Meet the New Carmel Foundation Board Members

Mark DiOrio is a longtime Carmel resident and supporter of The Carmel Foundation. An accomplished Silicon Valley exec, Mark has financial and management experience running P&L of both private and publicly held companies. His experience with non-profits includes the National Marine Sanctuary Foundation, the American Red Cross and the Smart Tech Foundation. He is currently building custom homes to Pebble Beach and Carmel. When not working, Mark enjoys winemaking, boating, golfing and target shooting. He is a graduate of the University of Connecticut School of Engineering.

Natalie Stickler grew up in the Central Valley. She moved to Monterey Peninsula in 2001 and graduated from Bethany University with a degree in Organizational Management. Natalie currently lives in Pacific Grove with her husband of 18 years and three children. Natalie has worked at Wells Fargo Bank for 22 years and is currently the Vice President/Senior District Manager which encompasses the Monterey Peninsula and San Luis Obispo County. She furthered her education by attending Pacific Coast Banking School- a graduate level program with emphasis on finance and banking. Over the years she has served on many boards including the Red Cross, Coastal Kids Home Care and Junior Achievement.

Welcome! Please join us in welcoming Melodie Rammer as our new Member Services Associate. You will see Melodie here on Mondays as Kim Erlandson will now be working Tuesdays thru Saturdays.

Melodie has been a Foundation member since 2006 and attends Mary Ann’s Exercise class along with Kathleen’s Yoga! She is an avid backyard birder and loves her squirrels too! You may also recognize her from her days at the Harrison Memorial Library with the City of Carmel-by-the-Sea.

Giving from the Heart

It’s not too late! Our Giving from the Heart campaign is in full swing and we are seeing, once again, the unyielding generosity of our members. If you haven’t had the chance to “give from your heart” there is still time! You can use the return envelope to submit your donation or donate online. Better yet, you can come in to do it—we’d love to see you and thank you in person!

Lunch Room Fun

Wear your best hat and Western wear and kick up yer heels! Join us on Monday, August 7, 12:00pm-1:00pm in Diment Hall for Mixed Grill, BBQ chicken, sausage, and flat iron steak! Standard entrée pricing applies. The fun doesn’t stop there - join us Friday, September 1 for $4 hot dog day. (includes chili, potato salad and watermelon; with a $1 hot fudge sundae for dessert). Sorry, no curbside those days.

The Carmel Foundation Home Bound Meal Program

Did you know The Carmel Foundation has been delivering meals to Foundation members for 64 years? The Homebound Meal Program is another way that the Foundation supports our members who may be caregivers or have difficulty preparing meals due to health issues. We can deliver a minimum of 4 meals per person, every other Wednesday for a fee of $7 per meal, which consists of an entrée, soup & a cookie for dessert. All meals are made with love by our Foundation Chefs. Services are limited to Monterey, Seaside, Marina, Pacific Grove, Pebble Beach, Carmel, and Carmel Valley. For more information, please contact 624.1588.

Now Open on Saturdays!

The Carmel Foundation is now open Saturdays, 10:00am-3:00pm!

Thank You

We would like to thank Esperanza Carmel for their ongoing support of The Carmel Foundation. The Rocky Point Estate Sale was a tremendous success and raised $10,000 for us! We are grateful for their partnership and their commitment to the work and mission of The Carmel Foundation.

Programs & Workshops

NeuroGraphica Art for Growth & Healing Workshop

Monday, August 14, 10:00am-12:00pm

Blanchard A

Fee: $57, payable at workshop

Learn more about how to use Neurographica to regulate your nervous system, improve cognition and executive functions, and help manage pain. Sign up for presentation and workshop at carmelfoundation.org or call Member Services, 624.1588.

Intermediate Bridge with Lyde

Join Lyde and improve your bridge playing skills! Class begins Thursday, September 7, 10:00am-12:00pm in the Craft Room. Fee is $90 for the 6 session series, 9/7-10/12, payable to instructor the first day of class. Sign up online at www.carmelfoundation.org or call Member Services, 624.1588.

Back to Balance Workshops

Mondays, August 7,14,21 10:30am-12:00pm

Dr. Ann Marie Tschanz, Blanchard A

Fee: $25/session (includes assessment), payable to Kinect Physical Therapy at time of workshop. Call 831.250.0005 to schedule your assessment and workshop date.

Writing Retreat

Saturday, August 12, 10:00am-2:45pm Seideneck Room

Join Creative Writing instructor, Lawrence Harris, at a writing retreat! You will learn the elements of the short story, including character and plot development, how to build scenes, POVs, and more. You will learn how to give and receive literary critique which will enhance your own writing skills. Notable short stories will be handed out and discussed in class. A half-hour will be provided for lunch. Fee: $50.00. Contact Lawrence at 415. 828.9748

programs/workshops cont. pg 2
Otto Anderson is a grump who no longer sees purpose in his life following the loss of his wife. Otto is ready to end it all, but his plans are interrupted when a lively young family moves in next door, and he meets his match in quick-witted Marisol. She challenges him to see life differently, leading to an unlikely friendship that turns his world around.

Veteran comedy writer Charlie Burnz forms an unlikely yet hilarious and touching friendship with New York lounge singer Emma Payge. Emma unexpectedly wins a lunch with the comedy legend, and their friendship gets off to an extremely rocky start (think seafood allergy, a hospital visit, and an epi pen). Before long, each finds in the other a sort of soul mate, forging a deep bond that kicks the generation gap aside and redefines the meaning of friendship, love, and trust.

High Blood Pressure - Deep Dive into Dizziness, Double Vision and Migraine

This educational lecture will provide participants with an overview of strokes that occur in the back part of the brain. Symptoms can be very different from strokes that occur in the front part of the brain. The lecture will review symptoms and causes, and explain the importance of seeking immediate evaluation in the Emergency Department. Dr. Barker has supported Meals on Wheels of the Monterey Peninsula, ITN Monterey County, Legal Services for Seniors, Alliance on Aging, Hospice Giving Foundation, Area Agency on Aging, Mobility Advisory Committee, Monterey Community Voice for Aging, The Carmel Foundation, and The Alzheimer's Association.

Book Club The Next Chapter

Wednesday, August 9 - "From Sea to Sky: The Journey from a Small Seaside Town to the Highest Peaks"

Join Lindley Zerbe, DDS, born and raised on the peninsula, as he presents his one of kind experience showing video images and personal insights from his 2005 Everest Expedition and reflections on the state of climbing and guiding on big mountains. His passion for adventure has taken him all over the world, from treks into the Ventana wilderness area bordering his hometown of Carmel, CA. to rock climbing, skiing and trekking trips throughout the US, to cavern diving in the Yucatan Peninsula, Mexico, to a coral reef research station near Eliat, Israel, the site of his master's research.

His experiences as an avid cross-country runner have also strengthened his love for the mountains. He attributed his life principles to his mentors who taught him the "work hard, play hard" ethic, which involves a lifestyle dedicated to pushing oneself to achieve across three areas: professionally, both in academics and occupation; with a focus on the family and community outreach. Don't miss it!

August 23 - Hydration and Seniors: How to Stay Healthy

Presented by Dr. Bret Barker, DNP, FNP RN, president of Drenched IV Inc. A key to maintaining good health is staying hydrated. Water isn't just a thirst-quencher. Water is essential to almost all bodily functions: transporting nutrients and waste efficiently, pumping blood to our heart, healthy skin, and lubricating our joints. Up to 40% of older adults are chronically dehydrated according to one study. Complications of dehydration are many. Come learn ways to increase your water intake to help you avoid these complications and stay out of the hospital. Dr. Barker is a local resident of Carmel who has worked in critical care and taught registered nursing at Gavilan College in Gilroy for ten years, and RN to BSN at CSUMB for one year. Dr. Barker is primarily a holistic practitioner using diet, exercise, nutrition, stress relief and other modalities beyond medicine to achieve optimal health.

August 30 - Aging in Place: When, Where and How to Access Community Resources

Join us for a panel discussion with Q & A where we will discuss resources to prepare and maintain living independently and safely in the community. Presented by Elizabeth Yanez, LVN, Business Development Manager of VNA and Aimee Cuda, Chief Administrative Officer and co-owner of Central Coast Senior Services, Inc. This panel discussion will focus on discussing various community resources, as well as where and when to begin your search when living independently is your main goal.

High Blood Pressure - Deep Dive into Dizziness, Double Vision and Headache - “Back Part of the Brain” Stroke Symptoms

This educational lecture will provide participants with an overview of strokes that occur in the back part of the brain. Symptoms can be very different from strokes that occur in the front part of the brain. The lecture will review symptoms and causes, and explain the importance of seeking immediate evaluation in the Emergency Department. Susan has been a nurse for 18 years at CHOMP, has worked in critical care and has transitioned into education and leadership. Free, sign up at carmelfoundation.org or with Member Services, 624.1588.

Programs & Workshops cont.

AARP Smart Driver Course - Register Now!

9:00am-1:00pm, Wednesday, Sept 6, 4 hr refresher course Seidenbeck Room; Facilitator: Curt Tipton

Fee is $20 for AARP members and $25 for non-members, payable to facilitator at class. Sign-up online at carmelfoundation.org or with Member Services, 624.1588.
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<td>31</td>
<td>In-House &amp; Curbside</td>
<td>In-House &amp; Curbside</td>
<td>Wednesday Cinema</td>
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<td>Bacon Cheeseburger Pasta</td>
<td>Chicken Divan</td>
<td>A Man Called Otto</td>
<td>Lemon Pepper Cod</td>
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<td>In-House Only Weekly Salad Special</td>
<td>Bring a friend to lunch at member’s price</td>
<td>1:30pm</td>
<td>2022, PG-13</td>
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<td>Margarita Grilled Shrimp</td>
<td>Curbside Deadline, 12pm for 8/7, 8, 10</td>
<td>2hr 6min Comedy/Drama</td>
<td>Tom Hanks Free - Popcorn</td>
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<td>In-House Only NO Curbside</td>
<td>In-House &amp; Curbside</td>
<td>Wednesday Program “Conquering Mount Everest”</td>
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<td>Mixed Grill</td>
<td>Boneless Beef Short Ribs</td>
<td>by Dr. Lindley Zerbe</td>
<td>Sole Florentine</td>
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<td>In-House Only Weekly Salad Special Chicken Sesame Stir Fry</td>
<td>Bring a friend to lunch at member’s price</td>
<td>2:30pm</td>
<td>Diment Hall Free - Refreshments!</td>
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<td>No Lunch Service Kitchen is Closed due to Car Week</td>
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<td>In-House &amp; Curbside</td>
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<td>Wednesday Program Hydration and Seniors: How to Stay Healthy</td>
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<td>Turkey Chicken Picatta</td>
<td>Pork Chops</td>
<td>2:30pm, Diment Hall Free - Refreshments!</td>
<td>Chicken Fried Steak</td>
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<td>In-House Only Weekly Salad Special Grilled Chicken Greek</td>
<td>Bring a friend to lunch at member’s price</td>
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<td>Curbside Deadline, 12pm for 8/28, 29, 31</td>
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<td>In-House &amp; Curbside</td>
<td>In-House &amp; Curbside</td>
<td>Wednesday Program Aging in Place: When, Where and How to Access Community Resources</td>
<td>In-House Only</td>
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<td>Bacon Quiche</td>
<td>Cheese Manicotti</td>
<td>2:30pm, Diment Hall Free - Refreshments!</td>
<td>Hot Dog Day!</td>
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<td>In-House Only Weekly Salad Special Nicoise</td>
<td>Bring a friend to lunch at member’s price</td>
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<td>$4 Hot Dogs, Chili, Potato Salad, Watermelon</td>
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<td>The Carmel Foundation closed for</td>
<td>In-House &amp; Curbside</td>
<td>Wednesday Cinema Book Club</td>
<td>In-House Only</td>
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<td>LABOR DAY</td>
<td>Beef Stew</td>
<td>The Next Chapter</td>
<td>Italian Chicken Parmesan</td>
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<td>In-House Only Weekly Salad: Chopped Turkey</td>
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<td>Curbside Deadline, 12pm</td>
<td>1hr 48min Comedy Diane Keaton, Jane Fonda, Candice Bergen, Mary Steenburgen Free - Popcorn</td>
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<td>Beef Stew</td>
<td>Spinach Quiche</td>
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**In-House & Curbside Meals to Go**
- **Curbside Meals to Go**
  - Monday, Tuesday & Thursday:
    - **Hot Entree:** $6.00, Large Entree: $9
    - **Salmon & Beef Short Ribs:** $7.00
    - **Weekly Salad Special:** $5.00
    - **Soup/Cup:** $1.50, Soup/Bowl: $2.25
    - **Large Green Salad:** $3.00 Small: $1.75
    - **Dessert:** $2.00 Beverages: $1.00
  - **3-Course Meals:** $8 ($9 from 7/17)
  - **Salmon & Beef Short Ribs:** $10 ($11 from 7/17)
  - **Limit:** 4 meals per member

An Adventure in Neighborliness: the concept remains fresh as the spirit of our organization thrives.

www.carmelfoundation.org
Ongoing Services

Homebound Meal Program offers four complete frozen meals delivered to your home by volunteers every other week. The cost is $7.00 per meal. Call 624.1588.

Blood Pressure Check Free. Every 2nd & 4th Tuesday, 10:30am–11:30am in Staff Room in the Admin Building. No appointment necessary.

Mobility Equipment Loans Borrow free mobility equipment, Mon-Fri, 9:00am-4:00pm. Call Kim 624.1588 or email kerlandson@carmelfoundation.org to reserve or donate mobility equipment.

Caregiver Support Group facilitated by Rosemarie Axton, LMFT, 646.8196 (call between 10:00am-4:00pm, Monday-Friday), 2nd & 4th Monday, 1:30pm-3:00pm, Blanchard A. Must call before attending.

Information and Resources Staff are available to help you navigate the complex world of services and resources, by phone or by appointment.

Call Support Services at 620.8705

Partnering Agencies

Legal Services for Seniors 2nd & 4th Tuesday from 10:00am-12:00pm in Blanchard B. Call 899.0492 to make an appointment.

HICAP: Alliance on Aging Answering questions about Medicare or supplemental insurance. Available by appt. only, call 831.655.7567 or 1.800.434.0222.

VNA Life After Loss - Grief Support Group Contact Mick at 831.236.1015

Independent Transportation Network(ITN)/Monterey County offers rides to seniors in Monterey County, call 233.3447.

MC-CHOICE For assistance with Medi-Cal, CalFresh: Food Assistance Program and completing your Monthly Reports, call 1.866.361.0477 or apply online at www.c4yourself.com.

Health Projects Center supports people as they age to live safely at home by delivering high quality services and programs. 1.800.624.8304. hpcn.org

The Carmel Foundation
An Adventure in Neighbors since 1950.

Officers
Mitchell Matthews, Chair
Chuck Des Roches, Vice Chair Governance
Jerry Bachecki, Vice Chair Treasurer
Diego Reyes, Vice Chair Development
Jerry Traynor, Vice Chair Programs/Volunteer Svs
Cristy Dawson, Secretary
Mary Crowe, Ad Hoc

Directors
Marianne Baldrica
Mark DiOrio
Ken Hunter
Michael Mason

Staff

President/CEO Holly Zoller, 620.8700 hzoller@carmelfoundation.org

Programs & Volunteer Services Melissa McKenzie, Director 620.8703 mmckenzie@carmelfoundation.org

Support Services Leticia Garcia, Director 620.8705 lgarcia@carmelfoundation.org

Development Jen Hollingsworth, Director 620.8701 jhollingsworth@carmelfoundation.org

Business Office Beth Bates, Director 620.8704 bbates@carmelfoundation.org

Facilities Tim Stoltzfus, Director 620.8717 tstoltzfus@carmelfoundation.org

Member Services 624.1588
The Carmel Foundation Photographers include both professionals and amateurs, all of whom offer a wide range of interests and experience. They meet at the Foundation in the Seideneck Room every Thursday from 1:00pm-2:30pm. One meeting each month involves an invited speaker who shares his or her photography. Guests are invited. This usually includes an inspiring story behind the photos and offers a unique perspective on how the photographer has developed his or her artistic style. This same opportunity to share is afforded to one of our own members each month. The other two meetings involve an open topic or a specific photo assignment based around a topic of interest. These short “Show and Tell” sessions bring out the best in our members who enjoy sharing their own photography. The group has also taken field trips to Moss Landing, Point Lobos, Redwood State Park in Santa Cruz, Filoli Gardens and Mission San Juan Bautista.

TOUR PROGRAM
Register for tours online at www.carmelfoundation.org or by contacting member services, 624.1588.

August 26, Saturday • Cambria Day Trip. Love the quaint town of Cambria? Join Foundation members and head to Cambria for a fun afternoon on your own! The bus will leave The Crossroads at 8:30am. Depart Cambria 4:00pm. Arrive Carmel approximately 6:30pm. Cost: $100 members, $110 guests.

September 9 Saturday • Stanford Shopping Center. Time to head to Northern California’s premier open-air shopping and dining destination with more than 140 world-class specialty stores, ranging from luxury brands to local favorites. Enjoy lunch on you own at an extraordinary mix of restaurants and cafes. Leave The Crossroads at 9:00am. Depart the mall at 3:00pm. Arrive Carmel 5:30pm. Cost: $70, member, guest: Stanford special: $70.

Creative Arts & Self Expression

Collage Art/Papercraft Class
10:00am-12:00pm, Wed, 8/23: Collaging with Postage Stamps
Instructor Lisa Handley; Seideneck Room
$15/class, includes materials, sign-up sign-up w/Lisa, 512.9063 or plumetiapapercraft@gmail.com

Creativity, Camaraderie...Coloring!
10:00am-11:30am, 2nd & 4th Tues
Instructor Lisa Handley; Craft Room
$5/material fee, sign-up at class, drop-ins welcome

Fine Arts Lab
1:30pm-4:00pm, Tues
Leaders Carol Harrison, Darlene Berry; Seideneck Room
No fee, register w/Carol or Darlene at class

Needlecraft Group
1:00pm-3:00pm, Tues
Leader Connie Georis; Craft Room
No fee, drop-ins welcome

Photography, Darkroom Denizens
9:00am-5:00pm, Mon-Fri
Manager Peter Moppert; call prior, 415.310.9622, no fee, open

Wood Carving
8:30am-11:30am, Tues & Thurs; Leader Joe Surprenant
Seideneck Room, no fee, drop-ins welcome

Greek Dancing
3:00pm-4:30pm, Tues - on break, returning 9/5
Instructors Janet Tezak & Rick McCarthy; Diment Hall
No fee, sign-up at class

Line Dancing
3:00pm-4:00pm, Thurs
Instructor Belle James; Diment Hall
$5/class, sign-up at class

Nia Freedance
10:00am-11:00am, Fri
Instructor Jeanne McCulloch; Craft Room
$10/class, sign-up online, carmelfoundation.org or member services, 624.1588

Discussion Group

Current Events Discussion Group
10:00am-11:30am, 1st & 3rd Tues
Leader Maria-Litka Bennett; Craft Room
No fee, drop-ins welcome

Current Issues
2:00pm-4:00pm, Tues, full to capacity
Self-led, Blanchard A

Self-Care and Soul Care

SoulCollage®
10:00am-12:30pm, Wed, 8/9: Self-Care and Soul Care
Instructor Lisa Handley; Blanchard A
$30/class, includes materials, sign-up w/Lisa, 512.9063 or plumetiapapercraft@gmail.com

Dance
Great Minds Online
11:00am-12:30pm, Wed
Leader Joan Beller, ZOOM
No fee, register w/Joan, 626.1090 (leave message)

Men's Discussion Group
10:30am-11:45am, Mon
Leader Lou Aldana, Seideneck Room
No fee, open to all members; walk-ins are welcome

Driving
AARP Smart Driver Course
9:00am-1:00pm, Wed, 9/6
Instructor Curt Tipton Seideneck Room
Fee: $20 for AARP members; $25 of non-members, payable to instructor at class, Sign up online, carmelfoundation.org or member services, 624.1588

Games
Bridge, Duplicate
12:00pm-4:30pm, Fri
Leader Barbara Wells; Craft Room

Bridge, Intermediate Bridge with Lyde
10:00am-12:00pm, Thurs, 9/7-10/12
Instructor: Lyde McReynolds; Craft Room
$90/6 wk series, payable to instructor at class
Sign up at carmelfoundation.org or with member services 624.1588

Canasta - Third Monday Canasta
1:00pm-4:00pm, 3rd Mon/mo, 8/21
Facilitator Vicki Torcolini; Craft Room B, new players welcome
No fee, sign-up with member services, 624.1588

Chess
1:00pm-4:30pm, Thurs
Field Cafe or Courtyard
No fee, drop-ins welcome

Cribbage
1:00pm-4:00pm, Wed, 2nd & 4th/mo
Leader Larry Parrish; Craft Room
Private lessons by appointment
No fee, register w/instructor 622.7455, lparrish@toast.net

Games: Open Game
12:00pm-3:00pm, Wed, 1:00pm-4:00pm, Thur
No leader; Craft Room, no fee, open room

Scrabble
1:00pm-4:00pm, Thur
Facilitator: Mary Grace
No fee, meet in Field Cafe for location

Texas Hold'em
1:00pm-4:00pm, Thurs, full to capacity
11:00am-2:00pm, Sat, open, drop-in
Craft Room
Facilitator Micky Lawler; 831.238.3867

Texas Hold'em - First Monday Texas Hold'em
1:00pm-4:00pm, 1st Mon/mo, 8/7
Facilitator Vicki Torcolini; Craft Room B
Sign-up with Member Services, 624.1588

Health & Wellness
Personal Fitness, Lo-Impact
9:00am-10:00am, Mon, Wed, Fri
Instructor MaryAnn Rousseau; Diment Hall
$5/class or $50/mo suggested donation, register at class

Walking Group, The Carmel Foundation
1:30pm-3:00pm, Wed
Guides: Sarah & Geoff Cocks; local paths, beaches & parks
No fee; register w/member services, 624.1588

Yoga, Chair
8:30am-9:30am, Thur
Instructor Jody Emerson Quintana; Tech/Wellness Room
$8 per class, register at class

Yoga, Gentle Yoga with Kathleen Karachale
10:00am-11:00am, Tues, Thurs
Instructor Kathleen Karachale; Tech/Wellness Room
Fee: $5, sign-up at class

Yuan Qigong Class Series
10:00am-11:15am, Wed
Instructor Dale Mirmow, Tech/Wellness Room
$10 drop-in, payable to instructor at class

Language
Spanish, Conversational...returns in September

Lecture
History and Philosophy Lectures
10:00am-11:30am, Fri, 8/4: Left and Right; 8/11: Critical Theory and Modern American Education; 8/18: Why Inequality Exists; 8/25: Human Nature and Moral Values
Instructor: Lawrence Harris; Tech/Wellness Room
Fee: $10/class, payable to instructor. Sign-up at class

Literature
Non-Fiction Reading Discussion Group
10:30am-12:00pm, Thurs
Leader Jim Emery; Blanchard A
No fee, drop-ins welcome

Foundation Reading and Discussion Group
10:30am-11:45am; Weds
Leader Bill Richards, Blanchard B
No fee, drop-ins welcome

The Carmel Foundation Book Club
1:30pm-3:00pm, last Fri/mo, 8/25
Leader Carleen Whittemsey, Blanchard A
No fee, sign-up at class

Music
Music Appreciation
11:00am-12:00pm, Fri
Instructor: Elise Rotchford, Blanchard A
No fee, sign up at class

Piano Lessons with Pam Lawrence
1:00pm-4:00pm, Fri, by app; beginners welcome
Instructor Pam Lawrence; Blanchard B
$35/30 minute session; $100/1st month. Schedule at 277.7638

Singing Class
2:30pm-3:30pm, Fri
Instructor Nancy Bennett, M/A, Diment Hall
Fee: $12, payable to instructor at class, sign up online, carmelfoundation.org or w/member services, 624.1588

Technology
Android and iPhone - Basics of Cellphone
Date to be determined
Instructor: Ted Hill, Tech Center
Fee: $5, sign up carmelfoundation.org/member services,624.1588

Writing
Creative Writing: The Short Story
12:00pm-3:00pm, Fri
Instructor Lawrence Harris; Tech/Wellness Room
Fee: $15/class, sign-up at class

My Life and Times
1:00pm-3:00pm, Fri
Facilitators: Pam Walters & Suzanne Cushman, Blanchard A
Fee: $60/mo, register with Walters: 831.521.3620 or Cushman 415.713.2899

Writing Memoirs (two separate classes)
10:00am-12:00pm, Mon, Craft Room/Courtyard
9:30am-11:30am, Wed, Craft Room/Courtyard
Instructor Illia Thompson
Fee: $50/mo, register w/Thompson, 236-1118