

## **The Carmel Foundation Wednesday Programs November 2017**

Refreshments Served Immediately Following the Program

### **No Wednesday Program**

Time: Wednesday, November 1

Flu shot day.

### **Coping with Grief During The Holidays**

Time: Wednesday, November 8, 2:30pm

Holidays are often difficult for anyone who has experienced the death of a loved one. Rather than being times of family togetherness, holidays can bring feelings of sadness, loss and emptiness. Join Hospice Giving Foundation and Facilitators Joy Smith, RN, MSN, Board Member and Facilitator, Papillon Center for Loss and Transition; Dr. Lily Rich, PSY.D Director of Clinical Counseling Services with Jacob's Heart and Trevor Jones, Chaplin, Hospice of the Central Coast. When human beings experience loss, whether anticipatory or actual, it can feel like our world is unraveling. In this one of a kind presentation you will learn meaningful ways to ease your anticipated grief and heartache during the holidays; remember and honor the life of your loved one.

### **The Murder of Rasputin – By Carol Marquat, A Stage Reading**

Time: Wednesday, November 15, 2:30pm

Be a part of this story of the murder of Grigori Efimevich Rasputin on December 17, 1910. A simple Siberian peasant, Rasputin was many things to many people. To his daughter, Maria, he was a holy but imperfect man. What was the source of Rasputin's power, and why did his gruesome murder mark the beginning of the end of Tsarist Russia? This great staged reading is not only about a murder but about the end of an empire!

### **No Wednesday Program**

Time: Wednesday, November 22

Thanksgiving preparation.

### **Monterey Bay Village Looking Ahead Wellness Series: The Aging Eye**

Time: Wednesday, November 29, 2:30pm

Join Dr. Eric J. Del Piero, an ophthalmologist specializing in retinal diseases, to learn how you can minimize the impact of age-related vision loss in your daily life. Boost eye health in general and reduce disease risk by monitoring vision changes and adjusting your lifestyle habits and dietary choices.

