

Marin Independent Journal

Sunday, October 18, 2020

Senior STYLE

You need to know

A resource guide for seniors

By Judith M. **Wilson**
Special to the Marin IJ

More than half of Marin County's residents are 60 and over, and COVID-19 has created new challenges for them, as they take steps to safeguard their health. Nonprofit organizations, government agencies and local businesses are all offering resources to meet their needs at a time when it's wise to exercise caution and limit activities outside the home.

Vivalon

Vivalon (formerly Whistlestop) provides a wide range of services for Marin's elders and people with disabilities, and it is currently helping to provide emergency relief as well. Services include a grocery distribution program, home-delivered meals, a food pantry and CarePool rides for vital medical appointments and trips to the grocery store. It also offers resource referrals and virtual yoga classes. 415-456-9062, whistlestop.org/expanded-services.

