

Sentiero Newsletter

August 2022



Welcome to the world, baby Ocean!

Dr. Crone and her family welcomed a baby boy, Ocean, on July 3, 2022 at 20:49. Ocean weighed 7lbs, 3 oz at birth. Mommy and baby are happy and healthy enjoying their first moments together! Dr. Crone misses everyone and plans on returning to the office the first week of October.



Sentiero Wellness Launches Acupuncture with Dr. Shah

Sentiero Wellness has welcomed [Dr. Tara Shah](#), Licensed Acupuncturist, to the team! Research has shown acupuncture to relieve pain and improve sleep, digestion, and mental health. Conditions commonly treated by acupuncture: colds & flu, asthma, headaches, carpal tunnel, depression, anxiety, diabetes, PTSD, cancer, infertility and various aspects of women's health, fibromyalgia, hypertension, IBS, insomnia, and weight loss. For more information about Sentiero Wellness or to schedule a service, please visit [our website](#).

Sentiero Wellness Services

Reiki Treatment with Yurie Kitajima

Acupuncture with Dr. Shah

Nutrition & Holistic Medicine with Dr. Price

Personal Training with David Sluss





The Animal Pad

Dyson was adopted from [The Animal Pad](#). His mother was rescued by Animal Pad Volunteers from Tijuana, Mexico. Dr. Kierce has been very impressed with the Animal Pad. Thanks to Elli-Ana (pictured right) and the Animal Pad, Sentiero has Dyson. If you are looking to foster or adopt a pet, please visit the [website](#).

Resources

We have recently added our favorite resources to our website for military service women and men, ADHD, advocacy in the public school for children with disabilities, diversity and inclusion, as well as adult burnout and resiliency. Please visit our [resources page](#) to access this valuable information!



Elli-Ana Hauser (pictured left with her Mother) has been an Animal Pad Volunteer. She was also Dyson's Foster Mom for the initial 12 weeks of his life.



Dr. Kierce Selected to Attend Tory Burch Foundation “Embrace Ambition” Summit in New York City

The Summit challenged double standards surrounding ambition, as well as stereotypes and unconscious bias surrounding race, gender, and sexuality. You can [access the recording here](#).

We need your help!

Sentiero has been working tirelessly to get contracted with VA via TriWest for continuity of care for military men and women. Please contact the San Diego VA Community Care Network (CCN) and TriWest to let them know you would like to be able to continue treatment with us as a Veteran.

Joel Carr (San Diego VA CCN): Joel.carr@va.gov

TriWest Credentialing & Provider Services:

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