 (M) 9:30am-12pm | 6 week series | R | NC

Matter of Balance (800) 900-8582

Have you fallen? Are you worried about falling? Join us to learn how to prevent falls, discuss safety techniques to reduce concerns, and set goals for increasing activity.

Feb 18-Apr 7 (T) 2-4pm | 8 week series | R | NC

Tai Chi for Arthritis (805) 388-1952x100

This award-winning series, based on research conducted by Dr. Lam from the Tai Chi Institute in Sydney, Australia, is designed for anyone looking to relieve pain from arthritis or other chronic conditions and improve movement, balance, strength, flexibility, and relaxation. Beginners welcome!

Feb 18-Apr 23 (T&Th) 9-10am | 10 week-series | R | NC

NEW UCLA Memory Training (805) 388-1952x100

Techniques taught in this course are based on research at UCLA and focus on organization, association, and imagery to make information easier to recall.

Feb 5-26 (W) 10am-12pm | 4 week series | R | \$40

Body, Mind & Strength

NEW COPD: New Perspectives on Disease Management (805) 388-1952x100

Our understanding and management of COPD is constantly evolving. This talk will explore some of the new perspectives and approaches to management of this complex disease. Sofia Nelson, MD, West Coast Pulmonary Physicians, Inc. will review the updated 2019 GOLD (Global Initiative for Chronic Obstructive Lung Disease) guidelines and the "real world" management of COPD. Topics to include reducing exacerbation risk, inhaler selection and technique.
Mar 19 (Th) 6-7:30pm | R | \$10

NEW Coronary Artery Disease: Risk Factors, Signs & Treatments (805) 388-1952x100

Timothy Canan, MD, UCLA cardiologist, will discuss the most important risk factors and how to avoid them. Discussion will include some of the typical and atypical signs and symptoms that may indicate a problem, and the newest treatments available.
Feb 11 (T) 6-7:30pm | R | NC

NEW Does My Mom Have Dementia? (805) 388-1952x100

Are you feeling worried, overwhelmed or concerned with changes you are seeing in your loved one? Dr. Erik Lande and Dr. Robert Duff of Insight Neuropsychology and authors of the book "Does My Mom Have Dementia?" will help take the fear and mystery out of identifying dementia and various diseases and conditions in your loved one.
Mar 11 (W) 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)
Jan 8 | Feb 12 (W) | 6-7:15pm | R | \$10

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

Lisa Ball, LMT, provides therapeutic massages that have been proven beneficial for chronic conditions, including low back pain, arthritis, fatigue, high blood pressure, depression, and everyday stress.

Tuesdays, Thursdays, Sundays | A | 1 hour: \$75 - 1 1/2 hour: \$95

NEW Mental Flexibility when Dealing with Chronic Illness (805) 388-1952x100

Living a meaningful life is difficult when struggling with a chronic illness, it requires an abundance of mental flexibility to move forward instead of becoming stuck in our pain and frustration. Dr. Robert Duff of Insight Neuropsychology will discuss proven psychological techniques to give you choices on how to best live your life.
Jan 28 (T) 6-7:30pm | R | \$10

NEW Transforming Your Relationship with Food (805) 388-1952x100

Our relationship with food is complex: we are biological eaters, social eaters, cultural eaters and even spiritual eaters. This class is not about diet, exercise. It is about making peace with your body and thoughts about what you consume. Eileen Gold, MA, will discuss the habits of those who live the longest, happiest and healthiest in the world. Walk away with a new attitude and concrete strategies that leads to happiness and well-being.
Jan 29 (W) 5:30-7pm | 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 | 1/2-hr: \$25 | 1 hour: \$45
Third Wednesday of each month | 12-2pm | 1/2-hr: \$25 | 1 hour: \$45

NEW Caring for Aging Skin Dr. Larissa Larsen (805) 388-1952x100

As we age, our skin changes and the way we care for it must also change. Board Certified Dermatologist Dr. Larissa Larsen presents a fun and informative session on common skin conditions we encounter as we age and how best to care for aging skin.
Feb 27 (Th) 6-7pm | R | \$10

Fitness

Bone Builders Sylvia Fulton, Certified Instructor (805) 388-8333

Designed to improve balance and increase muscle strength and bone density.

NEW Seated & Standing Beginning Tai Chi Chih® (805) 388-1952x100

Strengthen your core muscles with zero impact and maximum benefit! Accredited Instructor, Barbara Freie will challenge you physically and spiritually by showing you how to relax, stretch and focus on your inner-self while improving balance and peace of mind.
Jan 15-Mar 11 (W) 5-6:15pm | 9 week series | R | \$90

Yoga—Gentle Mikal Rogers, Instructor (805) 388-1952x100

Health benefits include improved flexibility, muscle tone, and stress alleviation. Classes do not meet in sessions; you may join anytime.

Tue 9-10am | single class \$10 | 10 classes \$80 | R

NEW Thursday evening sessions 4:30-5:30pm | single class \$10 | 10 classes \$80 | R

Screenings

Caregiver Wellbeing Screening (805) 388-1952x100

Are you a family caregiver? Feeling overwhelmed? Learn more about stressors that could put your own health at risk. Screenings are 30 minutes.
Feb 11 (T) 9:30-11:30am | Mar 26 (Th) 1:30-3:30pm | A | \$10

Blood Pressure & Glucose Screenings (805) 388-1952x100

One in 3 American adults have high blood pressure. Community Memorial Health Systems staff will provide blood pressure and glucose screenings during Produce Day.
Second Thursday of each month 11:30-1:00pm | NC

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 about resources that may help. Screenings are 30 minutes.
Feb 11 (T) 9:30-11:30am | Mar 26 (Th) 1:30-3:30pm | A | \$10

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? Lance Nelson, AuD, of West Coast Hearing and Balance Center will conduct a hearing screening. No cleaning available.

Second Thursday of each month | 10:30-11:30am | A | \$10

NEW 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 take 15 minutes and are conducted by Community Memorial Health Systems staff.

Jan 22 (W) 1-3pm | R | A | NC

NEW Skin Cancer Screening Dr. Larissa Larsen (805) 388-1952x100

Skin cancer is the most common cancer in the United States. Having your skin examined by a physician and checking your own skin frequently you can help detect skin cancers early. Appointments are 10 minutes.

Mar 25 (W) 2-5pm | A | NC

Family Caregivers

Adult Day Center

(805) 388-1952x111

Enjoy a complimentary half-day at our state-licensed, award-winning Adult Day Center where support, comfort, and activity are offered five days a week for individuals who may benefit from additional supervision and social interaction during the day. Call for details or to schedule a tour.

Care-A-Van Transportation Services

(805) 388-2529

Care-A-Van offers door-through-door, non-emergency medical transportation service throughout Ventura County for medical visits and other activities of daily living. Call for additional information regarding 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? Schedule a consultation to create a personalized plan with vital links to community resources.
A | NC

Caregivers CAN (Connect, Adapt, Navigate)

(805) 388-1952x100

Engaging, experienced guest speakers are featured each week to present topics such as self-care, aging, elder law, and long-term care. Participants will gain an understanding of community resources and strategies to successfully navigate their role as caregivers. Need care for your loved one in order to attend the class? Ask about our free respite services.

Caregiver Support Groups

(800) 900-8582

Intended for those who are on the journey with a parent, spouse, friend, neighbor and others, who have a chronic condition requiring care such as dementia, Parkinson's or other illnesses.

Second and Fourth Friday of each month | 9:30-11am | District Offices

First and Third Monday of each month | 9:30-11am | Leisure Village (residents only)

Dealing with Dementia

(805) 388-1952x100

The Dealing with Dementia Program was developed by the Rosalynn Carter Institute as an evidence informed educational support program for caregivers of people living with dementia. This 4-hour workshop highlights topics such as: the caregiving experience with an easily understandable explanation of dementia, best practices in caregiving, and problem solving with dementia behaviors. Learn tips for caregivers to find time for self-care and stress management. Completed workshop participants will receive a comprehensive manual for dementia caregivers.

Jan 29 (W) 12:30-4:30pm | Mar 18 (W) 12:30-4:30pm | R | NC

Dementia Live


(805) 388-1952x100

Dementia Live is a high impact, dementia simulation experience that immerses participants into life with dementia, resulting in a deeper understanding of what it's like to live with cognitive impairment and sensory change. Participants are outfitted in specialized gear and given a series of tasks to perform, the challenges and struggles one face become very real to the participant, triggering heightened empathy and understanding, creating a catalyst for meaningful communication and improving quality care.

Jan 30 (Th) 9am-12pm | Apr 8 (W) 1-4pm | R | NC

NEW Does My Mom Have Dementia?


(805) 388-1952x100

Are you feeling worried, overwhelmed or concerned with changes you are seeing in your loved one? Dr. Erik Lande, Insight Neuropsychology and author of the book "Does My Mom Have Dementia?" will help take the fear and mystery out of identifying dementia and various diseases and conditions in your loved one. 

Mar 11 (W) 6-7:30pm | R | \$10

NEW Effective Communication Strategies


(800) 900-8582

Communication is more than just talking and listening - it's  also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. Join us to explore how communication takes place when someone has Alzheimer's. Learn to decode the verbal and behavioral messages delivered by someone with dementia and identify strategies to help you connect and communicate at each stage of the disease. Presented by the Alzheimer's Association.

Jan 9 (Th) 10am-12pm | R | NC

NEW Legal and Financial Planning for Alzheimer's Disease

(800) 900-8582

The diagnosis of Alzheimer's Disease makes planning for your  future more important than ever. Concern about care provision and programs that can help offset costs mean that families need accurate information specific to the disease. Discussion will include making legal plans, legal documents and what they mean for all of you, finding legal and financial assistance, tax deductions, credits and government programs that can help pay for care. Presented by the Alzheimer's Association.

Apr 21 (T) 10am-12pm | R | NC

NEW Memory Café

(800) 900-8582

Join others affected by dementia, along with their families and caregivers, for a fun, supportive lunch gathering.

Feb 22 (Sat) 11am-12:30pm | Registration required | NC | Adults only

NEW Powerful Tools for Caregivers

805-388-1952x100

Caring for a loved one can be overwhelming. This educational program is designed to help caregivers maintain their own well-being while caring for a relative or friend.

Jan 31-Mar 6 (F) 10am-12pm | R | \$40

Visit The Kroll Resource Library

(800) 900-8582

The Kroll Resource Library is a comprehensive collection of specially selected resources related to caregiver duties and chronic disease. Enjoy a tranquil, relaxed environment while you learn more about your health or the health of a loved one.

More information and registration available at camhealth.com

Support Groups

Al-Anon Family Groups, Men's Group

Dino (818) 720-1462

Mondays | 6-8:15pm

Al-Anon Fourth STEP Study Group

Larry (805) 844-2079

Wednesdays | 7-8pm

Al-Anon: How It Works

Shirley (805) 824-7291

Tuesdays | 7:15-8:15pm

Al-Anon Study Group

Michelle (805) 484-5027

Thursdays | 7-8:15pm

Caregiver Support Group

(800) 900-8582

Intended for those who are on the journey with a parent, spouse, friend, neighbor and others, who have a chronic condition requiring care such as dementia, Parkinson's or other illnesses.

Second and Fourth Friday of each month | 9:30-11am | District Offices

First and Third Monday of each month | 9:30-11am | Leisure Village (residents only)

Conejo Ventura Macintosh User's Group

Susan (805) 504-3610

First Tuesday of each month | 6:30-8:30pm

"Juntos" con un cafécito-Grupo de Parkinson's

Michelle (805) 377-2130

Primer sábado de cada mes | 9-10am

Nar-Anon Family Groups

Carri (805) 479-8415

Thursdays | 7-8pm

Pain Management Support Group

(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

Stroke Support Group Sharon Bick, RN

(805) 388-1952x100

Third Wednesday of each month | 2-3pm

Advocacy

NEW ABC's 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 for selecting a trustee, avoiding family conflicts, and protecting your assets.
 Mar 5 (Th) 11am-12pm | R | \$10

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

Financial Planning Robert Harrell, Financial Planner (805) 388-1952x100
 Consult with a financial planner on budgeting, retirement planning, and financial problem solving. Discuss how to put all the finance pieces together to solve problems or reach goals in a confidential session.
 Third Monday of each month | 1-4pm | A | NC

Health Insurance Counseling & Advocacy Program (HICAP) (805) 388-1952x100
 HICAP registered counselors provide free, unbiased options counseling to Medicare beneficiaries. Assistance is available for Original Medicare, Medicare Advantage, Medigap, Part D Prescription Drug Plans. HICAP provides help with billing problems, benefits screening, enrollment and Long Term Care Insurance. One-on-one counseling provided.
 First Friday, Second & Fourth Tuesday of each month | A | NC

How Does Reverse Mortgage Work? (805) 388-1952x100
 Is reverse mortgage the right choice for you? Who is eligible? What is the difference between a reverse mortgage and a home equity loan? Patrick Krull from MLD Mortgage will answer these and other questions.
 Feb 12 (W) 3:30-4:30pm | R | NC

NEW Income Tax Assistance with AARP (805) 388-1952x100
 No-cost income tax assistance for seniors with low-to-moderate income. Bring a copy of your 2018 tax return, 2019 W-2's, interest statements and 1099's. Current identification and Social Security card must be presented at time of appointment.
 Feb 5-Apr 15 (W) 12-3pm | R | NC

NEW Inheritance - How to Help (not Burden) Your Beneficiaries (805) 388-1952x100
 Leaving an inheritance to someone is a personal and private matter with so many variables that it can seem overwhelming. Learn why it is crucial to leave nothing vague or open to interpretation, and to give or not give inheritance while you are living. Attorney, Christopher P. Young will discuss how you can minimize the possibility of a legal battle after you are gone and ensure your final intentions are carried out.
 Feb 18 (T) 6-7pm | R | \$10

NEW Legal Information for Elders (L.I.E.E.) (805) 388-1952x100
 This presentation is designed for those 60 and older to better understand legal information, assist in filling out documents, and help identify individual legal needs. The workshop is followed by one hour of assistance in filling out forms. Sponsored by Ventura County Area Agency on Aging & Grey Law of Ventura County.
 Mar 10 (T) 10am-12pm | R | NC

Safety & First Aid

NEW CPR/First Aid/AED Shannon Dullam, RN, Certified Instructor (805) 388-1952x100
 This adult and pediatric course incorporates the latest science and teaches students to recognize the care needed for a variety of first aid emergencies, including how to respond to breathing and cardiac emergencies. American Red Cross certification upon completion of the class.
 Jan 11 (Sat) 10am-4pm | Apr 11 (Sat) 10am-4pm | \$65 | R | No refunds available

NEW BLS Certification Shannon Dullam, RN, Certified Instructor (805) 388-1952x100
 This Basic Life Support class is for healthcare providers and first responders. American Red Cross certification upon completion of the class.
 Mar 5 (Th) 10am-3pm | R | \$130 | No refunds available.

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 Management Services (Hospital to Home) (800) 900-8582
 Supporting well-prepared transitions from hospital to home

Care-A-Van Transportation (805) 388-2529
 Door-through-door non-emergency service throughout Ventura County

Caregiver Center of Ventura County (800) 900-8582
 No-cost resources for caregivers and their loved ones.

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

Lifeline Personal Help Button (805) 388-1952 x120
 Enhanced safety and independence, at the touch of a button

Senior Nutrition Program (805) 388-1952 x168
 Nutrition and socialization for home-bound and active residents age 60+

Senior Support Line (800) 235-9980
 Trained volunteers provide resources and friendly conversation

Support Groups (800) 900-8582
 Choose from a wide variety of groups available at various times of the day

Volunteer Opportunities (805) 388-1952 x112
 Join the Acts of Kindness movement... give of your time and talent!



SPEND THE DAY **YOUR WAY**

Adult Day Center – Empowering Wellness Together

- Comfortable, homey environment with quiet spaces to relax and opportunities to socialize
- Wide variety of activities to explore, including watching sports or playing cards, arts and crafts, enjoying pet and animal therapy, exercise opportunities, music, and more
- Nutritious lunch and snacks provided



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