



**MONTEREY BAY  
VILLAGE**

# STAYING CONNECTED

Volume 1, Issue 3

April 2016

## WEDNESDAY

### WELLNESS SERIES

Join us for these informative presentations in Diment Hall The Carmel Foundation

#### “Transitioning from Hospital to Home”

Panelists

April 27th  
2:30-4:00pm

#### “Health through Diet”

Dr. Christopher Oh,  
Cardiologist

May 18th  
2:30-4:00pm

#### “Management of Chronic Pain”

Dr. Gary Chang,  
Anesthesiologist

June 8th  
2:30-4:00pm

### SAVE THE DATE!

Tuesday, May 17  
3:00-5:00pm  
Member/Volunteer  
Gathering

## From the Director

Dear Village Members,

Monterey Bay Village has reached a milestone with over 100 members! We opened almost four years ago and are thrilled to have over 100 members and to have served over 150 seniors. We are pleased to welcome 15 new members since the beginning of this year.

Continuing on this upward swing, MBV has once again received a \$40,000 grant from Monterey Peninsula Foundation and an additional \$6,000 in private donations. A \$1000 stipend has been granted as a result of our participation in the national village new member survey. We have not increased membership dues since our inception as a result of these additional funding sources.

Please mark your calendars for May 17, 2016 to attend another member and volunteer gathering at Carmel Mission Inn. This is a great opportunity to mingle with other members and to thank some of the volunteers who may have assisted you in the past.

On a personal note, I am beginning a new chapter in my life and am resigning as Director of MBV. I was hired five years ago to create our Village and with the support of The Carmel Foundation and many dedicated volunteers we have succeeded. We are in the process of hiring of a new Director and hope to have someone at the helm by the end of April.



**Nettie Porter**  
Director, Monterey Bay Village

I recognize that change can be unsettling given the personal relationships that we have developed over the years through MBV. But this slight disruption can also foster new opportunities and healthy improvements moving forward. We will make every effort to allow for a smooth transition and appreciate your patience during this time. Leanne Leonard will continue as our Administrative Assistant and Transportation Coordinator.

Thank you for the opportunity to be a part of your lives!

Kind regards,

# Loneliness: The Bane of Elderly Existence

Depression has long been thought of as being a normal part of aging; however, researchers have debunked that myth as explained in the following article in Seniors Matter by Stephanie Clarke.

According to research, loneliness is one of the three main factors involved in the development of depression. Depression should not be expected as normal and neither should loneliness. Loneliness is also known to cause other adverse physical health effects. Some loneliness is to be expected as we age, but there are ways to adjust to the changes that senior citizenship brings.

## Where Loneliness Comes from

Researchers have identified the two methods by which loneliness develops and even thrives as we age. First are the external factors. Those are things such as loss of companionship and minimal social interaction brought about by diminished health and mobility. Second are the internal factors which are attributed to dissatisfaction in family relationships, from conflict or just living too far away. Even personality types come into play when it comes to how older people handle being lonely. Many of these factors are simply unavoidable, particularly the departures of others and the personalities people are born with. Some people will see the glass as half empty until the end.

Researchers dug deeper into the effect of loneliness on well being. Loneliness can actually be considered a cause of death for some people. It has been witnessed firsthand when spouses pass away within six months of each other; a condition known as Broken Heart Syndrome. Yet loneliness can also cause other symptoms that diminish quality of life and increase health issues.

## Loneliness Weakens the Immune System

Loneliness doesn't just cause a fatal dose of depression. It has been linked to a number of health complications such as high blood pressure, insomnia, impaired cognitive ability, and diminished immune system responses. All of these things can snowball quickly. They are all risk factors for falling and a diminished will to live.

## Improved Sociability Decreases Loneliness

Older adults are affected by their levels of social activity and the state of their moods. It doesn't matter if they are male or female; both sexes experience feelings of loneliness and depression for the same reasons. Those who are living with children and have regular exposure to grandchildren tend to have lower rates of loneliness, or reported that they felt lonely for shorter periods of time. The less time they spent alone, the less lonely they were.

Getting older comes with a new set of challenges. Those who have a strong support system with a reliable social network adjust better to the unavoidable factors of loneliness with aging. Closer proximity to family helps to alleviate the worst of loneliness symptoms. Attending a weekly class or social activity can make the difference between fleeting loneliness or debilitating depression.

If you feel you could benefit from some social interaction, please call Monterey Bay Village to schedule a friendly visitor to come to your home or a volunteer to take you on an outing. Consider taking advantage of the myriad of programs offered through The Carmel Foundation.



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