

SPECIAL SECTION

MOST INFLUENTIAL

Women in Carlsbad



TASCH & HART

ESTATE PLANNING



A Mom-Owned Estate Planning law firm, where we make Estate Planning simple

taschandhart.com

SHOSHANNAH HART

TASCH & HART

“If you fight like a girl, cry like a girl. Do your thing, run the whole damn world. If you feel like a girl then you real like a girl. Do your thing, run the whole damn world.”

—Lizzo, *Like a Girl*

“Being a working mom is hard, but succulents are nice. It’s okay to cry today.” This was the note that was attached to a beautiful succulent arrangement that was waiting for me on my desk on my first day back at work after a too-short maternity leave with my first child in 2019. At the time, my now business partner, Sara Tasch, was at a different law firm and she sent me this note and arrangement because she knew all too well that “first day back” feeling.

I had witnessed her constant struggle with the working mom balance (or lack thereof) when she had her first baby in 2015, and I was employed as her law clerk. As a twenty-something law student, I had no idea what she was going through, but I helped where I could, even delivering her freshly pumped breastmilk to the baby’s nanny on my lunch break one day.

These were the moments that I knew it was important for her to lean on me, a childless and eager young law student, but moments that I did not truly understand until my first day back at work, after leaving my baby in the care of someone else. These ex-

periences that Sara and I shared are what ultimately became the catalyst in creating **Tasch & Hart** Law Firm, a mom-owned estate planning law firm, where we make estate planning simple.

We understand what is most important to parents and we want to help protect it. Our firm is founded on two core beliefs: education and family. We are here to teach you about your estate plan and empower you to take ownership over the process. Since we are mom-owned, we understand that family comes first, and family obligations are practically endless. We are flexible and make the process as easy as possible by holding the first meeting virtually and the second meeting in person at your home.

Most of our clients are new parents themselves, because it is important to establish a Trust and update it whenever there is a big family change, like having a baby or buying a home. Reach out to Tasch & Hart Law Firm with your Estate Planning questions at (760) 308-2019 or shoshannah@taschandhart.com.

CHERIMARIE POULOS

OWNER AND FOUNDER OF CARLSBAD FOOD TOURS

“Don’t live every day as if it were your last. Live every day as if it were your first.”

— Paulo Coelho

Cherimarie Poulos is the owner/founder of **Carlsbad Food Tours**. Carlsbad has been Cheri’s hometown for over 30 years. Upon retirement, from a nursing career, Cheri went on a food tour in Carmel, and the thought came to her that “We have a wonderful seaside village, with some great restaurants, so why can’t we have a food tour in Carlsbad?” She believes that the best way to experience a town is through food because food tells the story of a neighborhood’s people, history, and culture.

Cheri opened her business in May of 2014, becoming the first local guided food tour in Carlsbad. Learn about Carlsbad’s history, culture and architecture while eating your way through the village.

In 2017 Cheri won the Women-owned Small Business Owner award with the Carlsbad Chamber of Commerce. She is currently in her ninth year of this successful business, has three tour guides, with daily tour offerings and is going strong.

Cheri’s mentors are members within the Global Food Tours Association, and local Chamber professionals.

What Cheri really loves about her job is the people. She loves introducing her beloved town to others. She is so proud of Carlsbad that she even has a license plate that says MRS.CBAD. As Mrs. Carlsbad she serves as a city ambassador, historian, and



local expert for all things Carlsbad. Providing the guests with information about Carlsbad, from where to eat, play and stay.

Carlsbad Food Tours is a kindness certified company that has created a measurable impact on the community throughout the years, bringing new customers to local restaurants, improving village visitor experiences, promoting local businesses and sharing joy with every customer. Cheri also integrates charitable activities into her operations by donating to multiple Carlsbad charities.

She also helps to promote our seaside village on her website, blog, and social media pages. She believes there is a great benefit of the local community working together for the good of all.



CARLSBAD FOOD TOURS

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Carlsbad, California



ALDEN S. REYNOSO

M.S. PHR
PRESIDENT, HR BRAIN TRUST, INC.

“Meet people where they are, not where they ‘should be.’ If where they are is in a pit, ask how you can help lift them out.”

—Alden Reynoso

Alden is fond of reminding us that the career path we are on is just the path we are on right now. Who knows what life has in store next? The fun is in finding out! She started her Human Resources career in compensation. She migrated to technical recruiting, HR compliance, and finally leadership and management training. After working for another consulting firm for 17 years, she founded **HR Brain Trust, Inc.** in 2017. What she loves most about the consulting work she does at HRBT is getting to blend her education in psychology with her experience in Human Resources Management to create and deliver fun and impactful workshops supporting development of Emotional Intelligence, team building and workplace communication.



Business Management Program Director. She also enjoys working with the Chair of the online Master’s in Organizational Leadership Program to develop and provide impactful career coaching programs for those students. “My greatest joy is that at USK, I get to know the students as individuals. I love working with them to craft educational plans and explore post-graduation opportunities that uniquely fit their interests and goals.” Changing the world one student at a time!

In addition her work at HRBT, Alden is creating impact in our community by mentoring the next generation of Business Leaders through her work at the University of Saint Katherine. USK is an award-winning, regionally accredited, nonprofit, liberal arts university in San Marcos where Alden teaches both Human Resources and Career Development and serves as the

DELLA STEWART

OWNER CEO, DANCIN SOUL BOUTIQUE

“Follow your heart and believe. Treat everyone the way you want to be treated. Live Love Dance.”

—Della Stewart

Dancin Soul Boutique was created out of my personal passion for dance and helping the community. I started dancing as a preschooler and danced through college. After graduating from UCI with a double major in dance and psychology I worked in International Financial Management for over 20 years. Wanting to go back to dance I landed on opening a retail dance store in the Village of Carlsbad. Since opening in 2014 we have doubled our size and now serve most of San Diego County as well as Southern Orange County. Our boutique offers all styles of dance shoes, clothes and gifts. The mission for Dancin Soul Boutique is to provide high quality, well priced products with the best customer service for all ages and dancers in our community. Being a business and person who wants to give back to the community as well we have several ways we support the community. Dancin Soul Boutique sponsors high school dance teams, as well as many school and studio fundraisers with donations. Another mission project we support is Rise Against Hunger which provides food to hungry children all around the world. With every purchase made at Dancin Soul we donate one meal to Rise Against Hunger. Together we



have donated over 20,000 meals. Thanks to all of our community for contributing to our success and allowing us to serve you. Dance on down to Carlsbad Village where our boutique is stocked and ready to fit you. As always Dance on in and be inspired!

www.dancinsoul.com

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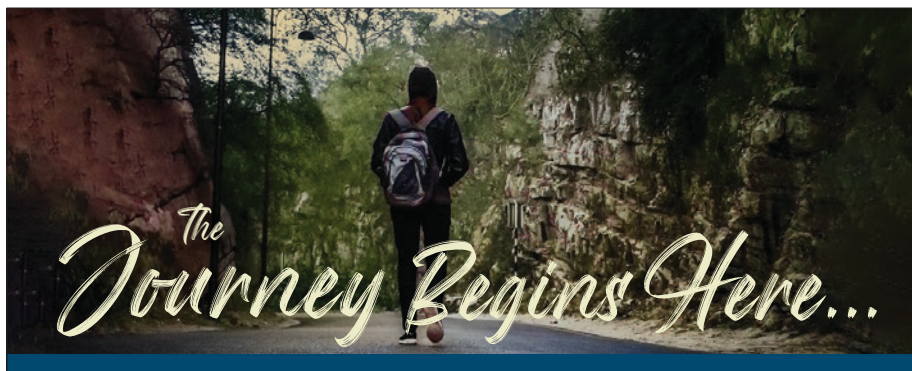
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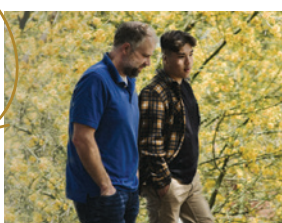
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DOREEN QUINN

CEO, NEW HAVEN

“The path from dreams to success does exist. May you have the vision to find it, the courage to get on to it, and the perseverance to follow it.”

—Kalpana Chawla

In 1967 **New Haven** was conceived as a home for developmentally disabled women. In 1987, when New Haven began its journey to serve youth with serious emotional and behavioral issues, Doreen Quinn joined as a childcare counselor as she completed her master’s degree in social work.

Doreen’s vision fueled the growth of the organization as homes were built, schools were opened, caring staff were recruited, and additional cities, counties and school districts were engaged as they recognized the effective treatment provided at New Haven.

Despite some very trying financial times, Doreen’s leadership found the path to long term success. She was promoted to Chief Executive Officer in 1995 and forged the road to strategic planning, with a tenacious commitment to do the right thing for youth and their families.

Today, New Haven is proud to have six residential homes, vibrant programs like Culinary Arts and Woodworking, and a dedicated staff with vision, perseverance, and integrity. The program transforms lives for adolescent boys through an innovative education model that develops life/work



skills in a healthy environment. Students are referred to New Haven by school districts, parents, social services, and community advocates.

The team centers on New Haven’s core values: Compassion, Community, Commitment, Courage and Celebration.

Doreen’s leadership has always been focused on a team of committed people with integrity, strength, patience and commitment, working together for the benefit of others.

For these reasons, we honor Doreen Quinn as a “Most Influential Woman.”

RACHEL IVANOVICH

CEO, EASY LIFE MANAGEMENT

“You become a true master of your life when you learn how to master your focus - where your attention goes. Value what you give your energy to. Focus on what matters. Where attention goes, energy flows. Where energy flows, things grow.”

—Marc & Angel Chernoff

What do you feed yourself daily? And no, I’m not talking about food...although this is important, too!

What are you reading, listening to and filling your mind and spirit with? I believe one of the biggest challenges we face these days as business people is the constant barrage of information –and it comes from every direction and source, too! Much of what fills our minds and schedules can really wear us out and drain us of our vision and drive to be a positive force in our businesses and communities.

Have you ever opened up your phone to call a client and ended up checking a text message, sending an email and then fallen down the rabbit hole of social media?

One of the keys for managing the negativity bombardment and information overload for me is to be extremely intentional about who I am spending time with, what I’m lis-

tening to (or not listening to), the books I am reading and what I am watching online.

We all must start by making positive choices which will fill us with hope and inspiration. Only then will we be able to show up as our best selves to truly make a difference and a positive impact in our communities.

I challenge you to examine what you are feeding yourself on a daily basis and to commit to making small incremental changes so you will wake up every day excited about the positive impact you are making on those around you!



What sets us apart from other business management and coaching companies?

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- We know you want more out of life and are here to help you discover it.
- We’re dedicated to our clients and care about them like family.

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BETH THORP

CO-FOUNDER OF MITCHELL THORP FOUNDATION

“My hope is that when people read about our story, they too can find meaning and healing for the challenges they’re facing. They don’t have to walk alone in their journey. They, too, can find a new beginning in *“ANEW Creation.”*”

—Beth Thorp



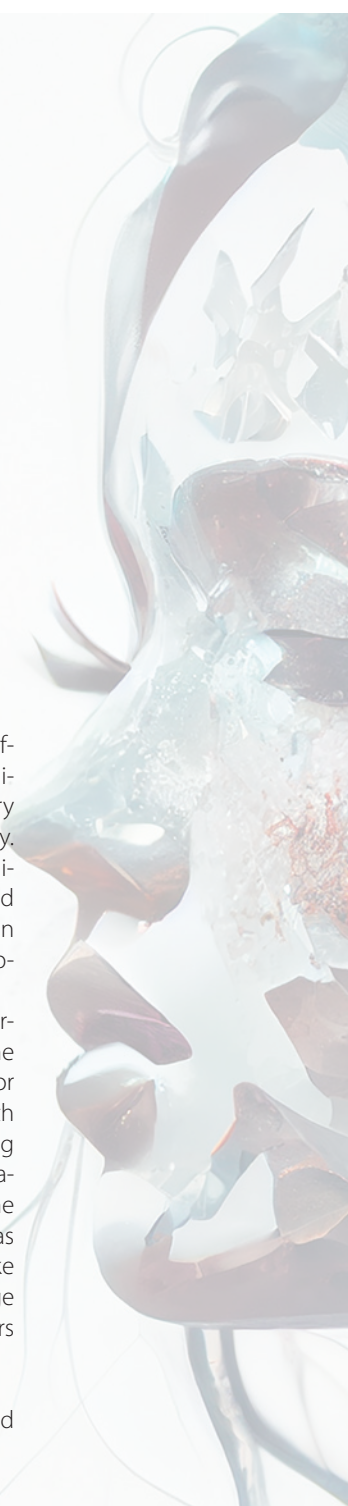
Beth Thorp is the co-founder of the **Mitchell Thorp Foundation**, a philanthropist, leader, author, faith influencer, and speaker. Beth Thorp tragically lost her son, Mitchell, after 5 difficult years to an undiagnosed illness. She promised Mitchell that he would not die in vain and that the family would continue his legacy through creating Mitchell Thorp Foundation. The nonprofit supports families whose children suffer from life-threatening illnesses, just as Mitchell and the Thorp family did. Beth and her husband, Brad, have built up the award-winning foundation over the years, giving back over 3 million dollars to the community for children who are fighting for their tomorrows. Beth believes that philanthropy introduces positive social impact by developing a culture of giving back and building a strong sense of community.

Mitchell Thorp Foundation and Beth Thorp have won many awards, some of the most recent are: Community Impact Award 2022, 2020 Non-Profit of the Year by Carlsbad Chamber of Commerce and Professional Woman of the Year Award by National Association of Professional Women. The foundation has had a 100% success rate in keeping family units

together, as it is statistically common, in these difficult situations, for families to end up getting divorced or separated. One inspiring success story of the foundation is of baby Amelia and her family. With the assistance of the foundation, her family was able to raise \$65,000 for an important and life-altering surgery for Amelia, only performed in Italy. After Amelia’s successful surgery, it is now approved and performed in the United States.

As a co-founder and leader, she models a servant’s heart by clarifying values and setting the example. She challenges herself by searching for new business opportunities and taking risks. Beth recently wrote a book called, *ANEW Creation*, telling the story of Mitchell, how Mitchell Thorp Foundation began, and how it is continuing today. She strongly believes that the power of Mitchell’s life has touched the lives of so many and that it spreads, like a ripple effect, with no end. Beth’s newest challenge is to write her book into a movie script for producers to transform into a movie.

To learn more, visit www.anewcreation.org and www.mitchellthorp.org.



Mitchell Thorp FOUNDATION

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Our mission is to support families whose children suffer from life-threatening illnesses, diseases, and disorders by providing financial, emotional, and resource support to their desperate situations.



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- Healing & Rehabilitation Services
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- Youth Leadership Council



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- Marquez Family

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BLANCA RINCON

FOUNDER, APEX 365 WORKFORCE SOLUTIONS

“Take risks. Get good at falling, and even better at getting up again. Embrace your failures because they are the signposts on your own road to success.”

—Blanca Rincon

Blanca Rincon, founder of **Apex 365 Workforce Solutions**, shows what is possible when passion and experience are channeled in the spirit of service and community. By the age of 20, Blanca was already managing operations for 15 locations of a Fortune 500 company. She developed her mastery in human resources and operations with intensive work within the pharmaceutical and dietary supplement industries, earning an MBA along the way. Blanca then leveraged her skills and knowledge to create her own human resources business. Working with businesses in all phases, she is diverse, adaptable, and culturally competent. Blanca meets businesses where they are at and helps them move to where they want to be. On her journey, Blanca has kept true to her roots and maintained a focus on service to her community. The essence of Apex 365 is to help businesses realize their full potential, and Blanca pours this same spirit into community engagement. Through scholarships, charitable contributions, support of NPOs, and pro bono services for developing businesses, she ensures that her success—and the success of Apex 365—feeds back into the community. With speaking engagements at schools and universities, podcast



appearances, support of business education, and providing paid internships to aspiring entrepreneurs, she opens doors for the next generation of leaders. Blanca took no step for granted as she ascended the ladder; she deeply values the opportunity to help others in the community as they climb towards their own success.

LISA RODMAN

CEO, AGUA HEDIONDA LAGOON FOUNDATION

“The Only Constant is Change”

—Heraclitus

“The Only Constant is Change” comes from the Greek philosopher Heraclitus of Ephesus and provides me with the iron constitution necessary to do this great work at our foundation.

Heraclitus’ quote is what drew me to the extraordinary work of Agua Hedionda Lagoon Foundation. The vast ever-changing landscape of the tributary waters, responsible use of the watershed, and growing programs and connectivity to the community.

We make a difference here in eradicating Limonium Sea Lavender through solarization, killing off this invasive weed while saving the natives. Run by interns and volunteers this ongoing effort is a great alternative to pesticides. We’ve also changed to a more durable and recyclable wattle to help with erosion along our North Shore Hubbs Trail. Oyster shell wattles are the brainchild of a volunteer who we met while doing a trail event. **Carlsbad Aquafarm** donates oyster shells; our dedicated volunteers do the work. And lastly, our summer camps sold out in a week. 8 weeks; 48 students per camp!

My job in all this is to get out of the way and allow space for everyone to succeed. That is my biggest tip for success in today’s landscape! I am honored to work beside and learn from my colleagues. I wake up daily knowing something is going to change. The steadfast encouragement that Samantha



Richter, Emily Bonds and our team provides makes me want to be a better version of myself.

We don’t run short of challenges and we overcome unique hurdles daily. The number one challenge that both the Board of Directors and myself face is keeping our team together, inspired, excited, appreciated and thriving. Knowing the only constant is change energizes all of us at The Discovery Center.



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THE AGUA HEDIONDA LAGOON



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LYNN MCLEAN

PRESIDENT & OWNER, NAPATINI, INC.

“Don’t hesitate to follow your dreams, believe in yourself, and have the confidence to reach for the stars. Surprise yourself with what you can achieve and celebrate success with others!”

—Lynn McLean



Ms. Lynn McLean, and her husband Gary, own and operate the **Napatini Bistro & Wine Bar** in Carlsbad Village, at State and Oak. The Grand Opening of Napatini was January 14, 2023, and Lynn & Gary have been excited to meet so many locals who have come in to experience the Napa, Sonoma and Central Coast Wines. Napatini’s approach is to provide an exceptionally unique wine tasting experience by allowing customers to taste 48 different wine varietals from their “wine wall,” or to taste the Featured Wines with the expertly paired fine cuisine while in style and comfort.

Lynn and Gary moved to San Diego’s North County in 2019 from the San Francisco Bay Area, where they lived very close to California Wine Country. Long story short: This is a bucket list dream for Lynn & Gary! Lynn is a Navy veteran who also had a successful career in computer and IT services sales as a civilian. Gary is a retired Marine Corps Infantry Officer who after leaving Active Duty spent about 25

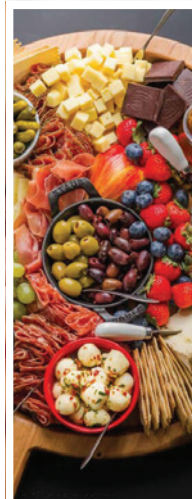
years in IT consulting and operations.

Lynn and Gary believe the more you know about wine, the more likely you are to embrace it. Napatini was born of the vision to connect you to the wines you love!

Lynn McLean is currently also working as the Senior Vice President of Sales for cybersecurity pioneer, Cyemptive Technologies. She previously led the Americas Sales Team at 3D Systems. Lynn spent 12 years as Sales VP at Hitachi leading their Global System Integrator sales team.

Prior to Hitachi, Lynn spent more than eight years with Hewlett Packard as Sales Executive Director.

Lynn started her career as an Officer in the United States Navy, managing large systems development projects supported by Federal System Integrators. She holds a Master’s degree in Computer Science from the Naval Postgraduate School, and a Bachelor’s degree in Computer Science from Marquette University.



Napatini - Carlsbad

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SUSAN ADAMS

VICE PRESIDENT OF BUSINESS DEVELOPMENT,
CONTRACTS, AND MARKETING, HOMETOWN RESTORATION
& HOMETOWN PLUMBING

“You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats, so you can know who you are, what you can rise from, how you can still come out of it.”

— Maya Angelou

Susan Adams is the Vice President of Business Development, Contracts, and Marketing for **Hometown Restoration & Hometown Plumbing**. With over 25 years of experience in a variety of industries, Susan has worked in several roles in the San Diego Market. Her passion for working with small business owners developed over time. Susan’s ability to start from scratch lends itself to working with start-up or small business organizations in local markets. She has learned that being consistent and persistent is a large part of her success added to constant learning in current business practices and self development. Susan holds a B.A. of English from the University of North Florida, a licensed real estate agent (DRE 02114290), and a licensed Home Improvement sales person with the Contractors State License Board (CSLB 132098).



My mentors are friends who work in different industries and markets—we discuss all aspects of our careers. Networking with women in leadership roles in the market and exchanging ideas. My family also inspires me to do my best and focus on service with my customers.

Plumbing and restoration historically has been a male dominated industry; however, that is changing. While both industries certainly have more men working in the field, women have been invited in to become

technicians in the field. In a B2B role, there are many women leading the way in both these industries. And we have more female owned companies today. The landscape is changing in restoration, plumbing, and construction to reflect women in leadership roles.

My biggest tip is, “Do your best to do what you say you will do.” And, if for any reason, you cannot keep your promise, be transparent and keep moving forward.

The three largest impacts for Susan has been tackling new challenges, continuing to learn and be teachable, and persistence.

Most of the challenges are with hiring and training new talent. The days where employees stayed for years is over. And it is harder to retain good talent as there are a variety of opportunities constantly being dangled in front of great talent.

MARY DEVLIN

OWNER/GAFFER, BARRIO GLASSWORKS

“Favorite Quote: I just want to blow glass.”

— anonymous/every glassblower

barrio glassworks is a public glassblowing studio and retail gallery located in the Barrio Community of Carlsbad Village. The studio provides a unique experience and environment for residents and visitors alike. The studio includes an open viewing section for the public, allowing an up close look at the mesmerizing art of glassblowing.



The Gallery at **barrio glassworks** features beautifully designed, handmade objects by glass artists from San Diego, Southern California and beyond and is dedicated to representing artists at all stages of their career — emerging, mid-career and well established.

barrio glassworks is the vision of Mary Devlin, a San Diego native. After experiencing Seattle’s world famous glass community, Mary was taken with the intricacy and collaborative spirit of the art. She soon developed a passion all her own and in the heat of the moment took the next big steps to turn dream into reality.

The community of artists the **barrio works** with reinforces the belief that a glass studio is not only a breeding ground for beautiful works of art, but for cooperation and team effort. The founders of **barrio glassworks** eagerly share this collaborative and beautiful

art form with neighbors, travelers and artists in residence.

barrio glassworks is honored to be located in the historic Barrio Community of Carlsbad Village and to honor the true meaning of the word Barrio (neighborhood in Spanish) by creating inclusive opportunities for art, education, entertainment, and outreach.



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BETTY MOORE
 PRESIDENT, BOTTOM LINE
 MANAGEMENT ACCOUNTING SERVICES

“Life is like accounting... Everything must be balanced.”

Betty Moore

As a graduate of Carlsbad High School, Betty’s inspiration is drawn from the local community. Since 2001, **Bottom Line Management** has continued to serve the local Carlsbad and North County San Diego business communities. Betty takes great pride in having contributed to the success of local Carlsbad businesses by not only showing them how to take better control of their business financials but also by being a trusted local advisor. By partnering with clients to execute the strategies and tactics necessary to achieve financial freedom, Bottom Line Management continues to grow by helping clients adapt to the ever-changing business landscape driven by technology, competition, and innovation.

The local Carlsbad community undoubtedly continues to be Betty’s inspiration.

As we move into our 22nd year, our mission remains; to help businesses of all sizes maximize profits and minimize their tax burden. At Bottom Line Management, we help take our clients’ business financials from chaos to clarity.



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TAMINA MADSEN
 COMMUNITY DIRECTOR, HERA HUB CARLSBAD



Hera Hub members networking with like-minded individuals in a beautiful space at Candle Bar Carlsbad.

“Surround yourself with like-minded people who will push you forward when you need encouragement, lift you up when you fail, and cheer for your successes.”

– Tamina Madsen

Tamina Madsen has been a beacon for female entrepreneurs in Carlsbad since 2019 as the Community Director for **Hera Hub Carlsbad**, a female-focused and inclusive entrepreneurial community, coworking and event space located on Avenida Encinas.

For 4 years, she has demonstrated exceptional leadership and keen business acumen. During the pandemic she helped design a robust online curriculum and co-working program for the global Hera Hub community, limiting Hera Hub Carlsbad to 40% customer attrition.

She leads by example with hard work and an unwavering commitment to the member community. Hera Hub Carlsbad is flourishing as a result. As of January 2023, Tamina has led a financial recovery to a 200% increase in year over year profits (2022 vs 2021), and growth of the Hera Hub Carlsbad community to over 120 members. She is a

resilient servant leader to the community, providing ongoing consultation, connection to resources and networking opportunities, and growth oriented in-person and virtual programming

Hera Hub Carlsbad is a workspace that has stood the test of time. For almost 10 years, we’ve supported female founders seeking camaraderie while working towards their personal and professional goals. With hard work and dedication, Tamina has cultivated a network of like-minded individuals working within beautiful office space, with relevant programming. Setting them up to stay productive and motivated even in uncertain times.

For community and support on your entrepreneurial journey, book time with Tamina using Calendly.com/Tamina or visit herahub.com/carlsbad to learn more about our many membership options.

Business Accelerator Programming

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- Networking events
- Business exposure opportunities
- Entrepreneur resources
- Exclusive referral network
- In-person & virtual

CONNECTED COMMUNITY OF FEMALE ENTREPRENEURS.

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MARCY BROWE

BRANDING PHOTOGRAPHER

“The biggest adventure you can ever take, is to live a life of your dreams”

— Oprah Winfrey

When **Marcy Browe** moved to Oceanside in 2014 she had recently left a career in high tech marketing and finally had the opportunity to turn her passion for photographing people into a full time job.

The love of photography was passed down to her by her grandfather, who made his living as a photographer. She learned the craft early in life, using his cameras.

As a branding photographer, Marcy uses her background in marketing to offer photography to people who need photos to position themselves as leaders in their field.

The first few years in business Marcy worked out of her home, but her business quickly grew and she now has a photo studio in Oceanside. She credits the growth of her business to actively networking and consistently engaging with North County's thriving business community.

People come to Marcy when they're ready to expand, re-brand or promote their business. Because of this, she's been able to work with many outstanding, passionate business leaders throughout San Diego.

Marcy has become involved in the community by joining multiple networking organizations and serving on several board of directors, including for the Milestone House, a home for foster teens in Oceanside.

With a long-time passion for sustainabil-



ity, building an eco-friendly business was a priority from day one. Marcy co-chairs the Carlsbad Chamber Green Business Committee and has been recognized as a green-certified business.

Her commitment to environmental stewardship includes giving a portion of her proceeds to environmentally focused organizations and being active in the sustainable community.

DR. YVONNE K. SCARLETT

DACM, DIPL.OM., L.AC
OWNER, RED LOTUS WELLNESS CENTER

“The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well.”

—Ralph Waldo Emerson

I love it when someone comes up to me to tell me that I've been a positive influence on their life.

I've been fortunate to have navigated some very intense life experiences, especially around health. Having the knowledge from these experiences has equipped me to better understand a patient who comes to me seeking help for pregnancy loss, infertility challenges, chronic pain, anxiety or the loss of a beloved one, or other health related crisis.

I believe, and know that the work I do changes lives. I help the woman who desperately wants to have a baby, who feels frustrated that it's been a struggle to conceive and give birth to a baby, while her girlfriends are planning baby showers. I help the woman who is disappointed every month that she gets her period, when all she really wants is to see that plus sign (+) on the home pregnancy test; or the woman keeping her pregnancy a secret, holding her breath and praying that this pregnancy will make it through the first 12 weeks. So, for now, she's not sharing the news with anyone until, she is really, really sure.

Having an ancient medicine system that is relevant for today's modern health challenge allows me to influence a positive outcome by creating a paradigm shift as to what is highly possible, creating hope for better health and



wellness, than most with a chronic health condition have ever thought possible.

Here at **Red Lotus Wellness Center**, a woman owned, and black-owned Integrative Medicine and Functional Medicine business in Carlsbad, our presence helps to bolster the sense of community ensuring that there are no barriers to holistic and integrative healthcare.



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SUSAN CAREY

OWNER, ASSISTED LIVING

“The best and most beautiful things in the world cannot be seen or even touched—they must be felt with the heart.”

—Helen Keller

Susan Carey helps find safe care solutions for the elderly, whether it be home care, independent living, assisted living, or memory care. She is available to meet with seniors and families either virtually or in-person. **Assisted Living Locators** FREE services include:

- Easy-to-use, online Assessment Tool, to give quick insight to appropriate senior housing.
 - In-take interview by phone, video technology, or in person to learn how to best serve you.
 - Tours of qualified vetted home health, hospice, assisted living, memory care and adult family homes.
 - Status updates on visitation and acceptance of move-ins for assisted living communities and skilled nursing facilities in your area.
 - Home care support with network of leading regional home care agencies; whether to ensure a safe home environment for seniors or to help with the activities of daily living.
 - Dedicated local resources for seniors and families such as eldercare attorneys, skilled home health, moving companies and hospice.
 - Guidance throughout the entire decision-making process.
- “Seniors and their families need a



trusted advisor to help them navigate what can be an overwhelming amount of information,” said Carey. “Assisted Living Locators offers a complete assessment of a senior’s needs and recommends a plan that provides the full continuum of care. My goal is to assist families in choosing appropriate care options for their loved ones, to save time, decrease stress, and to provide peace of mind.”

It may seem cliché, but I want to help guide seniors and their families through an emotional and trying time with the goal of having a loved one safe and in caring hands.

Susan Carey
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Free Consultation

LAUNA MOORE

SENIOR EXECUTIVE DIRECTOR, LA MAREA SENIOR LIVING



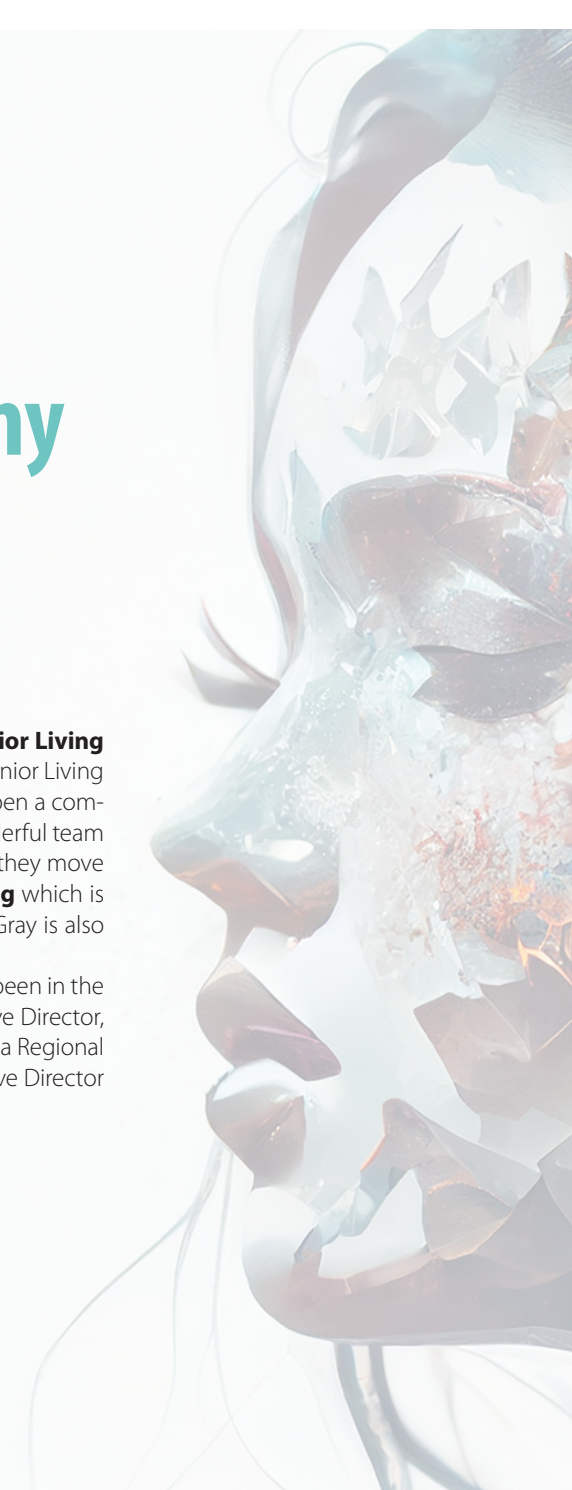
“Good is the enemy of great”.

— Integral Senior Living Culture Handbook

Launa Moore is the Senior Executive Director **La Marea Senior Living** on El Camino Real in Carlsbad. Launa has been with La Marea Senior Living from the start in the sales trailer and it was her career goal to open a community from the start. It was amazing to be able to build a wonderful team of caring staff and get to know every senior and their family as they move in to La Marea. La Marea is managed by **Integral Senior Living** which is a company based here in Carlsbad and the President Collette Gray is also a Carlsbad resident.

Launa has been a Registered Nurse for over 29 years and has been in the Senior Living industry for just as long. She has been an Executive Director, Nurse Consultant, Regional Director of Health and Wellness and a Regional Director of Operations. But running a Community as an Executive Director is her favorite job.

*See our ad on Back Cover





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SENIOR LIVING



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Spring is here, which means now is the time to start a new lifestyle. La Marea Senior Living is a vibrant, welcoming assisted living and memory care community that is coupled with exceptional, personalized care.



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