



# VOLUNTEERS!

## COMMUNITY HEROES

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Volunteering is Good  
for Your Health

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Thank You to Our  
Volunteers!

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Donor Gives Time,  
Receives Meaning

# A Mother and Daughter Volunteer Team



Sabrina and Catalina

## Sabrina

**M**y 16-year-old daughter, Catalina really wanted to find a volunteer opportunity to get involved in. She has always done a lot of volunteering. I had heard about Vivalon,

COVID had just started, and with lockdown, it popped up that Meals on Wheels needed drivers. My grandmother, who was like a mother to me, used Meals on Wheels, so we thought it would be something to do together and I love the cause. I do the driving and Catalina does the delivery.

I really love the program and it starts with the Nourish Manager, Erika Vaughn. There is just something special about her that makes me love the organization even more. We can see and feel through the clientele that we are making a difference. We are bringing them food to sustain them and they


rely on us. I get a lot of satisfaction in helping. It is also pretty amazing that I get to do that with my daughter. We have fun and it is a meaningful way to spend time together.

I have recommended volunteering with Meals on Wheels to two of my friends, and I just heard from one of them that she is volunteering with her 16-year-old son. She's a doctor, crazy busy and she told me it is often the best two hours of her week.

## Catalina

**I** agree with everything my mom expressed and I will add to that. We've had the same route

since we started in May, with the majority of the same people. Being able to build on those same relationships and share conversations is important. There is one gentleman in particular I always have a conversation with and we talk about his grandchildren or his cat.

I would recommend volunteering to others my age because you get to see the huge impact you can have on other people's lives. Even if you are not old enough to drive, you can pair up with a parent or an older friend and find a way to make it work. 

## KEY CONTACT INFORMATION

### HEALTHY AGING CENTER

930 Tamalpais Avenue | San Rafael, CA 94901  
Closed except for 11:30am-1:00pm lunch take-out

**Website:** Vivalon.org | **Email:** info@Vivalon.org

Guest Services Reception | 415-456-9062 x100

Volunteer Opportunities | 415-456-9067

Resource Office | 415-459-6700

### JACKSON CAFÉ

Monday-Friday | **To-Go Only:** 11:30AM to 1:00PM

### MEAL DELIVERY SERVICES

Vivalon Nourish | 415-456-9062 x176  
Meals on Wheels Eligibility (Marin County)  
415-473-4636

### TRANSPORTATION SERVICES

CarePool Volunteer Driver Program | 415-454-0927  
Travel Navigators/Marin Access Eligibility | 415-454-0902  
Schedule a Paratransit Ride | 415-454-0964  
Cancel a Paratransit Ride | 415-457-4630

### MEMBERSHIP

Discounts on lunch in the Jackson Café and on all classes, programs, events and room rentals.

**Membership is \$20/year.** Call 415-456-9062 for details.

### OUR MISSION

Vivalon believes we share a responsibility to ensure all Marin residents have an opportunity to age with dignity, independence and grace.

**Want to receive Connections at home?** Send \$10 to Vivalon for an annual delivered print subscription, or sign up at Vivalon.org for a free email version.

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**Vivalon**

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# Did you know volunteering is good for your health?

A simple online search will bring up a long list of articles and studies, extolling the benefits of volunteering. Since April is Stress Awareness Month, we decided to explore how volunteering can reduce stress. In fact, everything from improved physical and cognitive health, to increased social skills and expanded career options can be credited to volunteer activities.

According to the Mayo Clinic, volunteering:

1. Reduces stress levels
2. Decreases the risk of depression
3. Helps people stay physically and mentally active

As a life-long volunteer, and now Volunteer Coordinator with Ace Hospice in Orinda, Ellen Creighton is very familiar with the benefits of volunteering. "Volunteering is really in my DNA," she said, "through the blueprint my parents set before me as a child in New England."

Today, Ellen sees firsthand the benefits her volunteers experience. She explained, "One man, who'd spent his adult life as a nurse, came to us after he retired. He told me he wanted to interact with patients the way that he'd dreamed of as a young man. I paired him with a man whose daughter said her father preferred a male volunteer. Within a week, the volunteer called me to say this work was exactly what he wanted because the two really hit it off, even discovering they were both history

buffs. In his professional life, the volunteer had done the nursing work he was an expert at, but his volunteerism brought him to the work that was his passion."

Another volunteer, a medical student, pre-COVID wanted direct patient experience and volunteered in-person and then transitioned to phone calls with a hospice patient. Her volunteer interactions brightened her week and left her feeling she'd learned so much and was the lucky one to have known this patient.

"Volunteers give their time, their talent and their treasures," Ellen added. "Our need as human beings is that we want to be heard and we want to hear other people, we want to know that we are significant and that we make a difference, and that we want to do something beyond ourselves. Volunteering fulfills those needs." 🌱

To learn about volunteer opportunities at Vivalon, please call **415-456-9067** or email [volunteer@vivalon.org](mailto:volunteer@vivalon.org).



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# LOOK AT US!



Jackson Café  
Best Soup

Jackson Café  
Best Business Lunch

Best Nonprofit Organization

# Thank You, Marin



connection works wonders

RIDES MEALS CLASSES CARE ADVICE



# THANK YOU

## VIVALON VOLUNTEERS!

Thank you to all of the new volunteers who helped Vivalon serve our community this last year. We missed many of our regular volunteers who weren't able to stay involved, due to the shelter in place order – and we hope to see you soon. If you volunteered and you don't see your name below please know we are also very grateful to you.

**A Total of 15,705 Hours of Volunteer Service from February 1, 2020 – January 31, 2021**

**This Contribution Has a Value of \$455,218 to Vivalon!**

Joseph Adams  
Arash Ahmadi Vand  
Jennifer Albin  
Amy Allen  
Jane Alt  
Georgia Anker  
Mackenzie Annala  
Madeleine Antonio  
James Appenrodt  
Judith Arago  
Max Ashe  
Margo Ayotte  
Alvin Bailey  
Randy Baker  
Wayne Baker  
Rita Becker  
Barbara Begley  
Gillian Bell  
Kelly Bennett  
Eduardo Bettencourt  
Leslie Biagini  
Mary Biddle  
Ashley Bigone  
Diana Bokaie  
Marlene Bonham  
Nancy Boos  
Janet Bosnich  
Gabriela Bova  
Carol Braddock  
Susan Brautovich  
Patrick Brennan  
Dana Brewer  
Anne Brigglin  
Katherine Brinnier  
David Brown  
Stephen Brown  
Molly Brunette  
David Brusati  
Therese Bruton  
Kathleen Burch  
Julie Burford  
Robert Cahn  
Thom Calandra  
Jimna Calmell  
Helen Cameron  
Angelo Capozzi  
Louise Capozzi  
Lauren Carmichael  
Frank Cassou  
Elsa Castellani  
Paul Castro  
Nikki Cavalier  
Dan Ceral  
David Champagne

Alan Charne  
Patrick Charton  
Ernesto Chavez  
Donna Childers  
Catalina Clark Sabrina  
Clark William Clarke  
Tyree Clay  
Jessie Conlin Cathryn  
Constantin Carol  
Costa  
Tinille Crichfield Tom  
Curtin Diamond  
Christopher  
Dahlstrom  
Stephanie DalPorto  
Christine D'Ambra  
Dinna Davis  
Jane Day  
Rafaela DeMoraes Fay  
Dearborn  
Ray DeLeon  
Pierina dell'Avo  
Terry Descalso  
June Detjen  
Manal Dia  
Liliana Diaz  
Lisa Donahue  
Catherine Douglas  
Roger Douglas  
Melanie Drouin  
Dolores Duarte Susan  
Duncan  
Lisa Dunlap  
Patricia Dunn Katrina  
Ecke  
Bill Edelen Samantha  
Ehlen Hillary Elder  
Jacqueline Engstrom  
Julia Erwin  
Mehrbanoo Esmaili  
David Esposito Maya  
Estrada Olmec  
Estrada Rose Estrada  
Dante Filippetto  
Christina Fisher  
Janice Fong  
Moira Forristal  
Christine Fougere  
Leslie Franklin  
Amy Galusha  
Lily Garcia

Susan Garcia  
Kristi Gauslow  
Nancy Geisse  
Kris Geller  
Jennifer Ghidinelli  
Martha Giblas  
Steven Gillespie  
Nicole Gleeson  
Lucas Goefft  
Joyce Gordon  
Joan Gosliner  
Edward Greenberg  
Nanci Grialou  
Vicki Gross  
David Guggenheim  
Ann Haenggi  
JP Hailer  
Muriel Harris  
Jean Harrison  
John Hauserman  
Christy Hayes  
Lynne Hayes  
Gillian Hayward  
Lee Heagerty  
Patrick Heagerty  
Windi Heaton  
Arlene Heitner  
Annemarie Hellmann  
AnnaMaria Hernandez  
Robert Hernandez  
Courtney Hill  
Lucas Hines  
Jonathan Hinman  
Stephanie Hoff  
Kevin Hogan  
Janey Houghton  
Beverly Houston  
Chris Hunt  
Jill Hutchinson  
Molly Hynes  
Ainsley Ingels KarlIsotalo  
Jean Johnson  
Patricia Jones  
Annelie Kamperin  
John Kampmeyer  
Sandra Kash  
Juliana Kaye  
Lauren Keifer  
Karyn Kennedy  
Susan Kerr  
Lakin Khan  
Katherine Kielich  
Patricia King  
Kristine Klussman

Charlotte Kobayashi  
Sarah Koenig  
James Koger  
Ted Kreines  
Meghan Krempetz  
Carsten Kristensen  
Fira Kriventsov  
Robbie Kruithoff  
Roger Kuhn  
Jim Kunz  
Willie Kyne  
Mary Lamb  
Victoria Lang  
Matt Langford  
Colette Law  
Bill Lawler  
David Lenherr  
Ethan LeValley  
Scott Levine  
Bill Levinson  
Nicole Levintow  
David Levy  
Joy Lin  
Bill Londeree  
Edith Lonergan  
Shelly Longinotti  
Katherine Look  
Katin Lopez Garcia  
Lee Loretz  
Theani Louskos  
Gale Love  
Jon Love  
Victor Low  
Arnold Luber  
Kelly Lynch  
Elizabeth Lynn  
David MacLam  
Nancy Malcom  
Vivian Malcy  
Rabel Mangahas  
Marguerite Matan  
Gail McCallister  
Herta McCready  
Timothy McGrath  
Daniel McKay  
Doris McKee  
Janet McKee  
Terry McKinney  
Stephen McMahon  
Naedy Mendoza  
Rodriguez  
Pamela Menges  
Amy Metzenbaum  
Geneva Michaelcheck

Karen Michel  
Douglas Milani  
Nancy Miljanich  
Linda Miller  
Janet Montecalvo  
Gayle Moore  
Julia Mori-Prange  
Judith Morris  
Phoebe Moyer  
Mary Ann Muirhead  
Scott Muldavin  
Dale Mullen  
Kathy Mullen  
Joseph Murphy  
Kasja Murphy  
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Monica Norcia  
Karen Noreen  
John Noren  
Minette Norman  
Emily Novia  
Michael Novia  
Linnea O'Brien  
Blair Ogden  
Laura O'Grady  
Christa Ohia  
Barbara Olson  
Barrie Ongaro-  
Costa  
Idit Oz  
Bonnie Page  
Carol Paul  
Gloria Perdue  
Katalin Pesti  
Laurie Peterson  
Rich Petovello  
Kathryn Phillips  
Kathleen Pile  
Michael Pile  
Mike Pile  
Kate Plaskon  
Sue Poinsett  
John Porro  
Jack Porter  
Ginny Preston  
Michelle Price Moezzi  
Noah Rabkin  
Sam Rabkin  
Karen Raccanella  
Debra Ragsdale  
Betty Rappaport  
Therese Rappazini

Joan Ravetto  
Tracy Redig  
Douglas Reilly  
Beth Reizman  
Anthony Reyes  
Emmanuelle Reyes  
Sam Reyes  
Jennifer Rice  
Sara Rice  
Chelsey Richeson  
Frank Ridley  
Bob Rigler  
Bobbe Rigler  
David Ripp  
Emily Roberts  
Joey Robinow  
Sara Robinson  
Fran Rondeau  
Karen Rosenquist  
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Cathie Schinski  
Tom Schmidt  
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Shannon Scutt  
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Shelly Sharp  
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Sandy Slater  
Elizabeth Sleath  
Martin Sleath  
Jennifer Smith  
Lori Smith  
Bill Sockolov  
Lee Spiegel  
Alyce Sporer  
David Sretavan  
Terry Stempel  
Robison Stephanie  
David Stewart  
Jeff Stewart  
Flannery Strain

Vida Sullivan  
Jane Summers  
Pantila Sunthonsiri  
Deborah Swett  
Peter Tabet  
Farhad Taleghani  
Delly Tamer  
Matthew Tamer  
Nicolas Tamer  
Sara Tamer  
Linda Tarrant  
Kathy Taylor  
Cynthia Thompson  
Grethe Thurmond  
Linda Tichy  
William Tichy  
David Todd  
Steven Travers  
Monique Turner  
Janna Ullrey  
Alexander Valentino  
Bob Valentino  
Sepideh Valentino  
Jackson Van Alstyne  
Nevan Van Alstyne  
Dirk Van Waart  
Desiree Vaughn  
Michael Vaughn  
Teresa Vegher  
Miguel Velasquez  
Ann Vercoutere  
Richard Violet  
Pere Wait  
Zorana Walker  
Janis Walsh  
Bill Walton  
Debra Ward  
Todd Wiedenmayer  
Michelle Wilcox  
Diana Williams  
Cathy Wilmoth  
Heather Wilson  
Beverly Windle  
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Carol Wolfe  
Susan Woodhouse  
Susan Woodrum  
Cynthia Wuthmann  
Diane Yates  
Maryam Yetka  
Paula Zand  
Linda Zipperstein

A special thank you to the Vivalon Board of Directors. These community leaders give countless hours of advice and guidance.

Dennis Ryan, President • Beth Reizman, Vice President • Tom Bonomi, Treasurer • Paul Castro, Secretary.

Directors: Cynthia Wuthmann • Kevin Hogan • Ken Gosliner • Stan Moore • Douglas Reilly

# JOIN THE FUN! **BECOME A VIVALON VOLUNTEER**

**Call 415-456-9062 or Email [volunteer@vivalon.org](mailto:volunteer@vivalon.org)**

**Vivalon**  
connection works wonders

930 Tamalpais Ave | San Rafael  
(415) 456-9062 | [vivalon.org](http://vivalon.org)





# HAPPENINGS@VIVALON

Pull out this section as your monthly reference guide to classes, workshops & activities

## MARCH

## WEEKLY VIRTUAL ACTIVITIES

● Vivalon Classes & Activities ● Partner Classes & Activities

	TIME	CLASS	INFO	FEE
MONDAYS	10:30AM-12:00PM	<b>Talking Tech 4 Seniors</b> ● (Vivalon) *Starts May 3	Phone/ Zoom	FREE
	10:30AM-12:30PM	<b>Watercolors with Debra</b> ● (Age-Friendly Center)	Phone/ Zoom	FREE
	1:00PM-2:00PM	<b>Stretching with Pam</b> ● (Age-Friendly Center)	Phone/ Zoom	FREE
	1:30PM-2:30PM	<b>Senior Zumba</b> ● (YMCA)	Zoom	FREE
TUESDAYS	9:00AM-19:50AM	<b>Singing Seniors Karaoke</b> ● (Lou Walker Center)	Phone/ Zoom	FREE
	10:00AM-11:00AM	<b>BINGO</b> ● (Vivalon)	Phone/ Zoom	FREE
	11:00AM-12:00PM	<b>Whistlesizers</b> ● (Vivalon)	Phone/ Zoom	FREE
	11:00AM-12:00PM	<b>Chair Yoga with Rayner</b> ● (Age-Friendly Center)	Phone/ Zoom	FREE
	1:00PM-2:00PM	<b>Senior Qi Gong</b> (Cantonese) ● (YMCA)	Zoom	FREE
WEDNESDAYS	9:00AM-10:00AM	<b>Yoga with Weights with Jane</b> ● (Age-Friendly Center)	Phone/ Zoom	FREE
	10:00AM-11:20PM	<b>Healthy Cooking</b> ● (Lou Walker Center)	Phone/ Zoom	FREE
	10:00AM-10:45AM	<b>Zumba</b> ● (Vivalon)	Phone/ Zoom	FREE
	10:30AM-12:30PM	<b>Watercolors with Debra</b> ● (Age-Friendly Center)	Phone/ Zoom	FREE
	11:00AM-12:00PM	<b>Ukulele – Beginner</b> ● (Vivalon)	Phone/ Zoom	FREE
	12:00PM-12:50PM	<b>Senior Strength</b> ● (YMCA)	Zoom	FREE
	12:30PM-1:30PM	<b>Ukulele – Intermediate</b> ● (Vivalon)	Phone/ Zoom	FREE
	1:00PM-2:00PM	<b>Chair Exercises with Pam</b> ● (Age-Friendly Center)	Phone/ Zoom	FREE
THURSDAYS	9:30AM-10:15AM	<b>Senior Strength</b> ● (YMCA)	Zoom	FREE
	10:30AM-12:30PM	<b>Acrylics</b> ● (Age-Friendly Center)	Phone/ Zoom	FREE
	11:00AM-12:00PM	<b>Whistlesizers</b> ● (Vivalon)	Phone/ Zoom	FREE
	11:30AM-12:00PM	<b>Hula</b> ● (Vivalon)	Phone/ Zoom	FREE
	1:00PM-2:00PM	<b>Chair Yoga with Jane</b> ● (Age-Friendly Center)	Phone/ Zoom	FREE
	1:00PM-1:50PM	<b>Senior Feldenkrais</b> ● (YMCA)	Zoom	FREE
FRIDAYS	9:30AM-10:15AM	<b>Senior Strength</b> ● (YMCA)	Zoom	FREE
	10:00AM-11:50AM	<b>The Art of Meditation</b> ● (Lou Walker Center)	Phone/ Zoom	FREE
	1:00PM-2:00PM	<b>Senior Tai Chi</b> (Cantonese) ● (YMCA)	Zoom	FREE
	3:00PM-4:00PM	<b>Yoga Fridays</b> ● (Vivalon)	Phone/ Zoom	FREE

For more information regarding the classes and activities above, please see descriptions on pages 6-8.



For more information regarding the following announcements, please call Vivalon Guest Services: 415-456-9062.

### Talking Tech for Seniors

Back by popular demand! Do you want to learn how to use a computer, or other device, and use the internet to be able to better connect with family, friends and virtual communities for meaningful social connection? Want to learn how to use Zoom and find classes and activities for exercise, learning and fun? We want to support you! We will teach you how to use your device, how to connect using Zoom, and we will be there to answer any technology-related questions you might have. We'll cover iPhone, Android, Mac and PC, Social Media, Photo Management and much more.

Visit [vivalon.org](http://vivalon.org) for course topics or page 6 for schedule.

### Webinar: Healthy Living for Your Brain and Body

**Save the Date: Tuesday, May 18, 11:00am– 12:30 pm**

Join Vivalon and the Alzheimer's Association to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.



Please visit [Vivalon.org/classes](https://vivalon.org/classes) or call Vivalon Guest Services at 415-456-9062 for information on how to register for the following Virtual Classes & Activities.

### Bingo

**Tuesdays 10:00am–11:00am**

Join Penny Mackrack and Diego Madera every Tuesday at 10:00am for Bingo! You can join via phone or Zoom. Registration is required. There will be at least three rounds played with a gift sent to each winner. We hope you can join us!

### Financial Advice (Free)

**Wednesdays, 10:00am–11:30am**

**By phone appointment only**

Peter Tabet, CLU, ChFC, AEP, MBA, brings a wide-ranging portfolio of education, experience, skills, and interests to his career in insurance and financial services. Please call Vivalon Guest Services at 415-456-9062 to schedule your appointment.

### Guitar, Beginner (NEW)

**For class schedule, call Guest Services at 415.456.9062 or visit [vivalon.org](https://vivalon.org)**

Interested in learning how to play guitar? If so, you've already taken the primary step in starting your musical journey. Learning guitar can be intimidating, but we're here to help you get started off on the right foot with the basic skills and techniques in a slow-paced and supportive learning environment.

### Guitar, Intermediate (NEW)

**For class schedule, call Guest Services at 415.456.9062 or visit [vivalon.org](https://vivalon.org)**

Grasp the essentials needed to take your beginner guitar skills to the next level. You'll learn additional techniques to build upon your skills through a combination of exploring the instrument, performance technique and basic music theory.



### Hula

**Thursdays 11:30am–12:00pm**

Practice the Hawaiian spiritual dance form known as Hula (Auana), with Charlotte Kobayashi. With its gentle rhythm and relaxing nature, Hula allows for all to participate. Occasionally, this class may extend beyond the 30 minutes as needed.

### Talking Tech 4 Seniors

**Mondays 10:30am–12:00pm\* (May 3-June 21)**



Learn how to connect through technology! Virtual classes over several weeks starting with the very basics and building up your tech knowledge as you go. Join from the start if you are a true beginner, or just join the classes you need if you are already familiar with how to use a computer, or device.

**May 3, 10:30am-12:00pm:** Intro to Digital Literacy

**May 10, 10:30am-12:00pm:** Understanding Your iPad/iPhone (Part 1)

**\*May 10, 1:00pm-2:30pm:** Understanding Your Android (Part 1)

**May 17, 10:30am-12:00pm:** Understanding Your iPad/iPhone (Part 2)

**\*May 17, 1:00pm-2:30pm:** Understanding Your Android (Part 2)

**May 24, 10:30am-12:00pm:** Computer Basics for PC (Part 1)

**\*May 24th, 1:00pm–2:30pm:** Computer Basics for Mac (Part 1)

**No class May 31**

**June 7, 10:30am–12:00pm:** Computer Basics for PC (Part 2)

**\*June 7, 1:00pm–2:30pm:** Computer Basics for Mac (Part 2)

**June 14, 10:30am–12:00pm:** Social Media

**June 21, 10:30am–12:00pm:** Photo Management for iPhone & Mac

**\*June 21, 1:00pm–2:30pm:** Photo Management for Android & PC

### Ukulele, Beginner

**Wednesdays**

**11:00am–12:00pm**

### Ukulele, Intermediate

**Wednesdays 12:30pm–1:30pm**

Practice songs in group form, tune your Ukulele, and rock out with Sandy via Zoom.



### Whistlesizers

**Tuesdays & Thursdays 11:00am–12:00pm**



Activate your muscles with tips and exercise routines specifically created for the aging body. Have your chair ready and your phone on speaker for Elizabeth Lynn's Whistlesizers class.



## Yoga

**Fridays 3:00pm–4:00pm**

Namaste everyone! Time to re-center and replenish your energy with Kelly! Stretch, meditate, and join the virtual class from the comfort of your living room.

## Zumba

**Wednesdays 10:00am–10:45am**

Do you like to exercise to music? How about trying Jimna's virtual Zumba class? Join Jimna for a rhythmic and fun workout!

*Funding for these programs, at least in part, is made available by the Older Americans Act, administered locally by the Marin Department of Health and Human Services, Aging and Adult Services.*



For more information on how to register for the following Partner Virtual Classes & Activities, please visit [Vivalon.org/classes](https://vivalon.org/classes) or call Vivalon Guest Services at 415-456-9062.

## Age Friendly Intergenerational Center

Vivalon is proud to partner with the Age Friendly Intergenerational Center to bring you a variety of free virtual classes, including chair yoga, watercolor, stretching and more. We encourage you to take a look at what's available and sign up for these FREE classes and events: [agefriendlycenter.org/classes](https://agefriendlycenter.org/classes)

## Center for Attitudinal Healing

The Center for Attitudinal Healing – North Bay provides support groups in the Bay Area for people facing such issues as a chronic and life-threatening illness, care-giving of loved ones, bereavement, aging, unemployment, marriage and parenting problems, divorce, loneliness, and stress.

The groups utilize a model that supports inner growth, and they assist members in adopting new ways to solve problems and relate to others. Our work is based on the Principles of Attitudinal Healing – twelve tenets that inspire one to live in the present moment, to realize that no matter what their life circumstances are, they have a choice as to whether they experience peace or conflict, love or fear.

To receive more information or to join a group please call 415-457-1000 or email us at [centerforah@gmail.com](mailto:centerforah@gmail.com)

## Healthy@Home

This dynamic partnership between Vivalon and AyaPlaces hosted several successful online workshops



on healthy aging topics in 2020. Check out our archive of recorded sessions at [AyaPlaces.com/video-archive](https://AyaPlaces.com/video-archive). It's a virtual smorgasbord of expert-led topics: Home Safety, Decluttering & Reorganizing, Gardening for Life, Kitchen Safety & Accessibility, The Mind Diet, Cooking for One, Holistic Healing with CBD, Pleasure is Ageless and much more!

## Highway61

Vivalon has partnered with Highway61 to offer you real-time conversation groups, including Aging Alone Support Group, Trivia, French Culture, Entrepreneurs Circle, Opera, Classic Movies, and more. Older adults from all over the US are on Highway61 and it is a great way to stay connected. To attend one of the virtual discussion groups, send an email to [info@highway61.com](mailto:info@highway61.com) and let them know you are with Vivalon. They will send you a code which will allow you to join the group.

## Lou Walker Senior Center

Established in 2006, Lou Walker Senior Center offers classes and amenities to meet the needs and interests of today's active older adults with activities that stimulate the mind and body. Join free classes via zoom with their members! \*All classes are Eastern Standard Time.\* [louwalkercenter.com](https://louwalkercenter.com)

## Dominican University Osher Lifelong Learning Institute (OLLI)

Vivalon has partnered with Osher Lifelong Learning Institute (OLLI) to offer their classes to Vivalon members at no additional membership cost. Course fees still apply. To find out more, call 415-458-3763 or visit [olli@dominican.edu](mailto:olli@dominican.edu)

## Spahr

The Spahr Center and Vivalon are launching a partnership to reach LGBT seniors interested in building community with their peers. Spahr's Senior Program offers two engaging social and educational meetings each week on Zoom, fun events, and emails packed with information and resources relevant to LGBT seniors' lives. A Friendly Visitor Program for those living in residential facilities who feel isolated from other LGBT people pairs them with a trained LGBT volunteer for weekly visits – currently on Zoom or by phone. For more information or to get on their mailing list, contact Bill Blackburn at [bblackburn@thespahrcenter.org](mailto:bblackburn@thespahrcenter.org).

## YMCA

The YMCA of San Francisco has a great selection of Virtual Classes for older adults. Please visit their website for more information: [ymcasf.org/virtual-senior-offerings](https://ymcasf.org/virtual-senior-offerings)



## Caring Connections

Vivalon is proud to partner with LITA (Love Is the Answer) to offer Caring Connections, matching volunteers with homebound older adults for weekly social visits. Meetings normally take place in the home, but during the pandemic, the visits are taking place by phone or through doors and windows with proper physical distancing and face coverings. If you would like to participate in Caring Connections, contact Erika Vaughn at **415-456-9062 x176**.

## Social Call

We're all feeling a bit disconnected during this time of extended social distancing. One phone call, once a week, can make a huge difference. Connect on the phone to chat with a friendly volunteer and create connection during this time of isolation. Social Call in Marin County is a partnership between Covia and Vivalon. To join Social Call please call Vivalon Guest Services at **415-456-9062**.

## Discussion Groups for LGBT Older Adults

The Spahr Center values the well-being of Marin's LGBTQ older adults and provides outreach and programming to meet their needs. The coronavirus pandemic demanded changes in their program delivery. The Spahr Center hired a Senior Program Coordinator, tasked with building community even though meeting in person is not currently possible. Instead, they offer two weekly LGBTQ senior discussion groups on Zoom that create connection among participating older adults, as well as providing links to other LGBTQ community events and relevant resources. If you would like to participate or learn more, please contact Bill Blackburn at **bblackburn@thespahrcenter.org**.

## Webinar: Healthy Living for Your Brain and Body

**Tuesday, May 18, 11:00am-12:30 pm**

For centuries, we've known that the health of the brain and the body are connected. Science is now able to provide insights into how lifestyle choices may help you keep your brain and body healthy as you age. Join Vivalon and the Alzheimer's Association to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. **To register, please call Guest Services at 415-456-9062**

## Spring Luncheon (Zoom)

**Thursday, April 8, 11:30am-1:00 pm (Lunch To-Go) | 1:30pm - 2:30pm (Luncheon)**



Celebrate the flavors of Spring! Order a special Spring-themed meal from the Jackson Café and join us on Zoom to spend some time with one another, chat and catch up. There will be trivia, games and prizes!

Last day to preorder the special Spring meal is Monday, April 5. Please contact Guest Services **415-456-9062**. Zoom information available at **vivalon.org**



## Jackson Café Friday Special Meals

Come by the Jackson Café to purchase a special Friday meal for \$8. "We look forward to seeing you on Fridays as we are very excited about these special meals. We will be creating something unique and flavorful!"

—Stacy Scott, Culinary Director, Jackson Café



Jackson Café – Best Soup



Jackson Café – Best Lunch



## GETTING AROUND

# Remembering Friends

This month we are honoring the memories of two men who were dedicated to getting people to their destinations safely. Marc Greenberg served as a paratransit driver and Tony Garcia, served as Vivalon's Transportation Shop Operations Coordinator.



Marc Greenberg

Marc passed away on January 15th due to a recent illness. He was 74. He joined Vivalon in February of 2012,

after a long career as an insurance investigator, which may account for his stellar safety record. As a paratransit driver, he was particularly known for his friendly, relaxed manner and the caring approach he extended to everyone. Marc loved his mystery and spy novels, often exchanging books with other drivers. He also enjoyed his monthly poker games. Clients and colleagues alike will miss his big, good-humored presence.



Tony Garcia

Tony passed away on February 8th due to complications from COVID-19 at the age of 60. Tony started with

Vivalon in 2016 and applied his considerable skills to ensuring timely inspection schedules for all 125 vehicles according to rigorous regulations. He also ordered all the auto parts, supplies, equipment and materials needed by the transportation department. As Mark Haberstroh, Safety Manager said, "He was exceptionally efficient at all of it. He was so wonderful to deal with regarding any kind of difficulties that might come up, or if there was a shortage of something we needed, he'd say, 'I'll get right on it and let you know when it comes in.' He always followed through on his commitments. It not only went a long way in the efficiency of the department, but in creating harmony in the working relationships he developed."

Ashley Baker, Chief People Officer said, "We all developed strong relationships with him. Tony approached life with kindness, understanding, happiness, love and respect for all. There are many special stories and memories we all share."

Tony played drums in his son's band, Outta Kontrol. [www.youtube.com/watch?v=nOxNHAV0jag](https://www.youtube.com/watch?v=nOxNHAV0jag) 🎵



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## VOLUNTEER SPOTLIGHT

### In Three Voices

**Karen Raccanello** started volunteering in 2016 teaching Italian classes, “I get so much out of volunteering. I love being with people and doing things to keep my mind sharp and teaching does that. As a high school teacher for 43 years, teaching adults proved to be a whole new experience. I think in volunteering, you get so much more than you can possibly give. Your whole community grows when you volunteer because you meet people outside your ordinary scope. For me it was a huge jump, working with teenagers throughout my entire career and living in that somewhat limited circle. Now, teaching adults, I’ve met individuals from so many different backgrounds who enrich my life constantly through their experience, their work, their travel, the way they look at life. We share such a sense of community. And, when I am having a down day, they lift me. Just being together and laughing. We are all older so not every day is a great day and we all appreciate that reality.”

**Patsy Dunn** began volunteering with Vivalon last October and loves working with Debbie Baldo, Vivalon’s CarePool Manager, “She is wonderful, so easy to work with, nothing is ever a problem and she is so organized. I’ve been delivering food to people’s homes. It’s been an amazing experience. I love my people and I see them every Friday. They are so kind and so appreciative.

I’ve found that volunteering gets me out of my own head. It may not seem like a big deal, but it really is a big deal for people who can’t drive or shop for themselves. Loneliness is a killer and to be able to put a smile on someone’s face, even if it is once a week, makes a difference. I enjoy getting to know them and making

**For more information about volunteering at Vivalon, please contact, [volunteer@Vivalon.org](mailto:volunteer@Vivalon.org) or 415-456-9067.**

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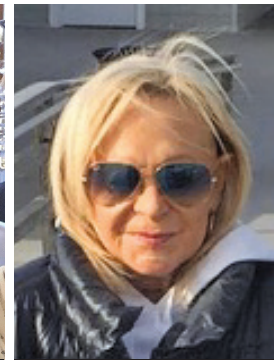
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Karen Raccanello



Patsy Dunn



Dinna Davis

those connections. I find it mutually beneficial. Volunteering like this is the highlight of my week.”

**Dinna Davis**, wanting something meaningful to do, plugged Volunteer into Nextdoor and found Vivalon’s Brown Bag Pantry volunteer opportunities, “I liked the idea. That, for me, is the giving back and supporting the community. When you do positive things like volunteering and you give back, it helps your overall mental health and wellbeing. I started in just before the holidays. There were a lot of volunteers then, but after that I noticed a decline. I also learned about all the other Vivalon volunteer opportunities and started driving for CarePool. If I were going to fast forward 30 years, I would hope that there would be something like that for me, when I can’t get around.”



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## COMMUNITY CONNECTIONS

# LITA – Love is the Answer

**L**ITA trains and pairs volunteers to tap into the warmth and vitality of the Marin community so elders who are isolated at home or living alone can develop meaningful connections and lessen their feelings of loneliness and isolation. Caring Connections, a partnership between LITA and Vivalon, designed to be an in-person visiting program, quickly morphed into telephone calls due to the severe visiting restrictions of the pandemic. “One of the things that makes this program different is that we launched in September,

during the pandemic,” said, LITA’s new Executive Director, Barbara J. Brown, “and there was a time when the Department of Public Health let us meet in person, socially distanced, but as the incidents rose, we went to phone calls.”

She added, “We did receive some funding from the County of Marin because they wanted to see this program happen.”

Volunteer Director, Tanya Mendoza said, “Once we keyed in to who really enjoyed the calls, we’ve been getting wonderful feedback. I have one

matched set, where they talk every night now and another resident who has two volunteers, which is excellent. When you think about being alone, stuck at home, it’s nice to have more than one person to talk to. Our volunteers are not required to make more than one call each week, or to speak longer than an hour but they aren’t limited.”

Tanya continued, “We started working with Vivalon’s Erika Vaughn, Meals on Wheels/Nourish Programs Manager. Her volunteer drivers noticed that Meals recipients were

really feeling isolated and lonely, so she reached out to the residents through a flyer and phone calls, asking if they’d like someone to reach out to them and visit by phone once a week. When they are interested, their information is conveyed to us and I do a little visit with each one. An informal interview allows me to get a sense of who they are so I can make a good match with a volunteer.”

If you, or someone you know would like to learn more or participate in Caring Connections, contact Erika Vaughn at **415-456-9062 x176**. 🌱

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# Donor Gives Time, Receives Meaning

BY YVONNE ROBERTS, CHIEF DONOR  
 RELATIONS OFFICER

I asked longtime donor, and all around wonderful lady, Linda Tichy why she volunteers. Here's what she shared with me.

She started volunteering 27 years ago when she lived in San Francisco. She was working as a flight attendant with a very unpredictable schedule. When home, she loved jogging in Golden Gate Park, so when the volunteer opportunity came up to meet at Stow Lake to pick up litter, she was so pleased to beautify some of her favorite trails.

Fast forward to three years ago when Linda started volunteering with us at Vivalon. She selected another flexible volunteer role due to her flight schedules. CarePool was the perfect fit as she could choose when to give volunteer rides based on her availability. Linda is an incredible conversationalist and quickly developed rapport with several of her passengers. She says

that the riders are, "lovely and so appreciative."

She finds that volunteering is definitely a stress reliever. She loves to go out and do something nice for such appreciative people. Linda

says that "all of those seemingly stressful things roaming around my head quickly disappear. Now that I am retired from flying, I feel I have meaning to my life. My husband, Bill is wonderful and also drives for CarePool. COVID had put

driving on hold until recently. Having both vaccinations has allowed us to return! We have started delivering groceries from the Vivalon pantry program on Fridays which is a whole new delight. My dear friend, Patsy Dunn, and I are a team and "our" group of recipients are so happy to see us! What joy!!!" 🌱



Linda Tichy and Yvonne Roberts

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