



# Health and Fitness



Oceana Pet Hospital receives AAHA accreditation

PHOTO BY JEAN BARTLETT

## Oceana Pet Hospital is honored with benchmark of veterinary excellence

By JEAN BARTLETT  
CORRESPONDENT

To meet the American Animal Hospital Association (AAHA) standards of accreditation, a veterinary hospital must continuously meet high standards of patient care. Among the credentials evaluated are: personnel training for CPR, medical records and customer service; a high standard of machinery and equipment (such as digital x-ray, dental machine); laboratory services for prompt patient diagnosis; pain management, vaccination and hygiene protocol; safe storage and proper handling of pharmaceuticals; patient safety in an aseptic environment with appropriate pre and post operative considerations; the use of board certified specialists such as a radiologist

or an internist for patient consultation; the interior design of the hospital (isolated surgery room, washing area, kennels, cages); and humane and advantageous care to patients during all aspects of their visit.

Essentially there are more than 960 requirements to be met and the hospital is re-evaluated every two years in addition to random checking by an AAHA inspector.

On Sept. 15, Oceana Pet Hospital became Pacifica's first AAHA accredited hospital. Dr. Afsaneh Raoufina, DVM, Ph.D. (Dr. Nia) is Oceana Pet Hospital's owner and primary veterinarian on staff. Veterinarian Dr. Omid Tabatabai (Dr. Tabai) is co-founder of the pet hospital. Dr. Bill Rivers, who has a mobile practice, is consulting ultrasound radiologist.

"Dr. Reed is also part of our team," Dr. Nia said. "She is a board certified radiologist and she provides confirmation on the majority of our x-ray images."

The full-service small animal veterinary care facility offers complete medical, surgical, acupuncture and dental care. While 90 percent of the pet hospital's practice is dogs and cats, they also see reptiles and pocket pets.

Dr. Nia's journey to becoming a veterinarian was inspired by her childhood friend Susan. Susan was the family cat and she died from complications of an illness that there was no treatment for at the time.

"I wanted to invent the medication that would have saved Susan and she is the one who put me on this road. I still think of her often."

## Antolino Family Wellness Center heads a collective call to a life with harmony

By JEAN BARTLETT  
CORRESPONDENT

In answer to what is the purpose of life, Tenzin Gyatso, the 14th Dalai Lama, has offered his thoughts ([www.dalailama.com](http://www.dalailama.com)), "I believe that the purpose of life is to be happy. From the moment of birth, every human being wants happiness and does not want suffering. Neither social conditioning nor education nor ideology affects this. From the very core of our being, we simply desire contentment. I don't know whether the universe, with its countless galaxies, stars and planets, has a deeper meaning or not, but at the very least, it is clear that we humans who live on this earth face the task of making a happy life for ourselves."

The Dalai Lama goes on to explain. "The key to a happier and more successful world is the growth of compassion. We do not need to become religious, nor do we need to believe in an ideology. All that is necessary is for each of us to develop our good human qualities."

Since 1994, the Pacifica-based Antolino Family Wellness Center has worked with and welcomed individuals who have created disharmony within their lives and within their families. Their mission statement reads, "The vision of Antolino Family Wellness Center (AFWC) is to promote harmony within families, communities and private and public agen-

cies."

AFWC Executive Director Julia Carmen founded the nonprofit as a means to create wellness. The Center is named in honor of Carmen's older brother Antolino who died a number of years before Carmen was born.

"It was in 1945, in Zatecas, Mexico. My mother had gone to the local mill to grind the maize for her tortillas. She left my older brothers Ramiro and Antolino in the care of my paternal grandfather."

Antolino's grandfather and his friends had spent the afternoon drinking tequila. Drunk, they poured drinks for the 3-year-old and the 2-year-old. When Ramiro passed out and Antolino fell into a deep sleep, their mother was called home from the mill. She was able to revive Ramiro but little Antolino died in her arms.

For many years after her brother's death, Carmen said her family was trapped in a constant state of disharmony which eventually led her to open her Center.

For the past 16 years, AFWC has received and worked with court-mandated individuals who are men and women who have either abused or been abused.

"The real lesson," Carmen said, "is not disharmony but love and forgiveness."

But that message, Carmen goes on to explain, is not just for some people with some issues, it is for everyone.

"Many real issues block the path to our innate sense of peace," Carmen said. "If we are hungry, we are afraid. If we lose our job, we are devastated. Media tells us that fear is the key. But we are not fear, we are love. To learn wellness, to teach wellness, to know wellness - when one person awakens to wellness it awakens us all."

Carmen, who said she is getting too old to do anything other than just lay out the facts, explained her Center's new "\$2 million project."

"Wellness does not come overnight. It comes through people working at teaching and learning. Through our Center we are committed to teaching and sending teachers out to teach others and so on and so on. Through our Wellness Center we will hire and hire and hire so that there are so many who understand wellness that the message cannot be unlearned."

Carmen went on to explain that she has no intention of building a good working practice on a dream and that her Center's pledge requires support from many.

"Antolino Family Wellness Center, [www.domesticharmony.net](http://www.domesticharmony.net), is committed to raising 2 million dollars to build harmony in community and families so that each person who learns, 'I am part of harmony and I am part of peace and I am part of community,' can go out and teach wellness. We are all in this together. We are not alone."

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