



Beware!
Don't trust an Internet search.
Talk to a local professional regarding
Senior Living & Care
Call us before you go on-line!

- 35+ years experience
- Our service is no cost to you
- We track state inspections & staff
- A local family-owned service
- Available 24/7

Cathy and Mike Ellis
California RCFE Licensed
Placement Recommendations
Free Consultations
Assisted Living
Memory Care
In-home Care



760-696-3542
SeniorCareOptions.org

Senior Care Options



Whether seniors are looking for a large community with meals, activities, transportation and care or a small board and care home, Senior Care Options can help them find the right place.

Life can begin again at 80

Cathy and Mike Ellis started **Senior Care Options Placement** and Consulting in 2014 after Cathy spent 24 years managing large assisted living communities. Decisions regarding senior living and care are too important to leave to an internet search. Senior Care Options checks out the facilities, including their licensing records and management staffing history.

Whether you are looking for a large community with meals, activities, transportation and care or a small board and care home, they can give you the straight scoop on which ones are good and which places to steer clear of! Cathy says, “the best part of living in a senior community is the fun and friendships you will have!”

This is a free service...Senior Care Options is paid by the facility if a placement occurs.

Call SCO to set up a free consultation. They can meet with you in-person or on Zoom. Do you need a speaker for your club or organization? Cathy and Mike have a great presentation on “Navigating the many Senior Care and Living Options and how to pay for them!” They welcome calls if you have any questions whatsoever about senior care and living options and ways to pay for them. Cathy and Mike are both California Certified Residential Care Facility for The Elderly Administrators.

SCO's website: www.SeniorCareOptions.org is full of helpful resources, tools and videos. For more information you can contact Cathy and Mike seven days a week:
cathy@seniorcareoptions.org
760-696-3542.



Game-Changing Counseling Services
PO Box 2629, Carlsbad CA 92018
619-466-0370 | Fax 442-333-9465
mygcsi.net

OUR PSYCHOLOGISTS DELIVER THE BEST MENTAL HEALTH CARE

Game-Changing Counseling Services provides consistent, caring, mental health therapy via telehealth throughout California for adults.



Game-changing Counseling Services, is a team of dedicated, caring psychologists and licensed social workers in California offering telehealth counseling anywhere in the State.

Telehealth counseling anywhere in CA

I have always been drawn to older people since I was a girl. I often talked to older neighbors, but there were two neighbors, that I especially liked to visit weekly just to chat. Cat Man came out front every day with his cats on long leashes. He would lean against his truck, and we would talk about cats and other topics of interest to us both. I also called on Miss Lynn, a professor at SDSU. She lived alone and had been to exotic places. Her home was filled with interesting things and her yard was a beautiful jungle. I asked her about everything she knew.

I started taking care of older adults in 2003, beginning with a dear friend with aggressive Multiple Sclerosis. That experience taught me about the mental well-being of vulnerable adults. Later, a job in a skilled nursing community expanded my understanding. I



had an opportunity to become the president of a mental health practice that catered to the older adult community eight years ago.

Game-changing Counseling Services, is a team of dedicated, caring psychologists and licensed social workers in California. We offer telehealth counseling anywhere in the State. Our clients can meet with their therapist online, in a HIPAA-compliant forum, or they can talk over the phone. Please keep us in mind for anyone struggling with depression, anxiety, ongoing grief, or any mental health needs. We accept Medicare, Optum, Aetna, and Cigna.



Located in Carlsbad, California, GlenBrook Health Center is a well-respected senior care provider nestled among the rolling hills and provides beautifully landscaped grounds to enjoy.

A place that cares

GlenBrook Health Center is proud to be recognized as a Best Nursing Home 2021-22 by U.S. News & World Report. With the highest-possible ratings for both short-term rehabilitation and long-term care, GlenBrook received an overall 5/5 rating and a high-performing distinction as a nursing home.

U.S. News & World Report is the global authority in health care rankings, providing data-driven information and guidance to help residents and their loved ones understand their long-term and short-term care options.

This award further proves GlenBrook’s commitment to ensuring our residents have the highest- possible quality of life and, in turn, giving their families and loved one’s

peace of mind.

“This award is truly meaningful to our community. It reflects not only our team members’ tireless work and dedication to providing quality care during the Covid-19 Pandemic, but our residents and their families as they have continued to support GlenBrook throughout such unprecedented times. We must also recognize that our focus on our infection control principles which have been the cornerstone of our success for the past 20 plus months,” said GlenBrook Health Center Administrator, Sadie Harness.

For more information, go to visitglenbrook.com



Berkshire Hathaway HomeServices specialize in guiding seniors who are transitioning and downsizing, making either process simpler.

Making a difference in the lives of Carlsbad seniors

Bryan has been serving the real estate needs of his clients for over 18 years. Working with both home buyers and home sellers, he has consistently been in the top 1% of all **Berkshire Hathaway HomeServices** agents nationwide.

Bryan specializes in guiding seniors who are transitioning from their homes and into smaller homes or senior communities. Realizing that these clients typically need additional levels of service, Bryan partners with other professionals who make the process simpler for his clients. He is the Director of the Senior Division of Berkshire Hathaway HomeServices California Properties and currently serves on the boards of two local non-profit organizations dedicated to improving the lives of seniors.

He was featured in the first issue of Local Leaders, a new magazine focused on Carlsbad’s local business leaders, for his dedication to serving seniors. Bryan also created a reality TV show that presents the myriad of issues seniors face and the solutions available. Bryan is also a Certified Trust and Probate Specialist. Bryan was born in Los Angeles and attended college at the University of California San Diego. When he is not serving his clients he enjoys spending time with his fiancé and his two sons (ages 19 and 20), hiking, and watching sports. DRE #01397835.

If you would like to work with Bryan, you can learn more at www.DevoreRealtyGroup.com or call him at 760-908-3838.

GLENBROOK HEALTH CENTER

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BEST NURSING HOMES

USNews

SHORT-TERM REHABILITATION 2022-2023

BEST NURSING HOMES

USNews

LONG-TERM CARE 2022-2023

GlenBrook Health Center is an elite-rated Skilled Nursing Facility by U.S. News & World Report with rehabilitation and options for assisted living and memory care. Just steps away from a world-class shopping center, The Forum Carlsbad, GlenBrook gives you peace of mind knowing your loved one has a packed social calendar and the expert care they need in a homelike environment.

Great Place To Work.

Certified MAY 2022-MAY 2023 USA

Call 1-760-334-4421 to schedule a personalized tour of our award-winning community.

1950 Calle Barcelona, Carlsbad, CA 92009

visitglenbrook.com | [f](#) [y](#) [in](#)

For the well-being of residents, GlenBrook Health Center strives to follow CDC guidance and comply with recommendations from state and local health officials. Offerings depicted are subject to change. State of California License Numbers: #374601560 and #080000786.

Proud to be

FIVE STAR RATED

by the Centers for Medicare and Medicaid Services

Best Business of 2022

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Excellent

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Leaders in Carlsbad real estate since 2003

Bryan Devore, REALTOR®, SRES
Director of the Senior Division

#1 Carlsbad agent in the company

Top ½% nationwide for Berkshire Hathaway Home Services affiliates

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Homes for Hope program

Senior Transition Specialists

BERKSHIRE HATHAWAY HomeServices California Properties

Sign up for our weekly Monday Market Moment real estate update at DevoreRealtyGroup.com.

Call us: 760.908.3838 DRE# 01397835



Where living in the moment is the norm.

Westmont of Encinitas is a warm and inspiring retirement living community, passionately created to encourage lifelong learning, community involvement, and above all, personal satisfaction. We invite you to experience what it truly means to *live your way!*

INDEPENDENT LIVING & ASSISTED LIVING

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*Limited time offer, while apartments last
*Terms and Conditions Apply

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Westmont Living offers support for couples with varying health needs and enables residents to lead full and enriching lives.

Growing older together

Couples who have spent most of their lives together can face the threat of separation in later years because of different health needs. Declining health abilities in one partner can have a significant impact on the other partner, who, effectively becomes the caregiver. This often creates physical and mental stress on the couple making time together difficult and time apart worrisome.

“Having a care team with med techs, caregivers and our Resident Services Director is a benefit for couples,” said Randal Newton, Executive Director of **Westmont Living** of Encinitas. “The active partner can have personal space which alleviates guilt and strain on their relationship and when they are together, they enjoy each other’s company more.”

Westmont Living offers Inspiring life experiences that enable residents to lead full and enriching lives. Team members foster independence while respecting individuality, choice, dignity, and privacy. Westmont’s proprietary Live Your Way® program is focused on the seven dimensions of wellness: physical exercise, brain fitness, social events, and lifelong learning. The Dine Your Way® program offers a variety of menu selections.

Westmont Living senior living provider has more than 21 years of experience offering exceptional care to seniors. The company operates 17 communities in California and Oregon. San Diego County community locations are: Westmont of La Mesa, Westmont Town Court in Escondido, and Westmont at San Miguel Ranch. Westmont of Carmel Valley will be opening in mid-2023. To take a tour of Westmont of Encinitas community, please call 760-452-6037 or visit www.westmontofencinitas.com.



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Enjoy a therapeutic weekend of healing workshops, nourishing meals, yoga and more with access to numerous wellness amenities at the award-winning Spa at La Costa.

Rejuvenate at the Omni

Omni La Costa Resort & Spa and the health experts at Best Life-ing are proud to kick off a series of guided weekend retreats that will leave you feeling renewed and inspired. Check into your staycation on Friday afternoon and prepare your mind and body for a therapeutic weekend of healing workshops, nourishing meals, yoga and more. With access to numerous wellness amenities – including the award-winning Spa at La Costa – our relaxing oasis provides everything you need to reset and recharge in the new year.

Visit omnihotels.com to learn more.

Scripps convenient telehealth options for you and your family

For your convenience, virtual telehealth appointments can be scheduled with many **Scripps** primary care and specialty physicians. Virtual appointments allow you to continue receiving the best care — helping you manage certain conditions or symptoms you might be experiencing— without leaving home.

“Your health and your family’s health are always a priority for your doctors,” says David Wetherhold, MD, Scripps chief medical information officer for ambulatory care. “Physicians are there for you to provide you the high-quality care you need and to help you keep up with your regular medical appointments.”

Before rescheduling a routine or follow-up visit with your doctor, check your virtual care options, and see if you can have a telehealth video visit. Many primary care and specialist appointments can be completed through a video visit rather than an in-person visit, including Medicare wellness exams. In general, if your condition doesn’t require an in-person physical examination, a video visit may be a good choice for you to receive care safely and conveniently.

In addition to keeping your scheduled appointments, do not ignore urgent or acute issues – a sweeping range of problems that includes an injured back or a urinary tract infection.

“Don’t ignore common conditions or injuries that occur in everyday life,” says Dr. Wetherhold. “If you hurt your finger with a hammer or feel like you have sinusitis, have it checked out by a provider so you can get a



Virtual care appointments help patients to continue to receive the best care — helping them manage certain conditions or symptoms they might be experiencing—without leaving home. Throughout the Scripps system, 16 to 18 percent of all visits are now conducted virtually.

diagnosis and the treatment you need.”

Many Scripps HealthExpress walk-in, same-day clinics are open with weekend

and evening hours for in-person or video visits, or you can check with your doctor’s office to schedule a same-day video visit.

To learn more about all the virtual care options available at Scripps, visit [Scripps.org/Virtual](https://scripps.org/Virtual).



Here for You. Here for Good. SCRIPPS MEDICAL CENTER IN OCEANSIDE

Scripps Medical Center, Jefferson, brings Scripps trusted care to you and your family. From our award-winning primary and specialty care to our urgent care and walk-in express clinic, we want to make it convenient and easy for you to get the care you need, when you need it. We’re here for good.

Services include:

- Primary care, including internal and family medicine, pediatrics, and obstetrics and gynecology with Scripps Coastal Medical Center
- Specialty care, including orthopedics, cardiology, perinatology, neurology, ophthalmology and more, with Scripps Clinic
- Urgent Care
- Scripps *HealthExpress* walk-in care
- Scripps MD Anderson Cancer Center
- Ambulatory Surgery Center
- Pharmacy
- Laboratory and imaging services

Click. Call. Come See Us.

With in-person and virtual appointments you can even schedule online, Scripps makes it easy to get all your care in one convenient location.

To learn more and watch a virtual tour, visit [Scripps.org/Jefferson](https://scripps.org/Jefferson).

Scripps Medical Center, Jefferson
2205 Vista Way
Oceanside, CA 92054



Integrative functional health care

What do you think of when you hear the words “doctor’s appointment”? Perhaps you envision a brief meeting with an individual in a white lab coat – someone who cares for you and your health, but due to various factors may only have a small window of time for your visit. Well, that isn’t the picture that Juergen Winkler, MD, founder of **Quantum Functional Medicine** in Carlsbad, CA and his colleague who has recently joined the clinic staff, Farah Alrajaan, ND wants for their patients. Whether they see them for a health and wellness plan to help them to age well, care for sports injuries or for the treatment of chronic disease such as Cancer and Lyme Disease, their desire is that each patient experience patient-empowered care originating from a Integrative Functional approach to health care. An approach that takes the time to look back in order to locate and address root causes, in addition to treating the current condition.

Dr. Winkler earned his Doctor of Medicine degree from University of Maryland Baltimore. He completed his Residency in Family Practice at the San Bernardino County Medical Center and is licensed by the state of California. Dr. Winkler served as an Air Force physician, followed by years of private practice, as well as being a staff physician and Medical Director in home healthcare. He has practiced as an integrative functional medicine physician since 2007 and spends countless hours researching and studying, so that he can offer his patients the cutting edge (as well as tried and true) treatments that best address their needs.

Dr. Farah Alrajaan, MA, MS, RD, ND is a Licensed Naturopathic doctor and Registered dietitian with a background in psychology and functional nutrition. Dr. Alrajaan did



Quantum Functional Medicine in Carlsbad offers patient-empowered care originating from a Integrative Functional approach to health care. An approach that takes the time to look back in order to locate and address root causes, in addition to treating the current condition.

her undergraduate work at Pepperdine University and her graduate work at New York University, ultimately obtaining her Doctorate from the esteemed Bastyr University, California.

Dr. Alrajaan, like Dr. Winkler, believes in the whole-body integrative functional approach to healthcare and assessing the root cause of any illness. They believe in the body’s innate ability to heal and the importance of nutrition in overall health and longevity.

Dr. Alrajann has a special interest in gas-

trointestinal health, diabetes, bio-identical hormone therapy, women’s health, fertility, weight loss, anti-aging, and environmental medicine. Similar to Dr. Winkler, she has an unquenchable thirst to learn and use that knowledge to guide those in search of a healthier life.

Quantum functional medicine exists to provide the community with health options, hope and relief of suffering through in-depth, individually based care, drawing from a vast diversity of treatments, address-



Farah Alrajaan, ND and Juergen Winkler, MD are happy to support your health care goals.

ing genetics, environmental exposures, lifestyle, and emotional/physical makeup, each of which is an influence in chronic disease.”

For information about Quantum Functional Medicine check out their website: QFMED.com



UANTUM

FUNCTIONAL MEDICINE

5814 Van Allen Way, Ste. 225 Carlsbad, CA 92008

Phone: 760-585-4616 **Fax:** 760-444-1858 **Website:** QFMed.com **Email:** Info@QFMed.com



Functional medicine is a systems oriented approach specific to each individual. It involves a partnership of the patient and practitioner to address underlying causes of disease. It addresses the whole person with regard to their individual genetics, environmental exposures, lifestyle factors, spiritual, emotional and physical makeup. Each of these factors is an influence in chronic disease and our goal is to address each one in order to bring about health and vitality.

Juergen Winkler, MD, ABIHM, ABOIM

Some of the Treatments offered are listed below:

Targeted Low Dose Chemotherapy,
Supportive Adjunctive Therapy for Cancer and Chronic Disease
Immune Enhancement, PhotoDynamic Therapies,
IV Oxidative Therapies (Ozone Therapy including the Zottzmann Multi-Pass Treatment),
Thyroid Testing, Support and Treatment, Cardiovascular Testing and Therapies
Detoxification, Chelation Therapy, Alma Duo (treatments for men),
Bio-Identical Hormones (BHRT: including the Wiley Protocol & bioTE pellets for Women & Men),
Homotoxicology, Mesotherapy, Prolotherapy, Prolozone Therapy,
Pulse Electro Magnetic Field Therapy (PEMF), AmpCoil and other Bio-resonance Therapies,
Customized Nutritional Wellness Programs (Lifestyle Therapy),
Lab testing and Functional Blood Reports, RGCC Lab Tests and Treatments



Meet our newest Staff Member, Dr. Farah Alrajaan

Dr. Farah Alrajaan, MA, MS, RD, ND is a Licensed Naturopathic doctor and Registered Dietitian with a background in psychology and functional nutrition. Dr. Alrajaan did her undergraduate work at Pepperdine University and her graduate work at New York University, ultimately obtaining her Doctorate from the esteemed Bastyr University, California. Dr. Alrajaan believes in the whole-body approach to healing and assessing the root cause of any illness. She believes in the bodies innate ability to heal and the importance of nutrition in overall health and longevity. She has a special interest in gastrointestinal health, diabetes, bio-identical hormone therapy, women’s health, fertility, weight loss, anti-aging, and environmental medicine.

Farah Alrajaan, ND



*Quantum Functional Medicine:
A Center for health, wellness and the prevention of disease*

The retirement you deserve

Refined, luxury retirement living begins at Carlsbad’s Santianna, a new signature living community from **Oakmont Senior Living**.

Santianna opened in 2022 and offers resort-style living on a gorgeous six-acre campus complete with Oakmont’s sought-after five-star amenities, exceptional service, and caring, compassionate and professionally trained team members.

Residents enjoy spacious private apartment homes that are beautifully appointed. Expansive indoor and outdoor common spaces cater to every whim whether curling up with a book in the library, enjoying an award-winning film in the movie theater or indulging in wellness services at the beauty salon and day spa.

Santianna offers a multitude of options for leading a healthy and active lifestyle. Outdoor amenities include pickleball and bocce ball courts as well as a swimming pool, walking trails and a pet park. Residents can indulge their green thumbs in on-site garden beds, enjoy a variety of fitness classes or pursue favorite pastimes like bridge and chess.

Dining is a highlight at Santianna thanks to an exceptional culinary program created by talented executive chefs. Delicious entrees, fresh salads and indulgent desserts are made with the freshest seasonal ingredients. Dining venues include a bar and lounge, elegant restaurant and outdoor patio.

Customized care services ensure that Santianna meets the individual needs of each resident. Assistance with personal care, medication management and physical therapy are just some of the services available as needed. A concierge medicine



Exquisite senior living begins at Santianna, an Oakmont Signature Living community in Carlsbad.

program allows access to same day and next day medical care too.

Just steps away from the main building, Santianna also features an onsite Traditions Memory Care neighborhood, which pro-

vides a calming and fulfilling environment for those living with dementia or other forms of memory loss.

If you or a loved one are considering retirement living options, we encourage you to

experience Santianna: the community you’ve imagined, the lifestyle you deserve. Santianna is taking reservations. For more information and to schedule an exclusive tour, call 442-222-2456 or visit www.santianna.com

RETIREMENT LIVING · NEW TO CARLSBAD

SANTIANNA Oakmont *Signature* Living

The community you’ve imagined...

Santianna, opening early 2022, is a luxury senior living community featuring spacious floor plans and elegant design with all of the amenities you’ve come to expect.

The lifestyle you deserve.

Full-Service Restaurant · Bar & Lounge · Movie Theatre · Wine Cave
Swimming Pool & Spa · BBQ & Firepit · Bocce Ball & Pickleball Courts
Salon & Massage Studio · Resident Gardens & Walking Paths



Call (442) 222-2456 today to schedule a tour!



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OPENING JANUARY 12TH, 2023

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A vacation in Carlsbad is great for visitors and locals alike. We have tons of ammenities to spice up your relaxation with fine dining on a coastal property and a renovated spa.

The perfect staycation spot!

You do not have to travel far to have fun, **The Westin** and **Sheraton Carlsbad Resort and Spa** is the perfect place for a staycation. When you stay at one of our coastal properties, you get to enjoy all amenities from both resorts. Guests enjoy two for the price of one!

Start your day by receiving a relaxing massage at The Westin's fully renovated Ocean Pearl Spa, then enjoy a delicious lunch at Sheraton's 7 Mile Kitchen, play golf at

The Crossings at Carlsbad and to finish off your day have a modern cuisine dinner at 20|Twenty all in one place!

7 Mile Kitchen and **20|Twenty** both have a wide array of food & drink options as well as a kids menu. If you are looking for a place to brunch on weekends then you have to stop at 20|Twenty to enjoy our delicious brunch items, bottomless mimosas, and live music (Sundays). To relax on a Wednesday, listen to live music and eat tasty wood fire pizza, join

us at 7 Mile Kitchen to take advantage of our Wine Down Wednesday offers.

You can also host celebratory events such as birthdays, baby showers, and more at both of our restaurants. You do not have to be a guest at our hotels to dine with us but if you choose to plan a staycation with us, we have some amazing packages for you.

Both of our locations offer a variety of staycation packages such as our Escape!

Golf Package, which includes an American Breakfast and a round of golf per person. We also offer a spa and a kids eat free package. We want your entire family to have fun including your pets, which is why all of our locations are pet friendly, no need to leave them behind. To learn more about our locations and packages please visit us on www.marriott.com.

Start planning your staycation with us today.

CARLSBAD BY THE SEA:

Natural beauty, culture and community

At **Carlsbad By The Sea Retirement Community** the beach is in your backyard, a quaint village is next door and a sense of wellbeing is all around you. Some call it a natural paradise, some call it a resort, but our residents are fortunate enough to call it home.

As a resident, we want you to spend your time doing the things that mean the most to you -- that's what living at Carlsbad By The Sea is all about.

We are a continuing care retirement community with amenities that you might expect in a resort community. Our residents enjoy bicycling as well as aqua aerobics in our heated pool while others enjoy taking a morning beach walk, or reading a novel from our library.

Many life enrichment opportunities give you the chance to learn and improve your wood working, painting, bridge, billiards and dancing. Or perhaps you have a passion you would like to share with your new friends? And don't forget our social hour, one of the best attended events.

Perhaps most importantly, you will have the time to savor all that living our community has to offer, thanks to our courteous staff who will take care of your weekly housekeeping, indoor and outdoor maintenance, and the preparation of delicious menus in our beautiful bistro and dining room or ocean view patio. We even have a full-time fitness director and full-time technology assistance if you need it.

Carlsbad By The Sea is an intimate community with fewer than 160 residences, including six premier oceanfront apartments built right into the bluff. Choose



Carlsbad By The Sea is an intimate community with fewer than 160 residences, including six premier oceanfront apartments built right into the bluff.

from more than 20 floor plans, with styles ranging from studios to penthouses. Patios or balconies expand your living space to take in the beautiful vistas and fresh ocean breezes.

Because we are a licensed continuing care retirement community, Carlsbad By The Sea offers additional care as you need it.

Truly Yours is our brand of custom designed assisted living and personal service

delivered to the privacy of your home at Carlsbad By The Sea. A personal care assistant provides everything from escort service to medication management to specialized treatments, all in the comfort of your home.

Carlsbad By The Sea Care Center offers many private, ocean view rooms, around the clock professional nursing, rehabilitative therapies like physical, occupational and

speech therapy, specialized restorative nursing programs and wound care.

Carlsbad By The Sea Retirement Community celebrates its roots as a famous seaside resort by continuing to offer resort-like services in one of Southern California's most beautiful settings.

For more information and to schedule a tour, visit carlsbadbythesea.org or call 760-720-4580.



The Carlises are especially interested in discovering the intersections between the vibrant retirement community and greater Carlsbad. Given the gallery next door and the proximity to a multitude of restaurants, cafés and shops, they expect to make many new discoveries in the coming months. In their free time, they enjoy organizing community cookouts, helping out on the philanthropy advisory committee, and exploring the miles of coastline just outside their door.

Continue your lifelong pursuits and find new adventures at Carlsbad By The Sea, offering independent living, assisted living and skilled nursing on-site.

Robert & Arlene Carlisle

Curators of life

Robert and Arlene have an appreciation for beautiful things—like the way the light reflects off the water at sunset. They note the subtle changes from evening to evening, watching from their balcony at Carlsbad By The Sea. They have also acquired an impressive collection of both bridge and biking partners in their new home in North County.



We’re an equal opportunity housing provider in Southern California. CA license #374600799 COA #194

CARLSBAD BY THE SEA
Retirement Community

a front porch community



Call **800-255-1556** or visit
CarlsbadByTheSea.org
2855 Carlsbad Blvd., Carlsbad, CA 92008

LIVING YOUR RETIREMENT TO THE *fullest*



A retirement lifestyle designed with your health and well-being in mind

With resort-like amenities, educational classes, social clubs and more just steps from their front doors, residents at La Costa Glen have plenty of opportunities to have fun and stay engaged. Plus, they have enhanced peace of mind knowing they have priority access to the adjacent health center for assisted living, memory care and long-term care in a skilled nursing center, if ever needed.

To schedule a tour, call

1-760-840-5804

LaCostaGlen.com



State of California License #374600637. Certificate of Authority #265. For the well-being of residents, La Costa Glen strives to follow CDC guidance and comply with recommendations from state and local health officials. Offerings depicted are subject to change.

Sunrise La Costa is revamping its look!

Each chapter of your life brings something new and exciting—and we believe that should never change. At **Sunrise Senior Living**, while you're busy seizing the day, we'll be providing personalized services and support. So go ahead and find new adventures with friends and family—we'll take care of the rest.

A new, exciting project is already underway! This project will transform our community with more open areas and a fresh new inviting feeling. All of our renovations will roll out in phases through 2023 . Each

step is designed to create a more cohesive community of tomorrow.

With our strong foundation from 40 years of serving seniors, our mission is still relevant today - to champion the quality of life for all seniors. Together we can positively impact the lives of so many more seniors! We invite you to come see us, tour us. We know you will see the benefits for your family.

We invite you to come see us.
7020 Manzanita Street, Carlsbad
760-930-0060



From the entrance of our lobby to the convenient Carlsbad location, it's easy to enjoy your time both outside and inside the community, including local trips and tending to our beautiful gardens.

The Key to Happiness for Seniors

With countless opportunities for fun and leisure, all on a beautiful 55-acre campus, it's clear that La Costa Glen residents are thriving – but what meets the eye just scratches the surface.

As a Life Plan Community, La Costa Glen not only offers beautiful homes, resort-like amenities, and helpful services, but also provides a comprehensive plan for the future with priority access to long-term care.

Research shows that those who live in a Life Plan Community like La Costa Glen are happier. The “Age Well Study” by Mather Institute examines the impact of residing in a Life Plan Community on residents’ health and wellness. Year three of the five-year study focused on overall happiness and life satisfaction. More than 4,000 residents were surveyed nationwide and were asked to rate their overall happiness on a scale of 1 to 7, with 4 being an average level of happiness. Not surprisingly, the average score among participants was 5.8 out of 7.

So, what is it that makes Life Plan Community residents so happy? Higher levels of social interaction and community belonging are associated with overall well-being, but according to research, they are particularly important for older adults. There's plenty of opportunity for community at La Costa Glen – residents have over 200 monthly activities to choose from, including



clubs, concerts, informational lectures, social events and more, just steps away from their maintenance-free homes.

There are other components to overall happiness, too, including physical health and mental sharpness. Residents can work up a sweat at a fitness class; challenge their neighbors to a friendly game of tennis, bocce or pickleball; let their creative side shine at an art class or simply relax and recharge by the pool.

All in all, there are so many opportunities at La Costa Glen to stay physically fit, learn new skills and pick up new hobbies – all while making new friends and being a member of a thriving community. What's more, residents can live in the moment knowing they have a comprehensive plan for their future in place with priority access to the adjacent health center for assisted living, memory care and long-term care in a skilled nursing center, if ever needed.

According to the “Age Well Study,” 91% of Life Plan Community residents were “completely” or “very” satisfied with their senior living community – so, what are you waiting for?

Call 1-760-840-5804 to schedule a personalized tour and learn how you can expect more from retirement and have peace of mind built right in.





Why Choose Sunrise Senior Living



Rich Connections

Our dedicated team members, residents, and their families create a unique, neighborly community



Customized Care

Each resident receives an Individual Service Plan tailored to fit their personal goals



Comforts of Home

We offer a variety of suite options and residents are welcome to decorate to their personal tastes



Seasonal Dining

Enjoy the food you love freshly prepared each day by our in-house chef



Revamping Underway....

This project will transform our community with more open areas and a fresh new look. All of our renovations will roll out in phases through 2023. All creating a more cohesive community of today.

We invite you to come see us.

7020 Manzanita Street, Carlsbad
760-930-0060



go.sunriseseniorliving.com

Give yourself a gift ... of WELLNESS



Offering you our **Caregiver Relief Respite Program**

The holiday season is here. You may be planning a vacation, getting shopping and decorating done, or just need some quiet time. We know you can't leave your loved one with a stranger. You need to feel good about the people you are entrusting them to – look no further than Ocean Hills Senior Living.

- Family caregiver relief
- Support and companionship
- On-Site Physical and Occupational Therapy
- Independent Living / Assisted Living / Memory Support
- Restaurant-style dining
- Fitness Center and Spa
- Social and Emotional wellness
- All of our community amenities in a warm, inviting community



Call us today to schedule your stay,

4550 Mystra Dr. • Oceanside, CA 92056

760-330-2871

OceanHillsSeniorLiving.com

RCFE #374604143



OCEAN HILLS
SENIOR LIVING

Independent Living • Assisted Living • Memory Care

Resort-style independent and assisted living

Ocean Hills Senior Living is located in Oceanside, California. Bask in the Southern California sunshine, and enjoy cool ocean breezes. Offering Independent Living, Assisted Living and on- site Memory Care apartments in a resort-style community, featuring modern services and amenities with vibrant engagement opportunities.

When you or your loved one is ready to live within a well-cared-for community dedicated to health, whole person well-being, and an intellectually stimulating future, look no further than Ocean Hills Senior Living.

Your private, beautiful and tranquil home is located on the Southern California coast – a beautiful setting for activities, both within the community and outside.

Ocean Hills is dedicated to our senior living residents and family is at the center of everything we do. With amazing services and amenities like restaurant-style dining prepared by our Chef to nourish your body and soul, on-site heated therapy pool for exercise and relaxation, full fitness center with pickle ball teams, theatre and activity spaces, sports bar for entertainment, 6-hole putting green and ongoing educational opportunities – Ocean Hills Senior Living encourages all levels of independence with progressive and personalized levels of care. We know movement is medicine and a culture of community is here to support your family with physical, emotional, spiritual and social support. Choosing to move or placing your loved one into our care this is the most meaningful decision you can make, and we do not take this responsibility lightly. We are here to fully support you during this wonderful transition. At Ocean Hills, we not only focus on the physical needs of our residents, but also on the psychological, social, intellectual and enjoyable aspects of life.

Ocean Hills Senior Living looks forward



The Ocean Hills culture is to create a personal and carefree environment for all residents with service based on integrity, honesty and dignity.

to supporting your family during your most enjoyable years. We offer monthly support groups for extended family, caregivers and even temporary respite stays to try out our community before committing to permanent residency. Look no further than Ocean

Hills Senior Living.

Contact Ocean Hills Senior Living today for more information, a private tour of the community and join us for lunch. We look forward to connecting with you soon.

“Our culture is to create a personal and

carefree environment for all of our residents with service based on integrity, honesty and dignity.”

Call us today to schedule your stay: 760-330-2871



La Marea Senior Living associates in Carlsbad were recently recognized during the California Assisted Living Association's (CALA) Excellence in Service Awards, Glen Cruz and Launa!



La Marea Senior Living celebrates award-winning associates

At **La Marea Senior Living**, we are proud to have the best team of associates in Carlsbad. Don't just take it from us – two of our associates were recently recognized during the California Assisted Living Association's (CALA) Excellence in Service Awards!

Outstanding Executive Director

Our very own Launa Moore received the Outstanding Executive Director award. Under her guidance, La Marea had the highest number of five-star reviews in our management company, **Integral Senior Living**, for 2021 and is well on track to do the same this year.

She leads with a purpose – to make dreams come true and makes people feel

loved, evidenced by La Marea's Living the Dream program. Residents have followed dreams such as goat yoga, meeting horses, and visiting the grand tearoom, flower fields and the beach.

La Marea provides personalized and supportive care in a thriving home designed to provide a lifestyle that enhances your life as you age, and we do it so well that our community is used as a training ground for new Executive Directors looking to emulate it. Launa has always set a high standard, inspiring her team to exceed resident expectations. She is truly leading the way as La Marea brings new meaning to senior living in Carlsbad.

Outstanding Caregiver

CALA also recognized Glen Cruz as an Outstanding Caregiver. When Glen walks through the door for his night shift as a medication aide in our Memory Care unit, he brings the sun with him. With associates like Glen on the team, life at La Marea means fewer worries. Our 24-hour care staff looks after your needs, allowing you to do more of what you love and less of what you don't. Thanks to Vibrant Life® and our caring staff, La Marea is a thriving, social community with new friendships forming every day. You might even see Glen playing cards or singing karaoke with the residents. Plus, there's plenty of space to host your family and friends in one of our community social spaces.

Our Community

At La Marea, you can rest assured that you or your loved one is safe in the hands of the most capable and caring people around. The health and wellness of our residents is our top priority. Our community is equipped with several features, so our residents thrive in their new home, including touchless common areas. Our automatic front door and restroom fixtures help our communal spaces stay safe and clean.

We can't wait to welcome you home! Please call (833) 526-2732 or visit www.lamareaseniorliving.com to learn why NOW is the time to consider senior living.

CELEBRATING OUR AWARD-WINNING STAFF!



LA MAREA
SENIOR LIVING



Launa Moore, Executive Director

Glen Cruz, Medication Aide



We're excited to announce that **two** of our associates have received awards from the California Assisted Living Association (CALA) for their outstanding commitment to senior living. Executive Director Launa Moore was awarded Outstanding Executive Director, and Medication Aide Glen Cruz was awarded Outstanding Caregiver.

We are so honored to have our associates recognized and look forward to showing you how incredible our team is.

Call (442) 325-3510 or visit LaMareaSeniorLiving.com
to learn more about La Marea Senior Living!