



**MONTEREY BAY
VILLAGE**

STAYING CONNECTED

Volume I, Issue 8

August 2017

**WEDNESDAY
WELLNESS SERIES**

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

**“Goodnight to
Insomnia”**

Dr. Richard J. Kanak

August 23rd
2:30-4:00pm

“The Gifts Among Us”

David Hahklotubbe

September 27th
2:30-4:00pm

**“The Brain
Improvement
Prescription: Stimulate
Cognitive and Social
Connection through
Improv Comedy”**

Carol Roberts

October 18th
2:30-4:00pm

From the Director

Dear Village Members,

It was so fun to see some of you at the MBV Summer Social on June 22nd at Cypress Inn! I hope those of you who attended enjoyed yourselves and meeting other members and some of our wonderful volunteers. A Winter Social will be planned to be held in the November/December time frame, I will keep you updated when there is more information.

Recently, I hired a photographer to take some updated photos of members and volunteers that will help update our MBV brochure as well as our website! Once the photos are finalized, it will be a fun project to create a new brochure that describes our Village services and mission of the program. Our website is also an educational resource to help current and prospective members, volunteers and service providers understand what we are all about, enabling at home independence for seniors in our community!

Some new service providers have been vetted recently and I would love to share what their services are in case you might be interested. If you are in need of an in-home massage therapist, additional transportation help or cooking meals through hired caregivers, or help with personal organization in your home, please call me and I'm happy to provide their contact info or any other services you need.



**Kristine Ware
Director, Monterey Bay Village**

Due to the low response of the phone tree idea, a list to connect members to other members, I will not pursue gathering contact info from you. However, if any of you would like to host a small social gathering at your home with other members, please let me know and MBV is happy to help connect you and provide transportation rides.

If you have any questions about services, please don't hesitate to reach out. I hope you all have a wonderful summer!

Kind Regards,

Kristine



Action You Can Take to Help *Protect Your Brain*

Take Charge

- Get recommended health screenings regularly.
- Manage health conditions, such as diabetes, high blood pressure and high cholesterol.
- Be sure to talk with your doctor or pharmacist about the medications you take and any possible side effects on memory, sleep and how your brain works.
- To learn more about how to move or exercise in a healthy way, ask your health care provider about your personal situation

Eat Right

- Try to maintain a balanced diet of fruits and vegetables, whole grains, lean meats (including fish and poultry) and low-fat or non-fat dairy products. Monitor your intake of solid fat, sugar and salt, and eat proper portion sizes.

Get Moving

- Being physically active may help reduce the risk of conditions that can harm brain health, such as diabetes, heart disease, depression and stroke; it may also help improve connections among your brain cells. Older adults should get at least 150 minutes of exercise each week.

Drink Moderately, If At All

- Staying away from alcohol can reverse some negative changes related to brain health.

Don't Smoke

- Quitting smoking at any age will be beneficial to the health of your mind and body. Non-smokers have a lower risk of heart attacks, stroke and lung diseases, as well as increased blood circulation.

Be Safe

- To reduce the risk of falling, exercise to improve balance and coordination, take a falls prevention class, and make your home safer.

Think and Connect

- Keep your mind active by doing mentally stimulating activities like reading, playing games, learning new things, teaching or taking a class and being social. Older adults who remain active and engaged with others by doing activities like volunteering report being happier and healthier overall.

Taking the First Step

You can start to support your brain health with some small, first steps and build from there.

- Begin an exercise routine, such as a daily walk, with the goal of increasing the amount of time and speed.
- Add an extra serving of fruit and vegetables each day.
- Make an appointment for a health screening or a physical exam.
- Seek out volunteer opportunities that interest you.
- Sign up for a class or program at your community college or community center.

eldercare.gov/eldercare.net/Public/Resources/Brochures/docs/Brain-Health.pdf



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