

## **The Carmel Foundation Wednesday Programs January 2018**

Refreshments Served Immediately Following the Program

### **Member Orientation**

Time: Wednesday, January 3, 2:30pm

All new members and returning members are invited to learn about the variety of classes, support services, and volunteer opportunities available through their Foundation membership. Prize drawing!

### **Monterey –The Language Capital of the World**

Time: Wednesday, January 10, 2:30pm

Join Dr. Christine Campbell, President of Campbell Language Consultants, Ph.D. in Foreign Language Education from Purdue University; as she reveals the importance of Monterey's recognition as the Language Capital of the World by Congress to reflect the many institutions and businesses involved with international studies and language instruction in Monterey County, such as Morovia, LanguageLine Solutions, DLI, MIIS, CSUMB and NPS.

### **The 10 Most Common Estate Planning Mistakes**

Time: Wednesday, January 17, 2:30pm

Join Eric Holk, CA State Bar Certified Specialist in Estate Planning, Trust and Probate law as he discusses the biggest mistakes most often made by people in planning their estates. He will address such matters as what happens if you die without a will or trust, improper beneficiary designations, improperly funded living trusts, how to minimize or eliminate estate taxes, potential problems with joint tenancy titling, and much more.

### **Monterey Bay Village Looking Ahead Wellness Series – Exercise to Improve Physical Function and Sleep in People With Parkinson's Disease**

Time: Wednesday, January 24, 2:30pm

Exercise to Improve Physical Function and Sleep in People With Parkinson's Disease – Exercise has proven to have a myriad of positive effects for chronic diseases. Current research is using high-intensity exercise to elicit improvements in both physical function and sleep quality in people with Parkinson's Disease. Please join Maria Bellumori to learn more about recent research findings as well as opportunities to participate in local research activities.

### **Care Management Programs and Services For Seniors**

Time: Wednesday, January 31, 2:30pm

Join Donna George and Shirley Kiatta, RN's, Care Managers who will provide you with an overview of geriatric care management, information on their unique methods of working with patients and families, as well as tips on deciding when care management may be appropriate for you or your loved ones!

