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The City of Big Bear Lake, Southern California's four-season resort, is known for its natural beauty, crisp, clean alpine air, and endless recreation opportunities. The only incorporated city within our mountain range, we are less than 100 miles northeast of Los Angeles in the heart of the San Bernardino National Forest. We are currently hiring for the following positions: Director of Planning & Inspections and Director of Tourism Management. Visit: citybigbearlake.com. EOE/ADA



See **Industry Leaders** inside

## FEATURED SERVICE PROVIDERS



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## RETAIL TRENDS

### Volunteers needed to deliver meals to seniors during pandemic

While much of San Diego is in the midst of re-opening, COVID-19 remains a serious health risk, especially for older adults who continue to shelter in place out of necessity. While senior centers and congregate meal locations around the county remain closed, many older adults are in critical need of healthy meals at home.

Jewish Family Service of San Diego (JFS) is one of the region's top providers of nutrition assistance for homebound older adults. As part of its extended senior meal delivery service funded by the County of San Diego, the organization is delivering up to 300 to 350 seniors every day - a total of nearly 300,000 meals since March. JFS needs the public's help to continue to meet this increased demand.

JFS is urgently calling for additional volunteer drivers to help deliver freshly prepared meals and shelf-stable food packages to isolated, at-risk seniors throughout San Diego County.

Volunteers are asked to commit to at least one four-hour weekday shift - with the option to choose from the morning shift



**Jewish Family Services is delivering around 30,000 meals and food packages weekly to seniors sheltering at home during the pandemic.**  
COURTESY PHOTO

of 9 a.m. to 1 p.m. or the afternoon shift of 1:30 to 5:30 p.m.

"This is a great opportunity to help one of our most vulnerable populations as they stay home to safeguard their health," said Michael Hopkins, CEO of JFS. "And it's not just about delivering meals. It's also the chance to provide a much-needed friendly face to an isolated senior. You will truly make their day."

Volunteers must be 25 years or older to participate and must have their own personal vehicle. A driver's license and proof of insurance is also required.

To learn more or sign up to volunteer, call (858) 637-3050 or visit [jfsd.org/volunteerdriver](http://jfsd.org/volunteerdriver).

### Practice dedicated to treating sleep apnea using oral appliance therapy

Dr. Rosemarie Rohatgi of San Diego Sleep Therapy, a formally trained sleep apnea dentist, utilizes oral appliance therapy (OAT) to treat sleep apnea patients who are unable to tolerate a CPAP (continuous positive air pressure) machine. A properly fitting oral device will prevent the airway from being blocked, resulting in a significantly better night's rest. It will also stop the snoring associated with obstructive sleep apnea disorder. The device, which looks like a mouthguard, works by repositioning the tongue and lower jaw forward.

Working closely with many sleep specialists, Rohatgi fabricates appliances to fit every patient individually. Rohatgi, recog-



Dr. Rosemarie Rohatgi is the founder of San Diego Sleep Therapy.

COURTESY PHOTO

nized as an expert in dental sleep medicine, is skilled in the construction of the industry's leading oral appliances, selecting the proper appliance for each case of sleep apnea.

Rohatgi, who has been practicing dentistry more than 20 years, is a diplomate of the American Board of Dental Sleep Medicine and founder and owner of San Diego Sleep Therapy. She has completed the well-respected sleep medicine mini-residency at the University of California Los Angeles School of Dentistry.

For more information or to schedule an appointment, call (858) 356-4962 or visit [sandiegosleeptherapy.com](http://sandiegosleeptherapy.com).

### Wide range of outdoor furniture in stock, ready for delivery

People are staying home more and enjoying their outdoor space, especially now with the beginning of summer. Since San Diego's climate allows year-round outdoor activity, it's important to make an outdoor space as comfortable as the home's indoor spaces.

With decades of experience, Teak Warehouse can help create an outdoor living room, turning it into an extension of the home. The company, founded in 1970, manufactures outdoor furniture using marine-grade materials to stand up to the elements. All furniture—more than 600 different styles—is built or assembled in the United States and is in stock. Furnishings and accessories are sold wholesale, directly to the public and can be delivered.

Designs are created to fit with a range of styles, from coastal modern and mid-century modern to farmhouse and distressed. The Tokio Relaxing Chair, for example, draws from the simple, elegance of the Barcelona chair, mixing grade-A teak with outdoor rope for clean modern lines with a versatile, organic feel.

Teak Warehouse, at 8400 Miramar Road, is open daily from 10 a.m. to 5 p.m. For more information or to shop online, visit [teakwarehouse.com](http://teakwarehouse.com) or call (858) 530-9894.

**The Tokio Relaxing Chair combines the modern style of the Barcelona chair with durable outdoor materials.**

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## PROFESSIONAL CONNECTION

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When I work outside I do not wear a mask, but I ask that my customers stay 6 ft. away from me. When I work inside, I wear a facial mask. Since I wash my hand's all day long with soap and water, I do not wear gloves unless requested by my client. I also can just clean the outside of your windows and the screens. I can leave an invoice outside your front door and you can leave a check that I can pick up when finished. That way we can stay absolutely safe and healthy.

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