



# BUSINESS JOURNAL

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FEBRUARY 2022



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## Aging gracefully

Aging is an inevitable part of life. Accepting that our lives have to qualitatively change as we age is a choice. Making a decision to age well means preparing for that future. With that in mind, the Carlsbad Chamber of Commerce is planning

our first **Older & Bolder Expo** on Saturday, Feb. 26 from 9 a.m. to 1 p.m. at **St. Elizabeth Seton Catholic Church**, 6628 Santa Isabel, Carlsbad. This will be a free event that will educate and raise awareness about the issues that can and do affect all of us as we age. The event will feature the latest information on products and services designed to make the most of life at any age. We have a great lineup of expert speakers who will talk about topics ranging from financial planning and navigating Medicare to home safety and adult learning. There will also be dozens of exhibitors who will offer the latest information and essential tips on aging successfully.

Most often we do not plan for what is being coined by gerontologists as the “third age,” states

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## LIVING WELL

# Outdoors

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When it comes to *Love, Health and Wellness*, Carlsbad is undoubtedly a great place for those to thrive. The city’s beaches with their stunning sunsets, are the perfect backdrop for any romantic getaway. From high quality hospital networks to smaller clinics, the community has access to great services to stay healthy. Furthermore, wonderful trails and great year-round weather help promote outdoor physical activity, making it easier for locals and visitors to get their much needed vitamin D. It’s no surprise then, that so many businesses built around these three areas, set up shop here in Carlsbad.

### Wellness on wheels

“Being outside promotes movement and mental health,” says General Manager of **Beach Vibe Rental & Sales LLC** Xavier Herrera. His company specializes in rentals of e-bikes and golf carts so people can get some fresh air and soak in the ocean breeze. “The beautiful coastal views, landscape, and weather makes this the ideal place for Beach Vibe. Support from tourism and locals is another piece of what helps us thrive. The proximity to the beach, local shops, and restaurants are some of the best perks of being in Carlsbad.”

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## BUSINESS SPOTLIGHT

## The global fitness phenomenon you need to know about

Whole-Body Electromyostimulation (EMS) is a technology developed in Germany more than a decade ago. And with more than 13,000 locations worldwide, it now dominates the fitness industry in Europe, South America, Australia, and even Asia and the Middle East. However, in the US the equipment is regulated as a Class-2 medical device and had to go through the rigorous process of being cleared by the FDA which is why it’s taken so long to get here.

That finally happened and **Bodybuzz** was one of the first companies to bring this technology to California when they launched a year ago right here in Carlsbad.

In the past twelve months the company has grown from a single employee to a full team of certified personal trainers throughout San Diego County and recently expanded into Las Vegas with plans to enter the Palm Springs and Scottsdale markets later this year. The success has sparked intense media interest in Bodybuzz, and they have been featured on FOX 5, CBS 8, Ranch & Coast Magazine, and were recently



honored with a full-page feature in the annual wellness edition of San Diego Magazine. It’s also caught the eye of several local social media influencers who have shared their own Bodybuzz experiences.

Bodybuzz uses their specially engineered SuperSuit which is lined with 20 electrodes targeting all of the major muscle groups. The electrodes stimulate approximately 350 individual muscles to contract up to 100 times per second. At the same time, the client is performing a series of simple movements using either body weight or very light dumbbells. The sessions are held at the client’s home and conducted by a Bodybuzz certified personal trainer. And while the entire workout takes just 20 minutes, your body

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**Heather Lake of FOX 5** preparing for her Bodybuzz session.

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CHAMBER PURPOSE

The Carlsbad Chamber of Commerce acts as a regional economic catalyst, leadership convener and community champion.

CHAMBER MISSION

The Carlsbad Chamber promotes business through member services, economic and community development, and public policy that balances economic prosperity with quality of life.

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# Loving our lagoon

After living in Carlsbad for more than 20 years, I'm still amazed with its diversity. Amongst the gems is a nearly 400-acre lagoon known as Agua Hedionda – the smelly water. The lagoon was home to some of Carlsbad's first residents, the Luiseno. For generations they were stewards to the environment, living in harmony with its inhabitants. It is easy to understand why this watershed is loved.

Its ecosystem includes breeding grounds for fish, amphibians, birds, small mammals, plants and more. It is

affected by the tides which leave mudflats exposed and a nutrient rich environment for crustaceans and worms. Yet with all these delicate threatened and endangered species, we have found a way to enjoy its waters with boating, fishing, sailing, paddling and beachgoing. In addition to recreational use, it serves as a hub for commercial use as well. There is a mussel and oyster aquaculture facility (**Carlsbad Aquafarm**), a white sea bass hatchery and a desalination plant. With all this activity the health and preservation of the lagoon is a top priority.

**Agua Hedionda Lagoon Foundation** leads efforts to maintain the wellness of this resource. Founded in 1990 the group provides education, outreach and inspiration through its activities headquartered at its **Agua Hedionda Lagoon Foundation - Discovery Center**. The Discovery Center offers hands-on classes for people of all ages. It includes fossil displays, historical information, live animal interaction, and native plant gardens just to name a few. There are thousands of students and people who visit the Discovery Center annually. It is no surprise that with this type of impact the Agua Hedionda Lagoon Foundation was named Non-profit of the Year in 2021 by the Carlsbad Chamber of Commerce, receiving a



The Agua Hedionda Lagoon Foundation's mission is "to inspire people through education and outreach to preserve the Agua Hedionda Lagoon as an accessible and healthy watershed."

well-deserved CBAD Award. The Carlsbad Chamber is honored to support such a dedicated group. Congratulations! If you haven't had the opportunity to check it out, I encourage you to see what this

unique natural resource offers. To learn more about the Agua Hedionda Lagoon Foundation go to the Chamber's YouTube channel: [www.youtube.com/watch?v=HFVlwoEumjI](https://www.youtube.com/watch?v=HFVlwoEumjI)

## » BODYBUZZ

Continued from Page 1

is getting the equivalent benefit of more than an hour and a half of traditional resistance training. But, unlike traditional exercise, which can be damaging to your joints and ligaments, EMS saves your body by doing nearly all of the work on your behalf. So not only is it far more effective and efficient than any other type of exercise but it is inherently safer. Many clients in their 60's and 70's that simply can't do traditional exercise are thriving with Bodybuzz. Bodybuzz also counts several high-level athletes among its clientele. It's a software-based technology that can be configured to virtually any client, regardless of age or fitness level.

Americans spend more than \$30 billion annually on fitness yet the rate of obesity and chronic illness in this country has never been higher. And, while technology has enhanced nearly every aspect of our lives, we are still exercising the same way we did thousands of years ago. Our ancestors started out by lifting, pushing, pulling and throwing things; like rocks. A thousand years later all we've really done is replace rocks with metal plates, kettlebells, maybe some rubber bands or some cables attached to a video display.

Fitness companies spend millions of dollars trying to convince us that they offer something better. They use fancy names



Clients train at home with a Bodybuzz certified trainer.

and acronyms like Tabata, spin, Pilates, interval training, CrossFit and HIIT. But at the end of the day, you're still lifting, pushing and throwing "rocks". The industry was just ripe for technological disruption. And it's been decades, if not longer since anything in the world of fitness has sparked this type of enthusiasm. The benefits of the technology are numerous and there are over 100 published research studies and articles attesting to the efficacy and safety of the technology.

For more information or to schedule an introductory Bodybuzz session you can visit [www.bodybuzzfit.com](http://www.bodybuzzfit.com) or call (888) 842-2899.



Chantelle Malarkey hosts a Bodybuzz event at her home in Point Loma.



# Building resilience during uncertain times

Across the nation, events are being canceled, staffing shortages are surging and plans for in-person work are falling by the wayside — all due to omicron, the latest

variant wave in the nearly-two year pandemic.

For our business community, this comes as some businesses are still trying to regain their footing. Our local small businesses need and deserve all the support they can get right now.

So with that, I'd like to spotlight a couple of innovative programs designed to help Carlsbad businesses:

### Gift Carlsbad

This gift card program was built to offer a few great perks for shoppers and business-owners alike.

For starters, even though shoppers may feel uneasy going into a shop or restaurant right now, gift cards can ensure people are still patronizing Carlsbad businesses. Buying gift cards through GiftCarlsbad.com give patrons options to spend their gift card dollars at a number of Carlsbad businesses.

Shoppers also earn "bonus bucks" when they buy gift cards. A \$40 gift card earns \$10; a \$75 card earns \$25; and a \$100 gift card earns \$40. These incentives translate into more funds to support participating businesses. In fact, last year's program brought nearly \$90,000 of economic activity to our community. Bonus amounts are sponsors



The City of Carlsbad offers programs designed to help small businesses.

by the *Ready Carlsbad Business Alliance* and the **City of Carlsbad**, meaning shoppers and businesses both win.

What's more, shoppers can use these gift cards at any participating business. That includes online shopping — which appeals to folks who are hesitant to shop in-person right now.

It's easy and free for businesses to participate in this program. Simply go to GiftCarlsbad.com to get started. Shoppers can also buy gift cards on the website.

GiftCarlsbad is possible thanks to partnership between the **Carlsbad Chamber of Commerce**, the **Carlsbad Village As-**

**sociation**, **Visit Carlsbad** and the City of Carlsbad.

### Cybersecurity-Awareness Program

Cyber crimes have skyrocketed during the pandemic, by as much as 300 percent according to the Federal Bureau of Investigations (FBI). Even more startling: 43% of attacks are aimed at small businesses and only 14% are prepared to defend themselves, according to research by Verizon.

On average, a breach costs companies \$200,000 — which can be a devastating blow for small businesses already struggling in the wake of COVID.

That's why we are proud to offer a free cybersecurity-awareness program in partnership with Cyber Center of Excellence (CCOE).

When businesses sign-up for this free program, their employees can learn basic awareness skills that could prevent a cyber-attack, thanks to ESET North America's proprietary training platform, a benefit that is included in the program. This is critical because a staggering 95% of all breaches are due to human error, according to the IBM Cyber Security Intelligence Index Report.

Participating businesses also get a free cyber risk assessment report from RiskRecon, a Mastercard company — along with customized recommendations about how to reduce vulnerabilities.

These custom programs are a couple of the ways we're working to help Carlsbad companies stay resilient now and well into the future. Though we can't possibly know what's ahead in this pandemic, we're committed to innovating our services to meet the ever-evolving needs of our local businesses.

Our economic development team at the City of Carlsbad is always happy to help, too. Visit CarlsbadLifeinAction.com to learn about other services we offer. And I invite you to reach out to me directly at matt.sanford@carlsbadca.gov.

Throughout this pandemic, I've been inspired by the grit and spirit of our business community — and I'm honored to support it. Please know we're in your corner, and here if you need us.

*Any small business in Carlsbad interested in the free cybersecurity awareness program can register at <https://www.surveymonkey.com/r/8H7G6G7> for the next cohort.*

## Something for *Everyone*

Golfing, hiking, camping, swimming, surfing, meetings or a weekend getaway...

**McClellan-Palomar Airport in Carlsbad is a gateway to San Diego's North County. The new passenger terminal at the airport includes a restaurant, Wi-Fi access and rental car desks. Located at the core of San Diego County, Gillespie Field is a combination airport and business park with excellent accessibility, globally via air, locally by rail and regionally via multiple freeway collections.**

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## AGING

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Alesia Clark, founder of **Engage Life Care**. "Beyond financial retirement plans, we must plan for all facets of our well-being for an extraordinary tomorrow."

Planning for the future not only includes caring for ourselves but frequently it also means caring for parents and/or grandparents. One goal of the Expo is to provide helpful information and connections for caregivers. According to the National Council on Aging, so many Americans, whether they realize it or not, are caregivers. Approximately 40 million Americans provide unpaid care to older adults and adults with disabilities. Most of these unpaid caregivers juggle a career or other responsibilities. Wearing all these hats can exact a toll.

The Centers for Disease Control and Prevention's Website states it is expected that there will be 71 million people aged 65 years

old and older when all baby boomers are at least 65 years old in 2030. Planning for the future becomes even more imperative because the number of older adults needing help and services is quickly growing.

"We are working hard to make the first Expo a huge success," said Kim Shea, owner of **Game-Changing Counseling Services** and founding committee member for the Older and Bolder Expo. "People are living longer, and many are working well into their seventies and even eighties. We want to continue this event in the foreseeable future to provide valuable information that will improve quality of life for everyone regardless of their age."

*The Older & Bolder Expo is open to health-related companies, nonprofits and senior service providers, as well as others. There are still some exhibitor spots open. If you are interested, please go to: [www.carlsbad.org](http://www.carlsbad.org) and click on the slider for Older & Bolder. Our best is still ahead of us!*



# A spring makeover

During your next visit to downtown Carlsbad, you will notice a few new sights along the way. For many years, colorful banners with images of surfboards and iconic locations and children on the beach have hung on light poles throughout Carlsbad Village. During the holidays, they are replaced with holiday images of hot cocoa, wreaths, and snowmen on the beach.



Starting this year, the **Carlsbad Village Association** (CVA) is managing the banner program for the **City of Carlsbad**, and its first round of brand-new banners were installed in January. There are a total of 78 banners in the Village.

CVA's goal for this first round of banner images was to capture the story of Carlsbad Village, taking direction from some of the most popular social media images that showcase our amazing sunsets and beach culture. Pulling in the theme of Shop Local and Dine Local, to highlight the main street businesses downtown, was important too. And, of course, a banner image promoting the fact that Carlsbad Village is a great place to enjoy by bike was a natural decision.

Two of the new banner images were provided courtesy of local photographers Roy Kerckhoffs and Taylor Mohr. CVA is looking forward to expanding the program and including other local photographers and artists as well.

CVA is already working on a spring theme with the idea that changing out a percentage of the banners at each season will help keep the look and feel fresh. As a Main Street America Affiliate, CVA is proud to be joining the ranks of other main street organizations who



Starting this year, the Carlsbad Village Association (CVA) is managing the banner program for the City of Carlsbad, and its first round of brand-new banners were installed in January.



manage their downtown's banner program. CVA will also be managing the banner program in other parts of the city with a total of 44 new banners being hung in high traffic business areas that include Paseo Del Norte, by the **Carlsbad Premium Outlets** and Car Country Carlsbad, as well as along Palomar Airport Road, and near **The Forum Carlsbad**. These banners will include the Shop Local and Dine Local message and will also showcase some of Carlsbad's wonderful outdoor activities with banner images of

the beach, the lagoon, the trails, the flower fields, and the golf course. February is a busy month in Carlsbad Village with three events taking place Valentine's weekend. CVA's *5th Annual Heart of the Village Blood Drive and Valentine Pop-Up* will take place on Saturday, Feb. 12 at **Barrio Glassworks**, a public glassblowing studio and retail gallery. The Valentine Pop-Up will feature delightful goodies from the **Carlsbad Cookie Company**, as well as other Valentine-themed sweets, and gift wrap-

ping too. CVA will also be hosting a two-day "Follow Your Heart Treasure Hunt" (sponsored by Barrio Glassworks) starting on Saturday. A total of 50 very special blown glass hearts will be hidden throughout the Village. While a glass heart, if found, is yours to keep forever, one lucky winner will receive a private glassblowing class just for the fun of it! For more information on the Carlsbad Village Association 2022 event schedule, and more, visit [www.carlsbad-village.com](http://www.carlsbad-village.com).

# Citizen of the Year



Do you know someone in the **City of Carlsbad** who deserves special recognition for outstanding community involvement?

Nominations due March 31. For more information visit [carlsbadca.gov/citizen](http://carlsbadca.gov/citizen) or call 760-434-2830.



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# Remixed, remastered, renovated

## A little background

Music is all around us. It defines generations, colors our experiences, and preserves eras of human history through sound. Music (usually) needs a person to make it, and this person (often) needs tools to voice their expression—guitars, pianos, violins, microphones, recording gear, software, and so much more. Considered as a whole, these tools form an important industry in today’s world—that of music and sound



CAROLYN GRANT  
EXECUTIVE DIRECTOR  
MUSEUM OF MAKING MUSIC

products. The Carlsbad-based trade association known as NAMM serves and supports this industry through its world-renowned trade shows and member services. It also serves the public through its Foundation. One of the NAMM Foundation’s signature programs is the **Museum of Making Music** (MoMM), a unique museum that serves our local and surrounding communities and tourist markets by sharing intriguing stories and displays rooted in the rich history of the industry it represents.

## Time to renovate

Having originally opened to the public in 2000, we could see that by 2020 the MoMM was going to be ready for a refresh. So, before we were even aware of the looming pandemic, the team launched—and completed—a successful fundraising campaign to fully renovate the museum galleries. The project, which consisted of an update of the interpretive technology, a reorganization of the storyline, the reconfiguration of the physical space, and an increase in interactive engagement opportunities, was completed during the months of pandemic closure enabling us to reopen on June 15, 2021. While



*The renovation of the Museum of Making Music consisted of an update of the interpretive technology, a reorganization of the storyline, the reconfiguration of the physical space, and an increase in interactive engagement opportunities.*

we weren’t able to celebrate the reopening with the fanfare we would have liked, we were able to experience the satisfaction of seeing our visitors engage with new digital touchscreens, visually appealing displays, an immersive video experience, and myriad hands-on instruments. Today, after eight months of operations, it is still a thrill to walk through the galleries and witness firsthand the results of our funders’ support and the hard work of the renovation team. And, once we’re on the other side of this pandemic, we will celebrate, again, for a variety of reasons—in a big way!

## Keep on keeping on

Although we continue to walk through days of unprecedented change, the Museum remains steadfast in its commitment to encourage people to find their own unique place in this musical world and to advance active participation in music making across

the lifespan. For those that are inspired by musicians and live music, we offer our San Diego Sound Project—a series that welcomes artists from in and around our county to share their stories in a virtual interview format, followed by an in-person and livestreamed concert of their original work. If you’re an adult with a hankering to learn a musical instrument (and don’t mind rehearsing outdoors for the time being), our amateur band and orchestra is waiting for you. If you have kids and grandkids in school, ask their teacher to inquire about our virtual and in-person tour program. And if you like to learn, ponder, wonder, and dive deep, stay tuned for our upcoming special exhibition that will explore how our need to thrive from home during the pandemic led to a boom in the sound and recording gear markets. With an overview of the history of these products, examples of products currently in use, and interactive opportunities



*The Museum of Making music remains steadfast in its commitment to encourage people to find their own unique place in this musical world and to advance active participation in music making across the lifespan.*

for visitors, the exhibition will provide a view of an industry connecting to its audiences with the right tools at the right time.

Explore all the Museum’s offerings at [www.museumofmakingmusic.org](http://www.museumofmakingmusic.org) and at [www.youtube.com/museumofmakingmusic](https://www.youtube.com/museumofmakingmusic)

## OUTDOORS

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Herrera says renting an e-bike or a golf cart, allows those who want to explore the city, cover more ground in less time. “Our best e-bikes go up to 94 miles on a single charge.”

Needless to say, as spring gets closer and with that even better weather, Herrera believes February will be a good month for his business. “Beach Vibe is the perfect addition for an outing in the Village during Valentine’s Day. Take advantage of our Sunset Special, a night ride in a golf cart. An exclusive way to see the sunset and discover the local nightlife.”

## Steps towards health

Carlsbad features a wide range of trails for hikers of all levels. The trail at Batiquitos Lagoon is a favorite one. “People always say that Batiquitos is like an oasis within an urban environment,” says **Batiquitos Lagoon Foundation** Vice President, Deb Mossa. “When you make the first turn and get away from the freeway it becomes very quiet and peaceful. After a while it can feel like you are in the middle of nowhere. It is tranquil and the trail is easy to navigate; flat and wide.” The Foundation is in charge of protecting this precious Carlsbad wetland so that it can continue to provide wellness benefits to future generations. “Many studies have shown that exposure to nature is part of general well being for humans. Being out in the sunshine, smelling the sage and other native plants, hearing the birds sing and seeing them flying over the lagoon or wading on the shore is nourishment for the soul. Many people who live here in Carlsbad, like myself,



*The Batiquitos Lagoon North Shore trail runs 1.6 miles along the lagoon. Once hikers get to the end, they turn around and walk back. That makes for a 3.2 mile walk without hills and is the perfect length and difficulty level for leisurely exercise.*

are attracted to the open space and natural habitats that surround us.”

While Mossa says that “a romantic evening walk on the Batiquitos lagoon trail would be a perfect way to spend Valentine’s Day with your loved one,” the truth is “people are on the trail year round. Dog walkers, families, senior citizens, and joggers are there everyday. There are picnic tables under the trees by the Nature Center and people bring a bag lunch and enjoy it alfresco. Bird watchers are always at Batiquitos as we are on the Pacific flyway and a migratory spot for many birds.”

## Fun on the water

Located on Carlsbad’s iconic Aqua Hedionda Lagoon, **California Watersports** offers locals and visitors a great opportunity to explore the lagoon on a kayak, paddleboard,



*Renting an e-bike or a golf cart, allows those who want to explore Carlsbad, cover more ground in less time.*

boat, and more. According to the company’s owner, Josh Cantor, California Watersports became an important outlet during the pandemic. “There are all kinds of benefits,” says Cantor. “Just being outside in the fresh air, especially in the last couple years with everything being so confining and restricting, and everybody has kind of been put through a trauma, that just being able to be outside and have some normalcy of being on the water, being open, being free, with the fresh air is therapeutic.”

With Southern California’s great weather, the company is open all year round. “We are in the business of renting fun,” says Cantor. And while the summer tends to be busier, locals do take advantage of the winter and spring months. “For a lot of the people who live around here they like this time of year even better because you get a paddle-



*Located on Carlsbad’s iconic Aqua Hedionda Lagoon, California Watersports offers locals and visitors a great opportunity to explore the lagoon on a kayak, paddleboard, boat, and more.*

board, you get out there on the water and you have all the place to yourself. You kind of forget that you are in Southern California in the middle of a few million people when you are out there floating on the lagoon all to yourself.”

The lagoon is certainly a favorite on Valentine’s Day. “Our place is an amazing date spot,” says Cantor. “It’s kind of that date spot for the people who are thinking outside of the box than just dinner and flowers.”

For more information about these three amazing experiences, please visit the following websites:  
[www.beachvibesocal.com](http://www.beachvibesocal.com)  
[www.batiquitosfoundation.org](http://www.batiquitosfoundation.org)  
[www.carlsbadlagoon.com](http://www.carlsbadlagoon.com)



# Don't die of doubt

Heart disease continues to be the leading cause of death for Americans, according to the American Heart Association (AHA). During the pandemic, many people experiencing chest discomfort, fatigue or shortness of breath are hesitating before going to the hospital believing that they are experiencing COVID-19 symptoms that will pass or they are afraid of getting the virus at the hospital.



Physicians and surgeons at **Tri-City Medical Center's** Cardiovascular Health Institute (CVHI) want to remind San Diegans about the importance of going to the hospital when they have these types of symptoms to ensure that they are properly diagnosed and receive the best possible cardiovascular treatment. The AHA's "Don't Die of Doubt" campaign was created to raise awareness about this issue and reinforce that hospitals are the safest place to be for heart-related emergencies – even during a pandemic.

Just ask James Robbins, a retired restaurant cook, who delayed going to the hospital until his daughter made him because he was having difficulty breathing and walking more than 10 feet on his swollen ankles. He attributed his symptoms to COVID-19. Once a negative test ruled this out, the emergency department staff at Tri-City quickly determined that James was having heart problems



Tri-City Medical Center now offers TAVR as non-surgical option for heart valve disease

and brought in Aaron Yung, MD, FACC, an interventional and structural cardiologist, who diagnosed James with aortic valve stenosis. Aortic stenosis occurs when the heart's aortic valve, located between the aorta and left ventricle of the heart, has thickened and its flap doesn't fully open causing reduced blood flow from the heart to the body. In turn, this makes the heart work harder to pump blood, weakening the heart muscle, and may eventually lead to heart failure. Aortic stenosis is a progressive disease and will become more severe over time. "In the past, the only way to replace this aortic valve was through open-heart surgery," said Dr. Yung, and interventional

cardiologist and Director of the Structural Cardiology Program at Tri-City. "Today, we perform transcatheter aortic valve replacement, or TAVR, in our cardiac catheterization lab in about an hour. This safe, minimally invasive procedure involves deploying a collapsed replacement valve to the diseased valve site through a catheter inserted into the femoral artery in the leg. Once the new biological tissue valve is inserted inside the old valve, it is expanded and takes over regulating blood flow." "For James, TAVR was the best therapeutic option," said Dr. Yung. "Numerous studies show that even for low-risk surgical patients, TAVR is a safe alternative resulting in better outcomes."



Retire restaurant cook, James Robbins, was treated with TAVR for his heart condition.

- The benefits of TAVR may include:
- reduced hospital stay
  - shorter surgical and recovery times
  - less infection, pain and/or anxiety
  - smaller incisions so minimal scarring
  - relief of symptoms.

"It was a good thing I came in when I did as my heart function was very low," said James. "If I had waited any longer, I might have had a heart attack and needed open-heart surgery. Even though people might consider going to the hospital and having a procedure to be a bad thing, it was the best thing that ever happened to me. TAVR has given me back my life."

To learn more about heart and vascular care at Tri-City Medical Center, visit [www.tricitymed.org/medical-services/heart-vascular-care/](http://www.tricitymed.org/medical-services/heart-vascular-care/)



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# MiraCosta College named in Top 150 Community Colleges

The Aspen Institute has named **MiraCosta College** as one of the 150 entities eligible to compete for the \$1 million Aspen Prize for Community College Excellence, one of the nation’s highest awards honoring achievement and performance of America’s community colleges. The colleges selected for this honor stand out among more than 1,000 community colleges nationwide as having high and improving levels of student success, as well as equitable outcomes for Black and Hispanic students and those from lower-income backgrounds.

“It is an honor to be included amongst the top 15 percent of community colleges invited to compete for the Aspen Prize,” explains Dr. Sunita “Sunny” Cooke, MiraCosta College superintendent/president. “MiraCosta College’s Board of Trustees, faculty, staff, and administrators have all been steadfast in our commitment to improving student outcomes in areas of retention, completion, transfer, and equity. We look forward to moving forward in the Aspen selection process.”

The \$1 million Aspen Prize for Community College Excellence, awarded every two years, is the nation’s signature recognition for America’s community colleges—as President Obama called it, “basically the Oscars for great community colleges.”

“In an era of persistent inequity and workforce talent gaps, our nation’s best community colleges are stepping up to deliver



MiraCosta College has been named in Top 150 Community Colleges, and will compete for \$1 million Aspen Prize.

Photo by: miracosta.edu

more degrees to increasingly diverse students so they are prepared for the good jobs waiting to be filled,” said Josh Wyner, executive director of the Aspen Institute College Excellence Program. “Leaders of exceptional community colleges understand that achieving excellence requires expanding college access and increasing degree completion, but it doesn’t stop there. They are committed to ensuring that all students—including students of color and those from

low-income backgrounds—graduate with the skills needed to secure a job with family-sustaining wages or successfully transfer to and graduate from a university. That same commitment that stands at the center of the Aspen Prize: to advance the goals of social mobility and equitable talent development.”

The Aspen Prize spotlights exemplary community colleges in order to elevate the sector, drive attention to colleges doing the best work, and discover and share



highly effective student success and equity strategies. Since 2010, Aspen has chosen to focus intensively on community colleges because they are—as First Lady Dr. Jill Biden stated at the 2021 Aspen Prize ceremony—“a powerful engine of prosperity.”

Moving forward, MiraCosta College will submit data and narratives for the intensive review process. Selection of the top ten finalists by a panel of 15 experts in community colleges, higher education, and workforce training, will be announced in spring/summer 2022. The Aspen Institute will then conduct site visits to each of the finalists and collect additional quantitative data, including employment and earnings data. A distinguished jury will make award decisions by late spring 2023. 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 with one elbow on the bed, 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.

Visit [miracosta.edu](https://miracosta.edu)

# The new Career Pathways Strategic Plan

Evelyn Parra, a junior at Sage Creek High School, recently participated in BCK’s Storm Water Pollution Prevention Plan internship – one of Carlsbad Unified’s many partnerships with business, industry, and nonprofits. She worked alongside scientists, students, and public agencies to employ ways of conserving our water and protecting the ocean from pollution. Now she dreams of pursuing a career as a hydrologist.

Our new *Career Pathways Strategic Plan* aims to introduce students such as Evelyn to career possibilities and encourages them to explore their interests and passions from the early grades. Our goal is that students will graduate prepared for their futures with both the academic and employability skills they need to be successful. In this endeavor we are fortunate to benefit from the generous support of our business, industry, and nonprofit communities, and we appreciate all of our partners who make so many opportunities possible for our students.

First and foremost is our invaluable partnership with the **Carlsbad Educational Foundation** (CEF), and its partners, in the many career programs it facilitates for Carlsbad Unified students. In these CEF-supported programs, elementary students are learning to build and code through the Lego Robotics curriculum for all second graders, culminating in a learning trip to **LEGOLAND California Resort**; observing wildlife on Agua Hedionda Lagoon field trips for all third graders; studying vegetables and sustainable practices on Coastal



Carlsbad’s emerging scientists have participated in the Science Olympiad, supported by Viasat, Inc.

Roots Farm visits (virtual and in-person) for kindergartners and all fourth graders; and learning about running a business through the Junior Achievement BizTown curriculum and field trips for all fifth graders.

Middle school students experience hands-on science experiments and activities through CEF – with help from their partners, in the form of programs such as such **Nordson Corporation’s** Tech Time Challenge; Science Day, with volunteers from Thermo Fisher; Science Lab Super Charge; and the **Agua Hedionda Lagoon Foundation’s** Environmental Stewardship initiative for all seventh graders.

CEF also funds Junior Achievement’s Finance Park for all twelfth grade students, helping to prepare them for the financial challenges of adulthood. It also supports high school career pathways by, for exam-

ple, assisting Carlsbad High School’s Business Pathway Marketing students with internships and helping with the production of marketing materials, social media, and websites.

And there’s more. CEF provides elementary music for our budding singers and musicians, helps pay for musical instruments and music coaches for bands and orchestras at our middle and high schools, and funds sets, costumes, and music for both high schools’ spring musicals. Our emerging scientists have access to programs such as the First Lego League STEM program and the Science Olympiad, supported by **Viasat, Inc.** Further, there are unique school-specific opportunities, such as the International Baccalaureate program at Jefferson Elementary, Project Lead the Way at Calavera Hills Elementary and Middle, and

the Genius Project at Sage Creek High. Our District boasts fourteen Career Pathways, aligned with San Diego’s high-priority industry sectors, including the national award-winning CHSTV broadcast journalism program, the Linked Learning Gold-Certified Film Academy at Carlsbad High School, and Sage Creek High School’s BioMed and Engineering Pathways. These pathways are guided by the expertise of the District Career Pathways Advisory Committee. Advisory Committee members and other business partners collaborate throughout the year with career pathway teachers, aligning curriculum, software, and equipment with industry standards. These volunteers from the business and industrial community also offer internships, feedback on student projects, mentorships, guest speakers, and other hands-on experiences for students.

We also salute the Chamber of Commerce’s **SOCAL Initiative – Student Opportunities for Career Awareness and Learning** – which creates videos featuring local workplaces to provide students with virtual experiences of careers here in our community.

The **City of Carlsbad’s** Cultural Arts Office is assisting our career exploration efforts in many ways, including supporting the production of *The Wizard of Oz* at Jefferson Elementary, in collaboration with **New Village Arts**, where students are learning about the “front and back of the house” while putting on the play.

**Carlsbad Unified** is committed to promoting the career readiness skills, knowledge, and experiences which will lead students to productive and fulfilling lives. Valuable partnerships help our students become self-directed learners, exposed to a wide variety of opportunities to practice career readiness skills. We couldn’t do what we do without the support of our business, industry, and non-profit communities.



SCHOOL NEWS





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VP OF MEMBER RELATIONS  
CARLSBAD CHAMBER OF COMMERCE

It's February party time! We are thrilled to announce that the Carlsbad and Oceanside Chambers of Commerce are partnering up for a joint networking event at the amazing **Veterans Association of North County (VANC)**. That's right, our CBAD Happy Hour will now give you the chance to expand your network as you mingle with members of both chambers.

The event is coming up on Wednesday, February 16, 5-7 PM, and it's the first one of its kind in several years. Enjoy bites and drinks and lots of connections across all types of industries in North County San Diego.

We are excited that this event is being held at VANC. VANC, a 501(c)(3) nonprofit organization, was created by veterans for veterans, retired and active duty service people and their families. VANC centralizes services from diverse agencies to assist with jobs, education, finances, health, and wellness.

As we join forces with our neighboring chamber, we look forward to all our members taking advantage of this unique opportunity at this wonderful event, while learning more about the work that VANC does for veterans and military families in North County. We hope to see you there! Register online at [www.web.carlsbad.org/events](http://www.web.carlsbad.org/events).

### RIBBON CUTTINGS



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# Patient empowered healthcare

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 **Carlsbad Integrative Medical Center** wants for his patients. Whether they see him for health and wellness plans to help them to age well, or for the treatment of chronic disease, his desire is that each patient experience patient-empowered care originating from a Functional Integrative approach to health care. An approach that takes the time to look back in order to locate and remove root causes, in addition to treating the current condition.

Let’s take a quick look at how Dr. Winkler’s Functional approach to medicine evolved. 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. When asked why he chose to devote his life to the healing arts, he replied, “Originally I was inspired to become a practitioner because of my interest in finding the root cause of disease and the desire to alleviate suffer-



**Dr. Juergen Winkler, MD** is the founder of **Quantum Functional Medicine** in Carlsbad and **Carlsbad Integrative Medical Center**.

ing. However, my mother-in-law’s suffering with pancreatic cancer served as an incentive to get even more serious about helping patients with chronic debilitating health conditions. I began deeper research into the philosophy, methods, and outcomes of integrative and functional health care practices. It is my desire to offer treatments designed to specifically deal with each individual’s current needs and root causes. Our clinics exist 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, addressing genetics, environmental exposures, lifestyle, and emotional/physical makeup, each of which is an influence in chronic disease.”

For information about Quantum Functional Medicine and Carlsbad Integrative Medical Center visit online: [QFMED.com](http://QFMED.com) and [Carlsbad-imc.com](http://Carlsbad-imc.com)

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**Juergen Winkler, MD, ABIHM, ABOIM**

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# The retirement you deserve

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

Opening early 2022, **Santianna** 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 program allows access to same day and



*Exquisite senior living begins at Santianna, a new Oakmont Signature Living community in Carlsbad opening in early 2022.*

next day medical care too.

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

*perience Santianna: the community you’ve imagined, the lifestyle you deserve. Santianna is now taking reservations. For more information and to schedule an exclusive tour, call 442-222-2456 or visit [www.santianna.com](http://www.santianna.com)*

## RETIREMENT LIVING · NEW TO CARLSBAD

  
**SANTIANNA**  
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### 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.

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Full-Service Restaurant · Bar & Lounge · Movie Theatre · Wine Cave  
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**Call (442) 222-2456 today to schedule a tour!**



**RESERVE NOW**  
Only a few apartments remaining!



## Come see why we're the **Platinum Standard** of Senior Living

When you are ready to live within a community dedicated to luxury Independent, Assisted or Memory Care senior living – look no further than Ocean Hills. Your private, beautiful and tranquil home is located on the Southern California coast – a beautiful setting for activities, both within the community and outside.

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Scan QR to find out more



**OCEAN HILLS**  
SENIOR LIVING

Independent Living • Assisted Living • Memory Care



RCFE #374604143



# Scripps offers convenient telehealth options

For your convenience, virtual telehealth appointments can now be scheduled with many **Scripps** primary care and specialty physicians. Virtual appointments will 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 diagnosis and the treatment you need.”

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



*Virtual appointments help patients to continue to receive the best care — helping them manage certain conditions or symptoms they might be experiencing—without leaving home.*

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.

If you suspect you have coronavirus or respiratory issues, please do not walk in or

use online scheduling. Scripps patients can call the COVID-19 nurse line at 888-261-8431, if they have a fever and/or respiratory symptoms associated with the coronavirus. A nurse will evaluate the potential risk and

connect the patient to a provider via a video visit if needed. The provider will be able to offer further evaluation.

*Learn more, 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





sweetgreen®

7750 El Camino Real, Suite A

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# NOW SERVING



# Carlsbad



# Rewriting the future of food

Fifteen years ago, **sweetgreen®** was founded by three college students—Jonathan Neman, Nicolas Jammet, and Nathaniel Ru—who were looking for a simple way to eat healthily and conveniently.

Today, with over 150 locations across 13 states and counting, our goal is more than just getting people to eat more greens. We want our community—starting with you here in Carlsbad—to join us in rewriting the future of food.

So—what is the future of food?

The future of food is delicious. We obsess over making really good food, and it all starts with sourcing, curating, and thoughtfully preparing the best ingredients out there. We partner with like-minded local artisans, suppliers, and chefs who let nature lead. The result is a seasonal menu of bold, fresh flavors you can't stop craving.

The future of food is healthy. We believe the choices we make about what we eat, where it comes from, and how it's prepared directly impact the health of people, communities, and the planet. Our decisions are rooted in intention, integrity and meticulous care. Our menu features unprocessed ingredients, including 30+ plants that stay whole until our team starts chopping.

The future of food is sustainable. Over the



**sweetgreen®’s menu features unprocessed ingredients, including 30+ plants that stay whole until our team starts chopping.**

past 15 years, we’ve built a network of 200 food partners across the country. Our supply chain is organized into regional distribution networks that align retail proximity with cultivation to allow for more transparency from seed to bowl.

Our plant-forward, earth-friendly menu

means that we’re already 30% less carbon intensive than the average American diet. We work closely with our suppliers to help implement industry-leading strategies for carbon minimization.

Join us in eating and championing fresh, plant-forward, earth friendly food. Let’s re-

write the future of food together.

Check out our Carlsbad restaurant, at 7750 El Camino Real. Visit us at [sweetgreen.com](http://sweetgreen.com) to find other sweetgreens near you. Download our app to order delivery or pickup, unlock personalized offers and access exclusive menu items any time.

Live  
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Fullest

Quality Service • Personalized Care

*Vista Gardens*  
Memory Care Community



CALL OR SCHEDULE A TOUR TODAY: (760) 295-3900 | [www.vistagardensmemorycare.com](http://www.vistagardensmemorycare.com)

Vista Gardens’ senior care services are personalized for each of our community members to enhance their quality of life and to provide you, their family, with peace of mind.

# Quality service, comfort in caring



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**Vista Gardens** is a nonprofit Assisted Living Community that specializes in care ranging from mild cognitive impairment through the latest stages of Alzheimer’s and anything in-between. We are a special and unique facility that treats everyone with the highest respect and dignity while trying to keep our residents active for as long as possible. Our services are personalized for each of our residents to enhance their quality of life and bring families peace of mind. Furthermore, we are also situated on over five acres, much of which is green space and a large open courtyard which our residents can take advantage of daily.

All residents enjoy our all-inclusive service which consists of meals, snacks, activities and excursions, medication management, bathing/dressing assist, laundry, cleaning,

and general healthcare. Both shared and private rooms are available.

Based on the latest memory research, our programs incorporate music, art, and exercise, along with the health benefits of being outdoors. With first-hand knowledge of how family members and friends are affected by memory conditions (including Alzheimer’s, Parkinson’s related dementia, and mild cognitive impairment), we have created a unique community that feels like home. At Vista Gardens, our focus is on ensuring that your loved one has a delightful experience, every day.

Please feel free to contact us any time to answer questions or schedule a personal tour at (760) 295-3900 or see our website: [www.vistagardensmemorycare.com](http://www.vistagardensmemorycare.com).





# EXCEPTIONAL CARE IN A *familiar setting.*

*Our senior care services are personalized for each of our community members to enhance their quality of life and to provide you, their family, with peace of mind.*

With firsthand knowledge of how family members and friends are affected by memory issues (including Alzheimer's, Parkinson's-related dementia, and mild cognitive impairment), Vista Gardens is a special and unique community that treats everyone with the highest respect and dignity.

Our mission is to provide quality service and comfort in a caring, compassionate, and innovative community... through personalized care in an environment that feels like home and enhances the quality of life for our residents.

Our care program and community are based on the most current research and education in the field of aging. We specialize in:

- Alzheimer's and other forms of dementia, including mild cognitive impairment
- Parkinson's disease

Our senior care services are personalized for each of our community members to enhance their quality of life and to provide you, their family, with peace of mind.

**Call our team today to inquire about our two new pricing structures to choose from!**

**VISTA GARDENS MEMORY CARE COMMUNITY**  
1863 Devon Place, Vista, California 92084  
(760) 295-3900 • VistaGardensMemoryCare.com • f @



# The keys to living healthy and well.

**La Costa Glen** has the building blocks for a retirement filled with fun adventures and new experiences. Whether residents want to leisurely stroll through the beautiful 55-acre community, take laps in the heated pool or work up a sweat at one of the fitness classes, there's something for everyone to stay active and get moving.

With all this and more resort-like amenities just steps away from their beautiful, maintenance-free homes, residents focus on doing what they enjoy and living the retirement of their dreams – without having to worry about the commute or taking care of the house.

Rather than climbing into their cars and sitting in traffic to have fun, residents stroll throughout the walking trails that surround the community. The trails offer them an opportunity to hang up their car keys, explore, make new friends and burn some calories.

Those with an athletic spirit can challenge neighbors to a friendly game of tennis, bocce, pickleball, shuffleboard or pingpong, or head on over to the Fairway Clubhouse to practice their golf swing.

For a little indoor activity, there's a fitness center and a heated indoor pool. Classes in tai chi, balance, stretching and strength building are all held weekly, plus there are over 250 activities, classes or clubs to choose from.

Once they've worked up an appetite, residents can walk over to one of the dining venues spread throughout the community for locally sourced, healthy meals from chef-prepared menus.

With so much to do on any given day, residents have no problem keeping fit and living well. Even better, they can enjoy these activities without having to worry about what the future holds. With priority access to long-term care at the health center right next door, they can live in the moment with



a plan in place if their needs ever change.

All in all, the keys to living your best retirement lifestyle are good nutrition, quality health care, socialization and remaining active, educated and engaged – all of which are possible at La Costa Glen.

During the pandemic, the staff has worked diligently to follow state and local guidance to ensure the well-being of residents, further demonstrating how the health of their residents is their top priority.

Contact La Costa Glen to get started on creating your best retirement lifestyle. To schedule a personalized in-person tour and learn more about the benefits of the Life Plan Community, call 1-760-456-8647.

**La Costa Glen residents with an athletic spirit can challenge neighbors to a friendly game of tennis, bocce, pickleball, shuffleboard or ping pong, or head on over to the Fairway Clubhouse to practice their golf swing.**

## Precision matters: Choose Mazor Robotic spine surgery

In 2012, **Tri-City Medical Center** was one of the first four hospitals in the country to use the Mazor Robotic Renaissance® surgical guidance system for minimally invasive spine surgeries. Every day, Drs. Neville Alleyne and Payam Moazzaz, orthopedic spine surgeons, perform this procedure that they helped pioneer almost a decade ago for patients suffering from degenerative disc conditions, kyphosis, scoliosis, spinal canal narrowing, spondylolisthesis or vertebral compression fractures.

“The technology is a game changer and continues to get better,” said Dr. Moazzaz. “Minimally invasive Mazor robotic spine surgery can be performed with extreme accuracy and low complication rates. It’s very rewarding to see patients, who were in severe pain and unable to walk, literally change their lives after spine surgery.”

To prepare, surgeons use Mazor’s advanced 3D planning software to create a virtual 3D “blueprint” of the patient’s spine to serve as their guide during the procedure. Once in the operating room, a rigid mounting platform is attached to the patient’s spine to eliminate movement and 3D markers and fluoroscopy images are used to sync alignment with the blueprint. During the procedure, surgeons use the Mazor system to guide them to the precise, pre-planned location with the highest level of accuracy. Because of its predictability, surgeons are able to operate consistently with 1 mm accuracy.

“Prior to Mazor, the national average to accurately place a pedicle screw in the spine for surgeries such as a spinal fusion, was approximately 10%,” said Dr. Alleyne, Chief of Orthopedics at Tri-City Medical Center. “Now with Mazor, the screw placement accuracy



Dr. Payam Moazzaz



Dr. Neville Alleyne

**Drs. Neville Alleyne and Payam Moazzaz, orthopedic spine surgeons, perform minimally invasive spine surgeries for patients suffering from degenerative disc conditions, kyphosis, scoliosis, spinal canal narrowing, spondylolisthesis or vertebral compression fractures.**

is about 99% and it takes less time in the OR.”

“One of the more complex spinal procedures that we do is revision surgery, which involves taking down scar tissue,” said Dr. Alleyne. “In the past, to find normal landmarks in the spine without a robot, you had to peel away scar tissue from previous spine surgeries, but this is no longer necessary with the Mazor system. It will tell you where the center of the pedicle is every single time. Pedicles are the part of the vertebrae where screws are often inserted into the bone.”

“Other benefits for patients choosing Mazor robotic spine surgery include less damage to surrounding tissue and post-opera-

tive pain, as well as a shorter recovery period. Patients no longer need to be so afraid of having back surgery as the technology has made it extremely safe,” added Dr. Moazzaz.

Because the spine is one of the most intricate parts of the body, surgeons can’t afford to take risks when working on patients with spinal issues. Having performed almost 1,500 Mazor robotic spine surgeries at Tri-City, Drs. Alleyne and Moazzaz are committed to sharing their expertise with others. Not only do they proctor doctors at other hospitals who are learning this technology, they have also established Tri-City as a teaching facility for visiting surgeons and had their innovative

techniques adopted by the manufacturer for training purposes.

Both share a similar sentiment, but Dr. Alleyne said, “We have the greatest job in the world. Whether it’s marathon runners, martial artists, triathletes or weekend warriors, people of all types come to us and put their lives in our hands because they are hurting. They trust us and it is a privilege to be able to do something to change their lives for the better.”

For more information about robotic spine surgery or to make an appointment with an orthopedic surgeon, visit Orthopedic Specialists of North County.



# A Healthy RETIREMENT



La Costa Glen

CARLSBAD

Expect More From Retirement.



*“Moving to La Costa Glen was the best retirement decision we have made. We moved in and haven’t looked back.”*

*Jennifer and Doug*

La Costa Glen residents and exercise enthusiasts



To schedule a tour, call

**1-760-456-8647**

**LaCostaGlen.com**

## An active retirement community that features:

- A beautifully landscaped 55-acre campus where residents enjoy amenities such as fitness centers, indoor and outdoor pools, a movie theater, libraries and more
- Pickleball, tennis and bocce
- A calendar packed with over 250 activities each month
- Restaurant-style dining featuring chef-prepared meals
- Peace of mind knowing you have priority access to long-term care, should you ever need it



Scan this QR code to schedule a tour of La Costa Glen.



# Pamper and primp yourself this Valentine’s Day

Located in Carlsbad and Vista, **Moradi MD** is furnished with some of the most advanced facilities in the area. This practice offers patients quality accommodations through a comfortable reception area and consultation rooms. As a safe and cutting-edge space for patients to receive cosmetic procedures, Moradi MD is fully-equipped to produce stunning results. Our professional and welcoming medical staff will assist you throughout the entire process to help your cosmetic journey go as smoothly as possible.

Moradi MD Med Spa specializes in a variety of non-invasive options to help you look and feel your best this Valentine’s Day! Some of our favorite feminine wellness treatments

are on special in February.

-*Emsella* is a unique technology that has revolutionized the women’s intimate health and wellness category by providing those suffering from incontinence with a completely non-invasive option. *Emsella* utilizes electromagnetic energy to deliver thousands of supramaximal pelvic floor muscle contractions in a single session. These contractions re-educate the muscles of incontinent patients.

-*Thermiva* is a quick, non-invasive, non-ablative treatment delivering physician-controlled radiofrequency energy using a thoughtfully designed hand piece to gently heat tissue. *ThermiVa* helps with

vaginal rejuvenation, enjoyment of intercourse, and urinary incontinence.

-*Laser hair removal*. Eliminate unwanted hair with laser hair removal treatment. Areas include, bikini line, Brazilian, underarms or legs.

-*Lip filler*- smooth lips and add volume with non-invasive lip filler at Moradi MD.

-*Diamond Glow Facial*- Diamond Glow is a three-in-one treatment that simultaneously performs exfoliation, extractions, and serum infusion, and does so via the device’s skin-resurfacing wand, which boasts an exfoliating diamond tip (hence the name).

For more information go to [moradimd.com](http://moradimd.com)



*Dr. Amir Moradi specializes in facial, plastic, and reconstructive surgery in San Diego, CA, founding Moradi MD in 2000 in order to serve the community with his expertise.*



# OLDER & BOLDER EXPO 2022

**SATURDAY, FEBRUARY 26, 2022 • 9AM-1 PM**

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Tri-City Medical Center



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Carlsbad, CA 92008  
760-434-8118

[info@moradimd.com](mailto:info@moradimd.com)

[moradimd.com](http://moradimd.com)



# Quidel opens Carlsbad COVID-19 test manufacturing facility

**Quidel® Corporation** (NASDAQ: QDEL) (“Quidel”), a leading global provider of rapid diagnostic testing solutions, cellular-based virology assays and molecular diagnostic systems, opened a new manufacturing facility in Carlsbad, CA dedicated to the production of Quidel’s popular QuickVue® line of products. Our 128,000 square-foot facility houses the company’s highest-volume production plant in the world with a mission to produce hundreds of millions of QuickVue rapid antigen tests per year for the detection and diagnosis of COVID-19 infections and other critical health conditions.

Quidel’s QuickVue SARS Antigen Test\* and QuickVue At-Home OTC COVID-19 Test\* are visually read and provide results in 10 minutes, allowing for faster diagnosis and treatment of infectious patients. Applications for our QuickVue COVID-19 tests range from hospitals and physician offices to schools, pharmacies, businesses, and at-home use.

Throughout the pandemic, Quidel has been at the forefront of diagnostic innovation. We were among the first molecular tests given Emergency Use Authorization (EUA) by the FDA for our Lyra® PCR test. Our Sofia® rapid antigen test was the first of its kind to receive EUA. Our Sofia tests deliver results in just 15 minutes, empowering people to immediately take charge of their health and take precautions to protect others.

We went on to introduce our Sofia “ABC” test\*, the first combination test for Influenza A, Influenza B and COVID-19. Our QuickVue rapid antigen test soon followed and



For FDA Emergency Use Authorization (EUA) only\*

in March of 2021, we received clearance to offer our QuickVue At-Home OTC COVID-19 Test directly to consumers without a prescription.

Taken together, we have significantly advanced the science and the scale of our operations.

The Carlsbad plant is our newest and boldest move yet. Our Quidel team has been working around the clock to bring the plant online in just nine months. After celebrating a ribbon-cutting with Carlsbad Mayor Hall in November, we are already shipping millions of QuickVue tests to retailers, distributors, employers, and government customers.

To achieve this growth, we have installed numerous manufacturing lines and are hiring hundreds of new employees to fill job

openings at all functions and levels. The new positions include purchasing, sourcing, technicians, chemists, site managers and support services.

Quidel’s mission is to provide patients with immediate and frequent access to high quality, affordable testing for the good of our families, our communities, and the world. We are proud that our products are made right here in the greater San Diego/ Carlsbad area. And we are proud to have devoted a portion of that production to support our charitable, government, and sports league partners to bring our advanced diagnostics to serve many of the minority and underserved communities hardest hit by COVID-19 infections.



Join our team. [quidel.com](https://quidel.com)  
\*Quidel’s QuickVue SARS Antigen Test, QuickVue At-Home OTC COVID-19 Test and Sofia 2 Flu + SARS Antigen FIA have not been FDA cleared or approved, but have been authorized by the FDA under an Emergency Use Authorization (EUA) for use by authorized laboratories for the detection of proteins from SARS-CoV-2, not for any other viruses or pathogens. These assays are only authorized for the duration of the declaration that circumstances exist justifying the authorization of emergency use of in vitro diagnostics for detection and/or diagnosis of COVID-19 under Section 564(b)(1) of the Federal Food, Drug and Cosmetic Act, 21 U.S.C. § 360bbb-3(b)(1), unless authorization is terminated or revoked sooner.

GCSI



## GCSI PSYCHOLOGISTS DELIVER THE BEST MENTAL HEALTH CARE

GCSI provides consistent, caring mental health therapy in California nursing homes. Online counseling for all adults coming soon.

**Game-Changing Counseling Services**  
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619-466-0370 | Fax 442-333-9465  
[mygcsi.net](https://mygcsi.net)



“I have always been drawn to older people since I was a girl,” says Kim Shea (right), President of Geriatric Counseling Services, Inc. .

## Taking care of our seniors

**BY KIM SHEA**  
PRESIDENT  
GAME-CHANGING COUNSELING SERVICES

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 with one elbow on the bed, 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 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. Next, a job in a skilled

nursing community expanded my understanding. When I had an opportunity to become the president of a mental health practice that catered to the geriatric community eight years ago, I took it.

**Game-Changing Counseling Services** is a team of dedicated, caring psychologists and licensed social workers throughout California who reliably go in-person to skilled nursing communities. Our clients can count on seeing the same, familiar face for every visit. This builds trust and helps effect positive change.

We are expanding our in-person and telehealth counseling services to adults of any age in the coming months. You can count on GCSI for Reliable, Consistent, Caring Counseling.

For more information contact Kim Shea at 619-466-0370 or go to [mygcsi.net/](https://mygcsi.net/)





# We are Quidel.

**Advancing diagnostics to improve human health.**



Official Diagnostics  
Partner of the  
San Diego Padres

As leaders in the medical device industry, we develop and manufacture innovative diagnostic tests that enable clinicians to chart a course of treatment and empower people to take charge of their health.

Inspired by a spirit of service and fueled by the collaborative genius of our people, Quidel rises to meet every challenge with a commitment to enhancing the well-being of people worldwide.

Quidel's mission is to provide patients with immediate and frequent access to high quality, affordable testing for the good of our families, our communities, and the world.



QUIDEL®





# Mediterranean eats made with love (and from scratch)

**Panini Kabob Grill** invites you to enjoy delicious and healthier Mediterranean food, made fresh in-house upon order! PKG is conveniently located in Carlsbad’s Square at Bressi Ranch shopping center, with additional San Diego restaurants located in the Del Mar Highlands Town Center (12955 El Camino Real) and Westfield Mission Valley (891 Camino De La Reina). Whether your love language is visiting a full-service restaurant for dine-in, ordering takeout to enjoy comfortably at home, or buying gift cards to spoil your loved ones, PKG offers all options to make this Valentine’s Day special.

When you are craving the authentic flavors of the Mediterranean, travel no further than to PKG. PKG is open for dine-in while protecting guests’ and staff’s safety and following all necessary pandemic guidelines per the local health department. From the ambient lighting and light wood paneling in the cozy dining room to the natural granite tables adorned with tealight candles on the patio, the restaurant’s design naturally provides a warm atmosphere. Fan-favorite dishes to indulge in are the kabob entrees which feature a choice of protein (grilled over an open flame) such as ABF chicken, all-natural beef koobideh, flat iron steak, grass-fed lamb, organic tofu, and mushroom; including two sides of rice and/or salad. Just in time for the holiday, PKG started serving delicious, made-from-scratch pasta entrees which are: Linguine Bolognese, Chicken Pesto Linguine, and Jumbo Shrimp Linguine. These start at a competitive price of below \$20.00 per dish. PKG recommends topping off your dinner with scratch-made tiramisu; a top-selling PKG dessert for over a decade.



*PKG delivers exceptional Mediterranean cuisine due to its daily commitment to preparing food in-house from scratch daily with fresh, exceptional quality ingredients.*

If opting to stay home for Valentine’s Day, online ordering and catering are available for pick-up and delivery. For a dinner for two, PKG’s recommended special is the Family Kabob Combo for 2, which features two skewers of chicken kabobs and a choice of rice and salad. Additionally, PKG offers KA-BOXES which are boxed meals including choice of protein, spread, rice, and pita bread. Both the Family Kabob Combo and KA-BOXES are takeout/delivery only specials, however, the rest of the menu is also available for online

ordering. Order now through PKG’s website or through the My PKG app to earn rewards and save money.

As a true scratch kitchen concept, PKG delivers exceptional Mediterranean cuisine due to its daily commitment to preparing food in-house from scratch daily with fresh, exceptional quality ingredients. Whether it’s the juicy kabobs grilled to order, the falafels handcrafted with garbanzo beans and herbs, the tiramisu baked in-house, or even the salad dressings and

hummuses, PKG staff carefully prepares each dish from scratch and with love; just as you would expect from a simple, home-made meal. Enjoy the Mediterranean with PKG this Valentine’s Day!

*PKG’s Carlsbad restaurant is located at 2622 Gateway Road, Suite 100, Carlsbad, CA 92009. To find the full menu, please visit [www.PaniniKabobGrill.com](http://www.PaniniKabobGrill.com) or download the My PKG app, available in both the Apple Store and Google Play Store.*

**Beware!**  
**Don’t trust an Internet search.**  
**Talk to a local professional regarding**  
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- 35+ years experience
- Our service is no cost to you
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**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](http://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](mailto:cathy@seniorcareoptions.org) 760-696-3542.*





## Healthy Catering is Easy with PKG!

When you Cater with us, you will enjoy:



### Fresh, simple ingredients you can pronounce

We prepare all food in-house from scratch daily with high-quality ingredients like antibiotic/hormone-free meats that were humanely raised. No artificial flavors, colors, or preservatives here!



### Crowd-pleasing options for any event

Our Family Kabob Combos include your choice of 2 kabobs or 4 kabobs, rice, and salad. Ideal for any event, from company lunches to weddings; served family style.



### Boxed meals for any group or individual

Perfect for safe, personalized catering. Each KA-BOX includes your choice of protein, rice, spread, and warm pita bread.



VISIT OUR WEBSITE



View Menu

PANINIKABOBGRILL.COM



# Your best years in the best place

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 from more than 20 floor plans, with styles ranging from studios to penthouses. Patios or balconies



Carlsbad By The Sea Retirement Community offers resort-like services in one of Southern California's most beautiful settings.

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 assis-

tant 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](http://carlsbadbythesea.org) or call 760-720-4580.

Now  
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HEALTH CENTER

The Gardens at *GlenBrook*

- ✓ 19 well-designed *Memory Care* apartments
- ✓ Assistance with activities of daily living
- ✓ Life enrichment and wellness opportunities

Call today to schedule your tour of The Gardens  
premium **Memory Care** apartments!  
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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/](http://visitglenbrook.com/)

GlenBrook Health Center is an established health center adjacent to La Costa Glen, a continuing care retirement community nestled among rolling hills in Carlsbad, CA. GlenBrook Health Center, *open to the public*, provides living options in Memory Care, Assisted Living and Skilled Nursing with Rehabilitation. At GlenBrook Health Center, you have greater peace of mind that your loved ones will *Live Better and Live Longer*.

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.







# Andrew & Carol Worthington

# Explorers of life

With a fondness for kayaking and sunset-watching, Andrew and Carol are routinely found pursuing their creative and varied interests in coastal North County San Diego.

After decades on the east coast, they headed out west and arrived somewhat unexpectedly upon Carlsbad By The Sea. Discovering such a warm community—both literally and figuratively—was fortuitous.



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

They have taken root on the west coast. They explore the galleries and cafés in the village, they hit the beach and the surrounding trails, and the sunrises and sunsets bookend their full days here.

With so much to do, it's hard to settle down, but they're glad they didn't wait too long. This is the perfect time and the perfect place to land. And there's still plenty to explore. After all, retirement is the age of discovery.

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



## CARLSBAD BY THE SEA

### Retirement Community

a front porch community



Call **800-255-1556** or visit

**CarlsbadByTheSea.org**

2855 Carlsbad Blvd., Carlsbad, CA 92008





RCFE: #374604318  
\*Terms & Conditions Apply





# Inspired Senior Living



**Westmont of Encinitas**  
inspired retirement living®

*Independent & Assisted Living*

## New Year, New Home!

*Brand New Luxury Senior Living Community*

**Live Your Way at Westmont of Encinitas.**

At Westmont of Encinitas, we seek to provide life experiences that lead to full and enriching lives. We believe that a purposeful life is a meaningful life. Select the living option that best suits you and your lifestyle.

**Ask About our New Year Move-in Specials!**

\*Move in or deposit by 01/31 for this special offer.

**Call today to schedule your tour! 760.452.8768**

1920 S. El Camino Real  
Encinitas, CA 92024

**westmontofencinitas.com**



Westmont Living offers support for couples with varying health needs.

## Growing old 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 and cognitive 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.

“One of the benefits we’ve seen with our couples, is that because we have nurses on staff, the active partner can get back their personal space which alleviates guilt and strain on their relationship and they enjoy each other’s company more,” said Charles Bloom, Executive Director of **Westmont Living of Encinitas**.

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 20 years of experience offering exceptional care to seniors. To take a tour of Westmont of Encinitas community, please call 760-452-6037 or visit [www.westmontofencinitas.com](http://www.westmontofencinitas.com).

# CHAIRMAN’S CIRCLE

THANKS FOR YOUR CONTINUED SUPPORT







# LA MAREA

SENIOR LIVING



## NOW OPEN!

## LEASING OFFICE OPEN FOR TOURS!

## ELEVATED LIFE. EXCEPTIONAL CARE.

Offering memory care and assisted living in Carlsbad, California, La Marea Senior Living provides residents a unique lifestyle that is coupled with exceptional, personalized and supportive care. Our community is designed to provide a lifestyle that enhances your life as you age, bringing you a new level of care.

La Marea Senior Living embraces an innovative approach to the dining experience. Enjoy a warm and comfortable dining room with the attention of an experienced culinary team. Our Elevate® dining program is an enhanced culinary experience, integrating California Fresh culinary traditions with our residents' favorite home-style meals.

Our residents will take part in Vibrant Life®, an innovative program allowing residents to create their own schedules. Thoughtfully designed to connect you with family, friends and the community, it challenges – even dares you to be adventurous.

At La Marea Senior Living, the health and safety of our residents will be our top priority. Our community is equipped with an on-site emergency generator so that our residents will never go without power. We will also feature touchless common areas, personal split HVAC systems for all apartments, the iWave system that destroys bacteria and viruses, and a PHI system, which utilizes a powerful UV light to kill viruses and bacteria as air is circulated throughout the system.

**THERE ARE SO MANY AMAZING DETAILS ABOUT OUR COMMUNITY!**

We'd love to tell you all about them. Give us a call today at (833) 526-2732 or visit [lamareaseniorliving.com](http://lamareaseniorliving.com) to learn more.



5592 El Camino Real, Carlsbad, CA 92008  
(833) 526-2732 • [LaMareaSeniorLiving.com](http://LaMareaSeniorLiving.com)



License number pending





## *Every day is Valentine's Day at Ocean Pearl Spa*



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*Soak up the calming, therapeutic effects of a relaxing spa experience with this exclusive Valentine's Special. Pamper yourself with \$30 OFF one of our Signature Therapies and enjoy full access to our state-of-the-art gym, shower off in the vitamin C aromatherapy showers or enjoy a quick dip in the beautiful Westin pool or Jacuzzi. For maximum enjoyment, complete your spa day in our eucalyptus steam sauna for that relaxed, revitalized and rejuvenated feeling.*

*From tranquil spa treatments at Ocean Pearl Spa to championship golf at The Crossings at Carlsbad conveniently located next door to serene views of the Pacific Coast, we're certain you'll find a soothing Valentine's Special escape in Carlsbad.*

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- *Hot Oil Decongestion*
- *Express Hot Oil Decongestion*

*Call Today!*  
**760.827.2700**



THE WESTIN CARLSBAD RESORT & SPA

5480 Grand Pacific Drive  
Carlsbad, CA 92008

CONTACT US

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[www.oceanpearlspa.com](http://www.oceanpearlspa.com)



# We're Growing!



The Premier Automotive Group expands again with our newest family members: Premier Cadillac of Carlsbad and Premier Buick GMC of Carlsbad! We're proud to be a part of Carlsbad and our surrounding communities and vow to continue to provide excellent service and convenient hours. We're bringing the Premier Promise to San Diego; providing for our community through our charity: Giving Hope. Giving Hope provides groceries to the needy, hungry and food insecure. With over 27 dealerships nationwide, the Premier Carlsbad stores are some of the most exciting yet! Offering hundreds of new and preowned vehicles, we're sure we can help you get into the vehicle of your choice!



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Home of San Diego pitcher  
Joe Musgrove







**AARON YUNG, MD**  
Interventional Cardiology

# IF YOU THINK THE **HEART** IS AN AMAZING MACHINE, JUST WAIT UNTIL YOU SEE **WHAT WE USE TO TREAT IT.**

**IT ALL STARTED WITH CARING.** Medicine may have changed dramatically since we opened our doors in 1961, but our commitment to excellent patient outcomes has not. Over the years we have evolved into a regional healthcare leader while staying true to our mission of advancing the health and wellness of our community. Our work calls for us to care for the thousands of people who make up our community. But we never forget the individual lives we touch in the process.

[tricitymed.org](https://tricitymed.org)



QUALITY COMPASSIONATE CARE **CLOSE TO HOME.**

**Tri-City Medical Center**