



HEALTH & WELLNESS



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A W A R D W I N N I N G P U B L I C A T I O N

JANUARY 2024





La Costa Glen

CARLSBAD

Expect More From Retirement.

THE RETIREMENT *lifestyle* YOU WANT, RIGHT HERE IN CARLSBAD.



It's a *vibrant* life today with
a solid plan for the future.

At our Life Plan Community, you'll socialize with friends, explore new hobbies and enjoy activities and amenities that make life grand. Plus, you'll have enhanced peace of mind with priority access to the adjacent health center for assisted living, memory care and long-term care in a skilled nursing center, if ever needed.

Call 1-760-691-2769
to schedule a tour.

LaCostaGlen.com

Voted the *best* retirement
community in San Diego
for 10 years in a row!



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Located in Carlsbad, La Costa Glen is a Continuing Care Retirement Community (CCRC) dedicated to making a difference in its residents' lives.

How La Costa Glen opened a world of possibilities for one resident

Caroline Chamales' choice to move to La Costa Glen, a 55-acre Life Plan Community in Carlsbad, was an easy one. She wanted more out of her retirement lifestyle, and the location close to her children sealed the deal even further.

Five years later, however, Chamales has found that her initial impressions had barely even scratched the surface on the value of **La Costa Glen**. As a Life Plan Community, La Costa Glen provides residents with a maintenance-free lifestyle and peace of mind with priority access to the adjacent health center for assisted living, memory care and long-term care in a skilled nursing center, if ever needed.

"This is a gift to my kids as much as to myself," she said about the advantages of

choosing La Costa Glen, including financial predictability and a plan for future care.

After her move, Chamales was diagnosed with Parkinson's disease, and she worked alongside the fitness coordinators to reach her goals and ease her symptoms.

She now swims laps six days a week in one of the on-site pools and uses La Costa Glen's AquaJogger® flotation device that athletes commonly use for cross-training. Worn around the middle of the body, it's particularly helpful to Parkinson's patients – Caroline wears it to "jog" in the pool, exercising all her limbs while the AquaJogger reduces pain caused by Parkinson's.

"Exercise is a very big component of my move to La Costa Glen," she said. "I don't know where I'd be without the exercise

classes and, of course, the pools that are right on campus."

What further enhanced the value of her move, Chamales said, was the abundance of life enrichment activities and amenities. Seniors like Chamales can play pickleball in the morning, enjoy a film in the movie theater in the afternoon, and meet up with neighbors in one of the dining venues for a chef-made meal in the evening. "I've made so many new friends here and I'm more active than I was before," she said.

Chamales says she's maintaining her fit and healthy lifestyle into the new year and is looking forward to embracing even more activities at La Costa Glen.

If you're interested in experiencing retirement living options on your terms in 2024, schedule



your visit to La Costa Glen by calling 760-691-2769. The dedicated team would be happy to introduce you to the residents who are proud and excited to call this Carlsbad community home.

Semaglutide Weight Loss Weekly

Located in San Diego's North County, Destinations Medical Spa has set itself apart creating the bridge between science and beauty with cutting edge aesthetic services and an experienced staff. Leaders in body, skin, and laser treatments, Destinations Medical Spa has become San Diego County's premier Medical Spa. Our San Marcos office has serviced thousands of clients over the last 14 years. Led by Dr. John Neely, and an incredibly experienced staff of professionals, our practice is pleased to serve North County San Diego. We specialize in skincare goals. Our spa has offered best-in-class skincare treatments and laser technology for nearly 15 years. We have specialized services available, and we would love to focus on your specific spots and interests.

Tightening, sculpting, lifting: it all begins with a consultation. We believe you need to not only look your best, but feel your best. We are proud to offer Semaglutide Weight Loss Weekly Injections to help aid in your weight loss and health goals. Semaglutide essentially mimics a hormone that stimulates the pancreas to produce more insulin, in turn lowering blood sugar, reducing cravings, and slowing digestion. All these mechanisms keep you feeling satiated and prevent you from overeating, ultimately leading to weight loss. Adding to our list of services, we are proud to offer Hormone Replacement Therapy (HRT).

Hormone replacement therapy is known for helping menopausal women ease symptoms of estrogen imbalance but it can be just as effective for testosterone deficiency in men. Testosterone replacement therapy can improve the signs and symptoms of low testosterone in men suffering from decreased energy, decreased libido, increased body fat and decreased muscle mass. Make Destinations Medical Spa your destination for all things beauty.



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Care Management

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- Meets with advisors & care partners
- Attend appointments
- Medication management
- Oversees caregiver(s)
- Ongoing support
- Scheduling home modifications
- Connects to resource
- Advocacy

Caregiving

- Bathing, dressing, grooming
- Hygiene and toileting
- Grocery shopping
- Walking and mobility
- Preparing meals
- Housekeeping and laundry
- Eating and feeding
- Medication reminders
- Transportation
- Communicating
- Companionship



**Arosa CARE
ELEVATED**

(760) 640-7309

northcountysd@arosacare.com



Arosa, a premier provider of Care Management and Caregiving services, is focused on supporting individuals to embrace their journey by championing change through comprehensive support, expert guidance, and personal care navigation.

Arosa, your ally in navigating aging and care

A leading provider of integrated home care and care management services, **Arosa**, is proud to announce the opening of its 12th office in California. After serving individuals in the area for 20 years through its San Diego location, the new Carlsbad office will expand Arosa's commitment to providing high-quality care to the North County community.

Arosa's caregiving services include companionship care, personal care, medication reminders, meal preparation, and transportation assistance for individuals looking to maintain safety and independence while aging in their own homes.

Care Managers can provide comprehensive and supportive services, which includes emergency preparedness, care coordination, medication management, and advocacy.

"We are thrilled to be opening our new sub-office in North County," said Melissa

Gaines, Regional Director of Arosa-SoCal/Inland. "Our team is dedicated to providing compassionate and personalized care to our clients, and we look forward to continuing to serve the greater San Diego community with a localized focus on North County. It's more than just a new office; it's a declaration of our commitment to providing compassionate care, a reliable support system, and peace of mind for families in need."

Arosa's expansion to North County is part of the company's ongoing commitment to providing exceptional care to communities throughout California. With a team of experienced and compassionate caregivers, Arosa is dedicated to helping clients maintain their independence and quality of life.

For more information about Arosa's home care and care management services, please visit www.arosacare.com.



Dr. Yvonne K. Scarlett

DACM, Dipl. O.M., L.Ac,

**Doctor of Acupuncture and Chinese Medicine,
Integrative and Functional Medicine Practitioner**

MiToWi Certified **No Tox Botox™**
Facial Rejuvenation & Cosmetic Acupuncture

Office: (760) 637-5069

[Hello@RedLotusWellnessCenter.com](mailto>Hello@RedLotusWellnessCenter.com)

Fertility, and Thyroid Specialist



Lifestyle Medicine: A holistic approach to wellness and vitality

In the bustling and beautiful landscapes of North County San Diego, Dr. Scarlett, founder of **Red Lotus Wellness Center**, is a distinguished integrative and functional medicine practitioner, weaving the ancient wisdom of Traditional Chinese Medicine (TCM) into the fabric of modern healthcare. Specializing in infertility, thyroid and autoimmune disorders, cosmetic acupuncture, and chronic pain, Dr. Scarlett offers a unique blend of Eastern and Western modalities to promote overall well-being and the best possible outcome for her patients.

At the heart of her practice lies a commitment to restoring balance and harmony within the body. For those facing fertility challenges, Dr. Scarlett employs TCM techniques, enhancing fertility through natural approaches that honor the body's innate wisdom. Her expertise extends to thyroid and autoimmune disorders, where a personalized integrative approach addresses the root causes, bringing relief and empowerment to patients.

Dr. Scarlett's Signature No Box Botox™ Radiant Beauty Facial Rejuvenation Program embraces the idea that beauty is an expression of internal vitality. By stimulating the body's natural healing mechanisms, she enhances skin health, reducing fine lines and wrinkles, taking years off your appearance, naturally!

Veterans dealing with chronic pain find solace in her care, as Dr. Scarlett, who is a military mom, tailors treatments to address their unique needs, providing a holistic path to pain management and improved quality of life.

In a world where wellness is often compartmentalized, Dr. Scarlett stands as a beacon of hope incorporating integrative and



Dr. Scarlett of Red Lotus Wellness Center is committed to restoring balance and harmony within the body.

functional medicine - Lifestyle Medicine- to help her patients achieve their health and wellness goals. Her compassionate Red Lotus Wellness Center. Lifestyle Medicine: A Holistic Approach to Wellness and Vitality.

This approach, rooted in TCM principles, resonates with those seeking a holistic and comprehensive solution to health challenges.

Experience the synergy and power of ancient wisdom and modern medicine in the hands of a practitioner dedicated to your complete well-being.

Consider for a moment how your life would change if you could...

- Get Pregnant
- Live Pain Free
- Take years of your appearance
- Feel good again - have more energy and better sleep

Have you thought of sustainable cremation?

A GREENER WAY TO GO

It's a process that some prefer not to talk about, but that we all face – what happens to a body after death. For most, burial or flame-based cremation is the result. **White Rose Aqua Cremation** in Escondido is the first flameless cremation facility in San Diego County and the only licensed provider of Water Cremation in California.

SOLUTION TO A GLOBAL PROBLEM

Did you know one cremation produces an average of 534.6 pounds of carbon dioxide? If you spend time sorting your recyclables and driving an electric car to work to cut down on your emissions, it makes sense for those environmental values to follow you through to end of life and through the way you honor your loved ones who pass on. White Rose Aqua cremation is a gentle and eco-friendly alternative to traditional cremation.

DECREASING HARMFUL CHEMICALS ON THE PLANET

Eco-friendly cremations require no harmful chemicals like those used in the embalming process.

If you are more environmentally minded, White Rose offers a completely water-based, eco-friendly end of life for your loved ones. It combines water and an alkali solution to accelerate the decomposition process – saving 90 percent more energy than flame-based cremation and preventing fossil fuel and greenhouse gas emissions.

Alkaline Hydrolysis (Aqua cremation) is a gentle, warm, water movement that washes over your loved one. This process is fully electric and produces zero emissions. It is a



Alkaline Hydrolysis (Aqua cremation) is a gentle, warm, water movement that washes over your loved one.

gentle choice for final disposition. No flame and no burning. Only water and alkali salts are used for an eco-friendly cremation.

THE WHITE ROSE AQUA SIGNATURE EXPERIENCE

Our kind and professional staff provides

and surrounds your family with care and compassion during this difficult time. Your loved one will never leave our full care facility at any time. This allows us to provide your family with a unique, personalized, and intimate experience.

The remaining effluent is considered

sterile and contains no remaining DNA or pathogens. Our water reclamation plant easily treats this water and safely places back into our ecosystem.

Call us today 442-777-6077 or email us at info@whiteroseaqua.com to see how much easier we can help make this process for you.



AQUA CREMATION

A gentle and eco-friendly alternative to traditional cremation

Call 442-777-6077

Aqua cremation is a gentle, warm, water movement that washes over your loved one. This process is fully electric and produces zero emissions.

It is a gentle choice for final disposition. No flame and no burning. Only water and alkali salts are used for an eco-friendly cremation.



White Rose Aqua Cremation, Inc

820 West Washington Avenue, Escondido, CA 92025

442-777-6077

info@whiteroseaqua.com



Where living in the moment is the norm.

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

INDEPENDENT LIVING & ASSISTED LIVING

Call today, *live your way!* | **760.452.8768**



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

Growing older together

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

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

and enriching lives. Team members foster independence while respecting individuality, choice, dignity, and privacy. Westmont's proprietary Live Your Way® program is focused on the seven dimensions of wellness: physical exercise, brain fitness, social events, and lifelong learning. The Dine Your Way® program offers a variety of menu selections.

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

Westmont Living offers Inspiring life experiences that enable residents to lead full



Call: **760.908.3838**

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

SENIORS REAL ESTATE SPECIALISTS

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#1 Carlsbad team in the company
Top ½% nationwide for Berkshire Hathaway Home Services affiliates



RESOURCES FOR THE NEXT CHAPTER OF YOUR LIFE

Multiple Real Estate Solutions:

- Traditional sale
- Renovate-to-sell
- Guaranteed sale

All include **FREE downsizing assistance.**

Referrals to trusted resources:

- Help finding the best senior living community
- Home care services
- Financial and legal professionals
- Much more



Visit our website and click on **Client Journeys** to see how we have helped other senior clients begin their next chapter.

www.DevoreRealtyGroup.com
760.908.3838



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



DRE# 01397835

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

Making a difference in the lives of Carlsbad seniors

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

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

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

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

Santianna's Vienna, a customized program

Vienna, **Santianna's** sister community offers a boutique approach to memory care for the Carlsbad community. We are an intimate, family-owned property that values strong relationships and provides services and amenities of the highest caliber. Our memory care program is customized to the cognitive abilities of our residents and provides a variety of amenities and spaces within the specialized community. We provide beautiful, comfortable spaces where residents can find joy and comfort in staying active, partake in nutritious meals and experience connection with other residents, staff, and nature.

Dementia is a holistic journey—one that is best taken together. We offer support at each step for each resident and their family. We consider each resident's previous experience, skills, likes and dislikes, and unique limitations they face each day to create a personalized plan of care that's specifically tailored to your loved one's needs. By focusing on the individual, rather than just the illness, we're able to interact and engage with each one of our residents in meaningful ways. Dignity comes from the ability to make choices. It is our goal to give each resident as much say in their daily life as possible. Our caregivers strive to meet each person where they are.

Studies show that using a team approach results in healthier dementia residents—and relieves stress on families! Our staff will work with physicians, the resident's health care providers, volunteers, community groups, and family members to care for the needs of the whole person. Family members are important partners in creating the "best life" for our residents. We support our families through resource libraries, family councils,



Just steps away from the main building on Santianna's campus, Vienna offers a customized program to memory care.

support groups, fun activities, events, and more.

We seek to create a warm, safe, engaging environment where those with dementia can enjoy day-to-day life to the fullest. We

look for activities that engage all five senses to provide enjoyable experiences for people at any level of ability. Our dining program offers meals and snacks that are nutritious, delicious, and appealing.

Despite detours and bumps in the road, people with dementia can live happy, fulfilling lives. Let us be your guide as this journey unfolds.

Visit us at www.viennamemorycare.com

CARLSBAD'S NEWEST MEMORY CARE COMMUNITY



AT SANTIANNA

VIENNA

Vienna offers a boutique approach for residents with cognitive difficulties or memory impairments.

We are an intimate, family-owned community dedicated to providing services and amenities that are tailored to the individual.



PERSONALIZED AND HOLISTIC CARE



A TEAM APPROACH



DAYS WITH DIGNITY



ENGAGING THE SENSES



CULINARY EXPERIENCES

Schedule a tour today!

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Beware!

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

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

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



760-696-3542
SeniorCareOptions.org

Senior Care Options



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

Life can begin again at 80

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

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

This is a free service, where Senior Care Options is paid by the facility only if a place-

ment occurs. Call Senior Care Options 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.

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

RCFE 374602653

HAPPINESS
HAPPENS
HERE.

Come see our
beautiful community
for yourself!



Aegis Living
Assisted Living | Memory Care

SHADOWRIDGE

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760-806-3600 | aegisshadowridge.com



At Aegis Living Shadowridge, residents live in private apartments and enjoy concierge services, housekeeping, laundry, transportation, movie theater, a beauty salon and more.

Specialized care at Aegis

Located in the SoCal beach town of Oceanside, **Aegis Living Shadowridge** is a warm and welcoming community where our residents and team feel like family. Divided into three individual wings, residents enjoy smaller, tight-knit communities in assisted living and memory care.

For over 26 years, Aegis Living has set a new standard of excellence. Here at Aegis, you'll find personalized and expert care, a full day of activities and experiences to suit every interest, delicious all-day dining, and a dedicated team committed to making a difference for seniors. Our Transitions program is a specialized activity and enrichment program that focuses on residents with early memory loss. It provides a small more intimate environment for them to engage in conversation and activities.

We offer a variety of care services, from light-assisted to transitional care to memory

care. Our compassionate, around-the-clock trained care team and full-time nurses personalize each resident's care plan. And our innovative memory care program, Life's Neighborhood®, offers specialized care in an intimate setting for residents with memory loss.

Residents live in well-appointed private apartments and enjoy amenities to make their lives easier, including concierge services, housekeeping, laundry, transportation, and a team to assist them whenever they're needed. Our community has a movie theater, library, beauty salon, and restaurant-style dining that accommodates nutritional needs, personal preferences, and restrictions. To schedule a tour of our beautiful community, contact Darcy Clevenger, Marketing Director: darcy.clevenger@aegis-living.com or 760-806-3600. For more information, go to www.aegisshadowridge.com.



Located in Carlsbad, 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 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 ones 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 but our residents and their families as they have continued to support GlenBrook throughout such unprecedented times" GlenBrook Health Center Administrator, Sadie Harness.

For more information, go to www.visitglenbrook.com

Hearing Loss: Effects and treatment options

People use technology more than ever to communicate. This is challenging for people with hearing loss. 48 million Americans have some degree of hearing loss and it can negatively impact almost every aspect of a person's life. Only 1 in 5 people who would benefit from hearing aids use them. People with hearing loss generally wait 7-10 years before seeking help, yet hearing loss is the 3rd most chronic physical condition in the U.S. (Reference 2)

WHAT CAUSES HEARING LOSS?

Hearing loss can occur at any age. Aging or exposure to loud noise are the most common causes, but infection, injury or genetics can be the basis as well. While most hearing loss is unavoidable, noise-induced hearing loss is preventable, yet has no cure and is irreversible. (Reference 3)

EFFECTS OF UNTREATED HEARING LOSS

Hearing loss is an invisible disability that may reduce quality of life and lead to serious health issues including developing dementia, depression, mental fatigue, and cognitive decline. It can impact personal and professional relationships. The Lancet Commission on Dementia Prevention, Intervention and Care cites that "individuals with mild hearing loss have 2X the risk of developing dementia". HearingLife's Chief Audiologist, Dr. Leslie Soiles, recommends hearing aids as a means of maintaining an active lifestyle — and possibly reducing one's risk for developing dementia.

HearingLife performs complimentary hearing assessments that identify hearing loss at most of their 600+ offices. This is a quick and painless test. Hearing aids are helpful for most hearing loss. Options for treatment depend on the degree and type of hearing loss, your lifestyle and budget.

HearingLife's licensed professionals have in-depth knowledge of treating hearing



Hearing loss is an invisible disability that may reduce quality of life and lead to serious health issues including developing dementia, depression, mental fatigue, and cognitive decline.

loss with hearing aids using the latest technology. Hearing aids today are digital and offer many convenient features, including Bluetooth® technology. HearingLife will help identify the best solution for you.

Find an office near you at www.hearinglife.com

REFERENCES

- Hearing Loss Association of America
- Blackwell DL, Lucas JW, Clarke TC. Summary health statistics for US adults: National Health Interview Survey, 2012. Vital health statistics, series 10, no. 260. Atlanta, GA: National Center for Health Statistics, CDC; 2014. http://www.cdc.gov/nchs/data/series/sr_10/sr10_260.pdf
- Centers for Disease Control and Prevention, Hearing Impairment Among Noise-Exposed Workers; 2016. [https://www.cdc.gov/mmwr/volumes/65/wr/mm6515a2.htm#:~:text=Hearing%20loss%20is%20the%20third,%2Drelated%20illness%20\(2\).](https://www.cdc.gov/mmwr/volumes/65/wr/mm6515a2.htm#:~:text=Hearing%20loss%20is%20the%20third,%2Drelated%20illness%20(2).)

GLENBROOK HEALTH CENTER

NATIONALLY RANKED. LOCALLY LOVED.

NAMED A 2023-2024 BEST SKILLED NURSING AND LONG-TERM COMMUNITY BY U.S. NEWS & WORLD REPORT 3 YEARS IN A ROW



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



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

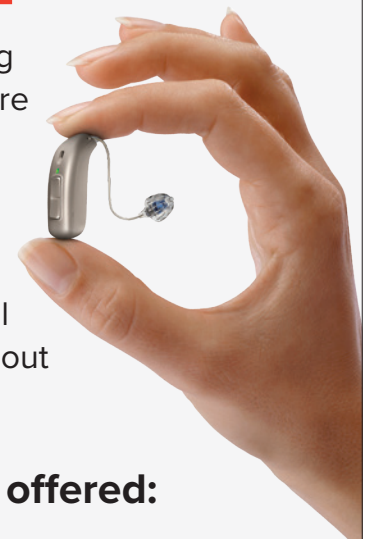
1950 Calle Barcelona, Carlsbad, CA 92009
visitglenbrook.com |

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.



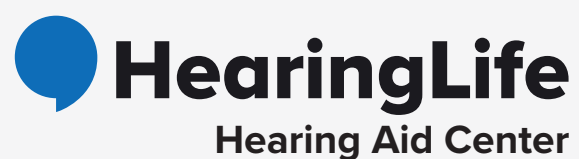
Life-changing hearing care STARTS HERE

HearingLife is a national hearing care company that operates more than 600 hearing care centers across 42 states. Our licensed hearing professionals provide personalized care and custom solutions to meet your individual needs. We are with you throughout your journey to better hearing.



Complimentary services offered:

- Hearing assessments*
- Clean and check of current devices
- Personal demonstration of the latest technology
- Treatment of tinnitus and other hearing-related conditions



2588 El Camino Real, Suite D, Carlsbad, CA 92008
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hearinglife.com

*See office for details. Mention code **AG60-1** when calling.



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Carlsbad Resort & Spa

THE WESTIN

CARLSBAD
RESORT & SPA



7 MILE
KITCHEN

WINE WEDNESDAY

EVERY WEDNESDAY ENJOY 50% OFF
SELECTED BOTTLES OF WINE!
5PM - 9PM EVERY WEDNESDAY.



20 | TWENTY

WEEKEND BRUNCH

EVERY SATURDAY & SUNDAY FROM
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@WESTINCARLSBAD • @SHERATONCARLSBAD



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

The perfect staycation spot!

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

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

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

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

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

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

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

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

Start planning your staycation with us today.

Discover coastal elegance at Carlsbad By The Sea

Nestled where golden sands meet the Pacific, **Carlsbad By The Sea** is not just a residence but a coastal sanctuary. Here, the beach is steps away, a charming village beckons next door, and a profound sense of well-being envelops you. For our cherished residents, this isn't a mere retreat—it's home.

At Carlsbad By The Sea, your time is yours to relish. Continue the life you love, whether it's cycling under the sun, partaking in aqua aerobics in our heated pool, or savoring the serenity of a beach stroll at dawn. Curl up with a good book from our library or let your creativity flow in workshops from woodworking to painting, or perhaps share your own zest for life with new friends during our lively social hour.

Here, life is enriched by not just social opportunities but ease, as our attentive staff manage the essentials — housekeeping, maintenance and culinary delights in our picturesque dining room that looks out to ocean vistas. Your well-being is our priority, with staff at your service.

Our community, with less than 160 residences, is a tapestry of connections and memories. Among them are six exclusive oceanfront apartments, carved into the bluff, offering unparalleled views. With more than 20 floor plans, from cozy studios to expansive penthouses, each space is a canvas for your life, many with patios or balconies for fresh sea breezes.

As a continuing care community, we evolve with your needs. 'Truly Yours' personal care brings assisted living services right to your doorstep, ensuring comfort without compromise. And should you require



At Carlsbad By The Sea, life is enriched by not just social opportunities but ease, as our attentive staff manage the essentials — housekeeping, maintenance and culinary delights in our picturesque dining room that looks out to ocean vistas.

it, Carlsbad By The Sea Care Center provides expert skilled nursing and rehabilitative therapies, all with a view of the ocean.

Embrace the legacy of a historic resort

transformed into a luxurious seaside retreat. Carlsbad By The Sea is where resort-style service meets the tranquility of Southern California's splendor.

To begin your coastal living experience, visit us at www.carlsbadbythesea.org or contact us today at 760-720-4580 for a tour. Welcome home to the sea's embrace.



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 and 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