



**MONTEREY BAY  
VILLAGE**

# STAYING CONNECTED

Volume I, Issue 9

November 2017

## WEDNESDAY

### WELLNESS SERIES

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

#### “The Aging Eye”

Dr. Eric J. Del Piero

November 29th  
2:30-4:00pm

#### “Making Merry Mistle Toes: How to Make your Feet Happy during the Holidays!”

Dr. Michelle Kraft

December 20th  
2:30-4:00pm

### SAVE THE DATE!

Member/Volunteer Social Gathering

December 7th  
2:00pm-4:00pm

Invitation to Follow

## From the Director

Dear Village Members,

I recently attended the 9<sup>th</sup> Annual National Village Gathering in Baltimore, MD last week! For those of you who might not know, Monterey Bay Village is a part of a national Village movement. The Village to Village Network organization collaborates to maximize impact and sustainability of individual Villages. This conference is designed to connect staff to each other from Villages across the states while listening to speakers and participating in workshops. This network helps connect Villages with resources, education and expertise! I truly enjoyed this Village Gathering. Only 15% of current Villages (more than 200 nationally that are open) are attached to a parent organization like we are. We are so fortunate to be a separate membership program at The Carmel Foundation with access to established classes, funding resources and community ties. There is a new coalition that has formed that is now called “Village Movement California” that connects Villages across the state! Monterey Bay Village has joined this coalition and I am excited to participate in their mission of sustaining the Village Movement. I am looking forward to attending the Annual National Village Gathering next year in October in our home state of California in San Diego!

Mark your calendars!!! Monterey Bay Village will be hosting another fun social gathering for our members and volunteers on December 7<sup>th</sup> from 2-4 pm! The location will be at a local restaurant, Rio Grill at The Crossroads and this gathering is co-sponsored by Central Coast Senior Services.



**Kristine Ware**  
Director, Monterey Bay Village

Please come by for some holiday cheer and enjoy some appetizers and beverages while mingling. Leanne and I hope to see you there.

During this month of November, I give thanks to you all for being a part of our Monterey Bay Village family. I feel honored to help you through navigating aging in place at home and providing resources to you when needed. I feel gratitude for your trust in this program designed to give you peace of mind for yourselves and loved ones. I wish you a loving Thanksgiving holiday!

Kind Regards,

*Kristine*

## A Positive Outlook May Be Good for Your Health

By Jane E. Brody

“Look on the sunny side of life.”

“Turn your face toward the sun, and the shadows will fall behind you.”

“Every day may not be good, but there is something good in every day.”

“See the glass as half-full, not half-empty.”

Researchers are finding that thoughts like these, the hallmarks of people sometimes called “cockeyed optimists,” can do far more than raise one’s spirits. They may actually improve health and extend life.

There is no longer any doubt that what happens in the brain influences what happens in the body. When facing a health crisis, actively cultivating positive emotions can boost the immune system and counter depression. Studies have shown an indisputable link between having a positive outlook and health benefits like lower blood pressure, less heart disease, better weight control and healthier blood sugar levels.

An important goal of the training is to help people feel happy, calm and satisfied in the midst of a health crisis. Improvements in their health and longevity are a bonus. Each person is encouraged to learn at least three of the eight skills and practice one or more each day. The eight skills are:

- Recognize a positive event each day.
- Savor that event and log it in a journal or tell someone about it.
- Start a daily gratitude journal.
- List a personal strength and note how you used it.
- Set an attainable goal and note your progress.
- Report a relatively minor stress and list ways to reappraise the event positively.
- Recognize and practice small acts of kindness daily.
- Practice mindfulness, focusing on the here and now rather than the past or future.



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