

The Carmel Foundation Wednesday Programs

April 2024

Refreshments Served Immediately Following the Program



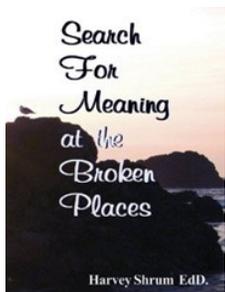
April 10 - Whales! Whales! Whales of Monterey Bay

In her fascinating presentation, Mary Alice Cerrito Fettis will discuss the importance and fun of Whalefest Monterey which benefits many local and national marine organizations that educate, inspire, and empower the public to protect the Monterey Bay National Marine Sanctuary (MBNMS). With activities that drive coastal economies Whalefest offers dozens of marine exhibitors, research and rescue vessels, release of a recently recovered patient from the Marine Mammal Center, street and beach clean-up, the almost-famous abalone races, history walks, marine art creations, and an eclectic offering of live music. Come see for your self and enjoy this one-of-a-kind presentation!



April 17 - 10 Warning Signs of Alzheimer's

Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Learn about 10 common warning signs and what to watch for in yourself and others. This presentation covers typical age-related changes, common warning signs of Alzheimer's, how to approach someone about memory concerns, early detection, the benefits of a diagnosis and the diagnostic process, and Alzheimer's Association resources. Dr. Peter Heublein is Board Certified in Neurology and a Fellow of the American Academy of Neurology. He was in private practice for nearly 20 years before becoming a Staff Neurologist for the Palo Alto VA Healthcare System, while also serving as the Adjunct Associate Clinical Professor of Neurology in the Stanford School of Medicine.



April 24 - Pandemic, Cancer, Loss & Meaningful Pursuits

Perhaps, like the presenter, Dr. Harvey Shrum, you too may have lost a child, a friend, a sibling, a parent, or grandparent and the loss shattered your belief in "forever." Shrum is a logotherapy educator, an author, and mentor to those broken in life, those looking for ways to begin the process of healing and rediscover meaning. Perhaps, you too have wondered "Why me?" and "What's next?" Perhaps, you may have been wandering through life like a wounded deer, but not wishing the loss to define you. Plan to attend the presentation with Dr. Shrum and his friend, Charlie and learn how to build resiliency that accompanies meaningful pursuits one day at a time.