

A Community of Caring: The Carmel Foundation

Serving Seniors for Over Seventy Years

Over 70 years ago, a group of Carmel neighbors came together to discuss how to best support local residents as they grew older. Out of their meetings grew The Carmel Foundation — “an adventure in neighborliness” serving older adults from throughout the Monterey Peninsula and beyond.

The Carmel Foundation operates on a membership model, to encourage a sense of community and connection. Membership is open to everyone 55 or better, from anywhere in Monterey County and beyond, with a yearly donation of \$55 or more to the Foundation. The Foundation currently has over 2,500 active members. **AN ARRAY OF ENGAGING ACTIVITIES**

The Carmel Foundation’s friendly and accessible campus is located in the heart of Carmel-by-the-Sea at 8th Avenue and Lincoln Streets. Its welcoming garden-filled campus is bustling Monday through Friday with classes, discussion groups, bridge, chess, mahjong,

cribbage and poker games, painting, wood carving, photography, yoga and more. The Carmel Foundation’s campus is a home away from home where you can meet up with friends and make new ones. They also offer a free lending library with the latest newspapers, magazines, books and a community jigsaw puzzle, and a cozy café featuring free wifi, coffee, tea and muffins, and a roaring fire on chilly days. For all these reasons and more, The Carmel Foundation has been voted “Best Hangout for Seniors” twenty years in a row in the Best of Monterey County Reader’s Choice Awards.

DELICIOUS, AFFORDABLE MEALS

The Carmel Foundation also offers fresh, nutritious meals three different ways: convivial onsite luncheons with live piano music by volunteers four days a week; curbside meal pickup three days a week - a new option created in response to the pandemic; and home delivered meals for those

in need. All of our meals are extremely affordable thanks to the generosity of our donors.

“I have been in the Homebound Meal Program since 2005. I remember when I moved into my apartment almost 16 years ago, I became ill and couldn’t do a lot of shopping, so I called The Carmel Foundation to help me with having food delivered. I am now 98 years old and I am still using the meal delivery program as it continues to help me. I am still in a lot of pain, but I feel better knowing that I don’t have to go outside and do shopping.” - Mercedes Ferrante

HOMES FOR LOW INCOME SENIORS

One of the most lifechanging offerings by The Carmel Foundation is the three apartment buildings it owns offering cozy affordable rentals for qualified low-income adults 65 and over. As we all know, housing costs have skyrocketed here on the Monterey Peninsula and across the nation, often forcing seniors out of their homes. Adults over 65 are now one of the fastest growing segments of people experiencing homelessness, and one of the most vulnerable. The waiting list for one of our apartments is over 100 people long, and it can take up to 7 years before an apartment is available. “I feel like I can breathe again knowing the Carmel Foundation is in my corner. Leticia could not have been more gracious



The Carmel Foundation’s weekly chess club meets Thursdays in the courtyard, one of over 50 onsite activities each week. Contributed Photo

and efficient explaining the housing process and making me feel welcome with introductions all around the facility. All the employees go out of their way to make it a warm and friendly environment. I look forward to donating my time to the Carmel Foundation once I get settled in my beautiful apartment. Blessings to all those who make this possible.” – Linda Brennan, new resident.

SUPPORT WHEN YOU NEED IT MOST

The Carmel Foundation also employs a fulltime support services director, Leticia Garcia, and partners with many

other non-profits serving seniors throughout Monterey County. Leticia is available to provide support and recommendations when your needs increase. The Foundation also offers free mobility equipment loans and other services designed to support you as you grow older.

The Carmel Foundation is the only non-profit in Monterey County that serves all of these needs of seniors: preventing isolation and loneliness through a variety of group activities and opportunities for socializing; providing nourishing meals with a warm human

touch, whether in person or home delivered; and providing a safe and affordable home for those who need it most. Created by local community members for local community members, it is thanks to generous community donors that The Carmel Foundation is able to continue to serve older adults with dignity, kindness and respect.

For more information on joining The Carmel Foundation, donating to support our work, and the services we provide, please visit www.carmelfoundation.org, call 831-624-1588, or email info@carmelfoundation.org.



Several residents of The Carmel Foundation’s affordable housing walking in the courtyard of one of the apartment buildings. Contributed Photo



The **CARMEL** FOUNDATION

Join us!

If you’re 55 or better in Monterey County and beyond, join The Carmel Foundation for an annual minimum donation of \$55 and enjoy a variety of free and low-cost classes, groups and workshops, including:

FITNESS: Yoga, low-impact aerobics, Qigong, group walks

CREATIVITY: Woodcarving, needlecraft, painting, writing, singing, Greek and line dancing, piano lessons, photography

LEARNING: Conversational Spanish, philosophy, book clubs, discussion groups, caregiving support

FUN: Bridge, mahjong, chess, improv, cribbage, and much more!

And MEALS: Affordable dining on our beautiful campus (al fresco if you wish), via curbside pickup or home-delivered.



Make new friends | Discover new interests | Enjoy new experiences
For more information and to join call 831-624-1588
or visit carmelfoundation.org