



**MONTEREY BAY  
VILLAGE**

# STAYING CONNECTED

Volume 1, Issue 7

May 2017

**WEDNESDAY  
WELLNESS SERIES**

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

**“Prevention and Management of Neurologic Disease”**

Sasha Spadoni

May 24th  
2:30-4:00pm

---

**“The Aging Eye”**

Dr. Eric J. Del Piero

June 28th  
2:30-4:00pm

---

**SAVE THE DATE!**

Member/Volunteer Social Gathering

June 22nd  
2:00pm-4:00pm  
Invitation to Follow

## From the Director

Dear Village Members,

In the last newsletter, I asked for feedback regarding having access to a member list of phone numbers that would help you connect with others who share similar interests and hobbies within Monterey Bay Village. Only a couple people responded to this who showed positive interest. I wanted to take a 2<sup>nd</sup> pass at this idea to see if you, as members, are interested in connecting with other members outside of Village gatherings. I'd love feedback from you all and I value your opinion!

Our next MBV Member and Volunteer Social Gathering will be at 2:00pm on Thursday, June 22<sup>nd</sup>! Please mark your calendars and save the date! Invitations will follow with more details. To those new members, this is a great opportunity to mingle with members and volunteers for a couple hours and enjoy some delicious food and beverages. I hope to see you there!

Transportation rides are currently the biggest need in Monterey Bay Village! Rides from our caring and compassionate volunteers bring peace of mind because they help our members get to doctor and dental appointments, to the grocery store as well as general errands. MBV provides around 35 rides per month on average. We thank you for your continuous kind consideration booking your transportation rides 1-2 weeks in advance and we are so happy to help you get to where you need to go!



**Kristine Ware**  
Director, Monterey Bay Village

Our volunteers also have been wonderfully helpful with being a handyman, pet sitting, assisting in technology problems, yard help, or being a friendly visitor! They are incredibly generous people with BIG hearts helping our seniors in our community and enabling at home independence!!! If you are able to attend our upcoming Social Gathering, you will be able to meet some of these kind hearts.

This month of May, we celebrate Older Americans Month! I hope you enjoy reading the back of this newsletter. As always, feel free to reach out to me with any questions about MBV at 831.620.8717 or [kware@carmelfoundation.org](mailto:kware@carmelfoundation.org)!

Kind regards,

*Kristine*



Getting older doesn't mean what it used to. For many aging Americans, it is a phase of life where interests, goals, and dreams can get a new or second start. Today, aging is about eliminating outdated perceptions and living the way that suits you best.

Take Barbara Hillary, for example. A nurse for 55 years who dreamed of travel, at age 75, Hillary became the first African American woman to set foot on the North Pole. In 2011, at age 79, she set another first when she stepped onto the South Pole. Former president George H.W. Bush celebrated his 90th birthday by skydiving. Actress Betty White, now 95 years old, became the oldest person to host Saturday Night Live in 2010, coincidentally during May—the same month recognized as Older Americans Month (OAM).

Since 1963, OAM has been a time to celebrate older Americans, their stories, and their contributions. Led by the Administration for Community Living (ACL), the annual observance offers a special opportunity to learn about, support, and recognize our nation's older citizens. This year's theme, "Age Out Loud," emphasizes the ways older adults are living their lives with boldness, confidence, and passion while serving as an inspiration to people of all ages.

**Monterey Bay Village** is committed to supporting older adults as they take charge of their health, explore new opportunities and activities, and focus on independence; and **The Carmel Foundation** can provide opportunities to enrich the lives of individuals of *all ages* by:

- involving older adults in the redefinition of aging in our community;
- promoting home- and community-based services that support independent living;
- encouraging older adults to speak up for themselves and others; and
- providing opportunities for older adults to share their experiences.

Let's amplify the many voices of older Americans and raise awareness of vital aging issues across the country. Join us as we speak up and out loud for OAM!



831.620.8717  
SW Corner of 8th & Dolores  
Carmel, CA 93921  
[www.montereybayvillage.org](http://www.montereybayvillage.org)