



**MONTEREY BAY
VILLAGE**

STAYING CONNECTED

Volume 1, Issue 6

February 2017

WEDNESDAY WELLNESS SERIES

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

“Food as Medicine: The Health Benefits of Extra Virgin Oil”

Dr. Stephen Brabeck

February 22nd
2:30-4:00pm

“Immunization Update – Adult Vaccines”

Andrea Zoodsma, RN,
BSN, PHN

March 29th
2:30-4:00pm

From the Director

Dear Village Members,

Our December 2016 Holiday Social Gathering was a great way to end the year! Thank you to all members and volunteers who were able to attend. If you weren't able to make it this time, our next Social Gathering will be held in spring and more info to come in the next newsletter. I love getting to know you all and to hear your stories about how long you have lived in this community as well as stories about your children, careers, and spouses. Our Social Gathering is such a fun and unique way to connect to you all outside of the services offered through Monterey Bay Village. Looking forward to the next one!



I hope you all are having a great start to the year of 2017! I would love feedback regarding a potential idea – What are your thoughts about having access to a member list of phone numbers that would help you connect with others who share similar interests and hobbies? The Carmel Foundation already has discussion groups and classes that you can join, though it might be fun to connect to others in Monterey Bay Village specifically?



Kristine Ware
Director, Monterey Bay Village

If I receive positive interest regarding this, I would request permission from each member to add their phone number to a contact list for distribution. I appreciate your feedback by phone, email or in person and thank you!

On the back of this newsletter, I have included a description of celebrating 15 years of the Village Movement! The Village Movement is a world-wide movement that champions an alternative approach for adults as they grow older. I hope you enjoy learning a little history.

Kind regards,

Kristine

Join Us to Celebrate 15 Years of the Village Movement!

To celebrate its 15th anniversary and the Village movement it inspired, Beacon Hill Village in Boston has invited Villages around the country to virtually participate in the Village movement.

In 1999, a group of friends gathered to talk about their future in central Boston. They wanted more freedom and control over their lives as they aged. They also wanted to be active, taking care of themselves and each other, rather than being taken care of.

The Village Movement was born by the formation of Beacon Hill Village, which enrolled its first members in February 2002 and was soon deluged with requests for help from other groups wanting to form their own Villages. Our own Monterey Bay Village started in July 2012 and has grown to 115 members.

Today, Monterey Bay Village is one of more than 200 open Villages and more than 150 in development in 45 states and the District of Columbia that serve 40,000+ members just like you. In 2010, the Village to Village Network was formed to ensure the success of individual Villages and the Village Movement through expert guidance, resources, and support.

Choice and community are concepts honored throughout the Village Movement. These concepts are behind the underlying principles that lead to the founding of Beacon Hill Village and subsequent 200+ Villages that impact the lives of older adults across the country. One of the great issues worldwide today is how to support and care for aging populations. By 2030, twenty percent (20%) of our nation's population will be over 65, an estimated 83 million people.

Beacon Hill Village and the Village model is an option for assisting older adults in their efforts to maintain autonomy as they age in the face of ingrained habits, cultural expectations and one-size-fits-all corporate offerings. The Village model provides services and extending community to people who want to remain in their own homes and enjoy the rich stew of activities, attributes, attitudes, and ages that engage the community's older adult population.

Join us in this celebration!



831.620.8717
SW Corner of 8th & Dolores
Carmel, CA 93921
www.montereybayvillage.org