

WHISTLESTOP
IS NOW
VIVALON



Wouldn't you rather be at home?

For more than 15 years, At Home Caregivers has served those who wish to stay safely at home with carefully screened and trained employee caregivers.

Our pledge to you:

- No charge for overtime
- Locally owned and operated (not a franchise!)
- Ongoing COVID caregiver testing

Services provided include:

- Personal Care
- Transportation
- Meal Preparation
- Light Housekeeping
- Medication Reminders
- Dementia Care
- Hospice Care



Jackson

MARIN OFFICE

7599 Redwood Blvd.
Suite 200, Novato

415-898-HOME (4663)

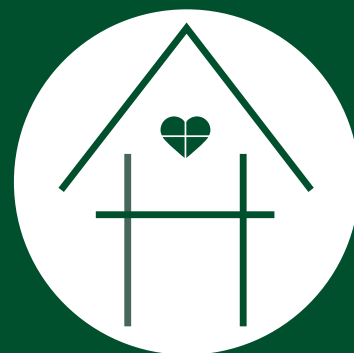
SONOMA OFFICE

891 2nd Street
Santa Rosa

707-575-HOME (4663)

AtHomeCaregivers.com

Licensed by the State of California #214700017
A family owned home care agency.



AT HOME CAREGIVERS

"Your caregivers have been absolutely wonderful. Emee was really outstanding. She gave comfort and moral support beyond anything you might expect. A strong bond developed, which expedited my wife's recovery."

— Alan K., San Rafael

"Thank you so much for helping to coordinate care from the hospital to home for my husband, Jack. We were so overwhelmed with what we needed to do! Your caregiver, Bruce, was a gift! He was so compassionate and caring. He's now family to us!"

— Peggy L., Novato

"When I needed help the most, At Home Caregivers was right there for me. I cannot thank each and every one of you enough for your assistance in helping me recover. I would rather be at home with an illness or injury than anywhere else and you made it possible!"

— Joann R., Sonoma

We're not getting any younger. Yet.

What would you do with an extra 20 years of healthy life?

Learn what we're doing to make that happen at buckinstitute.org



Follow us:



Thriving at Drake Terrace

Explore personalized Independent Living, Assisted Living and Memory Care senior living lifestyle options.

Find peace of mind and continue your journey in our thriving community which has been offering exceptional care for over three decades. At Drake Terrace, safety and security is an integral part of our wellness philosophy - something we practice every day. We are managed by Kisco Senior Living, a nationwide portfolio of senior living communities that set the standard for keeping residents and associates safe and sound by following best in class healthcare and wellness guidelines and protocols.

Our residents and families have peace of mind while living at Drake Terrace:

- Kisco Confidence - providing health and wellbeing and quality services to foster vibrant fulfilling lifestyles.
- Kisco Clean - coordinated safe move ins - including exhaustive sanitary protocols for your new apartment.

Our mission is centered on providing safety and security, health and wellbeing and quality services to foster the most vibrant and fulfilling senior living communities.

Call us to learn more 415.491.1935

275 Los Ranchitos Rd., San Rafael, CA 94903 | LifeatDrakeTerrace.com | License #216801028





Dear Friends,

As Vivalon's new CEO, it is my great honor to bring you the 2021 edition of our Directory of Older Adult Services.

When our 2020 edition published last March, we had just entered a shelter in place directive. At that time, we were grateful to be able to send the Directory to the homes of over 30,000 Marin residents who might benefit from its content. Little could we have imagined that one year later, we would still be living through the COVID-19 pandemic.

Watching our community come together during this difficult year has been inspiring. We witnessed the selfless acts of countless volunteers, neighbors helping neighbors, and organizations coming together to bring not only services, but also connection, hope and care to members of our community who needed some extra support.

Our goal at Vivalon is to help the individuals we serve thrive through the power of connection. This Directory is one of the ways we strive to create that sense of connection and community, and we hope you find the resources within its pages to be useful and informative. Please let us know if there is anything we can do to improve this publication in the future. We always love hearing from you! Just send an email to directory@vivalon.org.

Stay safe, and we hope to see you at our Healthy Aging Center as soon as it's safe to reopen!

Anne Grey
Anne Grey
 Vivalon, CEO

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Vivalon Key Contact Information

Vivalon Healthy Aging Center

930 Tamalpais Avenue | San Rafael, CA 94901

Open Monday-Friday 9:00AM-5:00PM

Closed during pandemic except for
11:30am-1:00pm lunch take-out.

Website vivalon.org | **Email** info@vivalon.org

Vivalon Resource Office

415-459-6700

Guest Services/Reception 415-456-9062 x100

Meal Delivery Services

Meals on Wheels Eligibility (Marin County)

415-457-4636

Vivalon Nourish: 415-456-9062 x176

Transportation Services

Travel Navigators/Marin Access Eligibility 415-454-0902

Schedule a Paratransit Ride 415-454-0964

Cancel a Paratransit Ride 415-457-4630

CarePool Volunteer Driver Program 415-454-0927

Medical Rides 415-419-2608



Our Mission

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

Vivalon  **LIKE US on Facebook!**
facebook.com/VivalonMarin

Vivalon 2021 Directory Staff

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Please contact: directory@vivalon.org to inquire about advertising.

SEQUOIA
LIVINGSM
THE TAMALPAIS | MARIN



Upsize Your Life at The Tam

In the heart of Marin, you'll find a vibrant community where Chef Danny Mai prepares delicious and healthy cuisine. Come enjoy panoramic views of Mt. Tamalpais, partake in a class, or spend time with friends in your perfect, maintenance-free home.

Now accepting waitlist applications.



415-464-1755

www.TheTam.org

SEQUOIA LIVING™ A Community of Sequoia Living. This non-profit community is part of Sequoia Living. License #210102761, COA #099.



Creating community and connections in Marin County.

Marin County Home Match

Welcome to our shared housing program.
FOR MORE INFORMATION
CONTACT: 415.456.9068
Adding an Accessory Dwelling Unit? VISIT: adumarin.org

Well Connected

Offering telephone and online program classes, friendly conversation, and more.
FOR MORE INFORMATION
CONTACT: 877.797.7299

Social Call

Matching trained volunteers with seniors to provide friendship.
FOR MORE INFORMATION
CONTACT: 415.535.7741



Covia is a nonprofit organization that helps people live well and age well, anywhere they call home.
To learn more, visit www.covia.org.

Community Resource Information

Marin County COVID-19 & Vaccine Information

coronavirus.marinhhs.org

Marin Health and Human Services
COVID-19 Information Line: **415-473-7191**
(CA Relay Service **Dial 711**)

Email: **COVID-19@marincounty.org**

For more COVID-19 related information, please see pages 22-23.

In Case of Emergency 9-1-1

Aging & Adult Services Information Line
415-473-INFO (4636)

Marin County Fire Information Hotline
415-473-7191

Marin County Sheriff **415-473-7250**

Marin County Sheriff TTY **415-473-1601**

Marin County Sheriff Office of
Emergency Services **415-499-6584**

Transit Information **5-1-1**

Kaiser Permanente **415-444-2000**

MarinHealth Medical Center **415-925-7000**

Long-Term Care Ombudsman **415-473-7446**

IHSS (In Home Supportive Services) **415-457-4636**

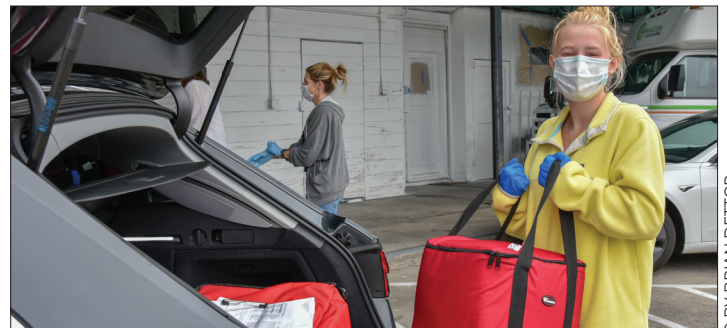
Adult Protective Services **415-473-2774**

24-Hour Power Outage Information
1-800-743-5002

PG&E **1-800-743-5000**

Emergency Prep getreadymarin.org

For up-to-date public safety announcements, register at local.nixle.com/register and/or alertmarin.com



VIVALON MEAL DELIVERY

PHOTO BY BRIAN DETTOR

Organic At Your Fingertips

Good Earth Groceries Online
shop.genatural.com

Curbside Pick Up and Delivery
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 San Anselmo,
 Mill Valley, &
 Tam. Valley

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VALLEY MEMORIAL PARK



CEMETERY & FUNERAL HOME

FUNERAL HOME CEMETERY • CREMATORY RECEPTION CENTER

All of your service needs at one location. Respectful, Traditional Burial, Green Burial, Contemporary, Simple. Pre-arrangement counseling and insurance funding of future expenses.

Marin's most unique, locally-owned cemetery, funeral home with a reception center and on-site crematory.






415-897-9609 • valleymemorialpark.com • 650 Bugeia Lane • Novato, CA 94945

COA#377 FD#2295

EDITOR'S NOTE: Due to the ever-changing guidelines and safe practice recommendations regarding COVID-19, we cannot guarantee that all of the information contained in this resource guide will remain up to date throughout 2021.

If you have any questions or run into any trouble with the information provided, please call the number provided for the listing in question, or call the Vivalon Front Desk: **415-456-9062**. With any questions about COVID-19, call the Marin County Health and Human Services COVID-19 Information line: **415-473-7191**.

CARE



► ADULT DAY CARE PROGRAMS

Marin Adult Day Health Center **415-897-6884 • lifelongmedical.org**

The Marin Adult Day Health Center is a federally-qualified medical day program that offers care specifically designed for adults.

Skyview Day Club **415-419-3608 • seniorsathome.org**

Skyview Day Club is a social club for adults with memory loss in San Rafael. During COVID-19 the program is offered on zoom. Monday-Friday from 10:00am-2:00pm. FREE.

► BEHAVIORAL HEALTH SERVICES

Bucklew Programs **415-457-9654 • bucklew.org**

Bucklew Programs provides behavioral health services for adults and children, including supported housing and job training, outpatient psychotherapy, substance abuse treatment, and suicide prevention.

Community Healing Centers **415-499-1115**

communityhealingcenters.org

Through counseling we work to build understanding, increase insight, stabilize emotions, change dysfunctional habits and patterns, and increase creativity and productivity by restoring balance to the whole person.

Community Institute for Psychotherapy **415-459-5999 • cipmarin.org**

Psychotherapy and counseling for individuals and families on a sliding fee scale. Focus includes depression, anxiety, grief counseling and family disputes.

FamilyWorks **415-492-0720 • familyworks.org**

Family Works provides free and/or sliding scale direct mental health services to people of all income levels throughout the Bay Area.

Helping Older People Excel (HOPE) **415-473-4306 • marinhhs.org**

A full-service partnership that provides culturally competent, intensive, integrated services to older adults with serious mental illness, who are at risk of hospitalization, institutionalization or homelessness.

Marin County Behavioral Health and Recovery Services **415-473-6666 (Psychiatric Emergency Services)** **marinhhs.org**

Behavioral Health and Recovery Services (BHRS) is a division of the Marin Health and Human Services Department. Provides mental health care and substance use service needs of Medi-Cal beneficiaries.

MORE BEHAVIORAL HEALTH SERVICES »


SAFETY. SECURITY. PEACE OF MIND.

NOW AND INTO THE FUTURE

Aldersly
LIFE IN BLOOM

Call for a video tour (415) 417-2894.

A not-for-profit Life Plan Community, governed by a local Board of Directors.

Managed by  Life Care Services® California license #216801686. COA #004.



 **ALMAVIA**
of SAN RAFAEL

Engaging Hearts, Transforming Lives, Erasing Boundaries

AlmaVia of San Rafael is a vibrant, pet-friendly community grounded in nurturing mind, body and spirit. We offer comprehensive assisted living services and evidence-based memory programming utilizing Montessori principles. Our culinary program incorporates MIND diet options for cardiovascular and heart health.

Our desirable location is only minutes from shopping and medical centers, making it easy for residents to feel at home in the area they already know and love. AlmaVia of San Rafael is more than your next place to live, it's your next community



2021 MARIN INDEPENDENT JOURNAL
BEST RETIREMENT COMMUNITY
HONOR AWARD



515 NORTHGATE DRIVE | SAN RAFAEL, CA 94903 | (415) 491-1900

RCFE LIC. # 216801868



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@ELDERCAREALL



@ELDERCAREALLIANCE

WWW.ELDERCAREALLIANCE.ORG



National Alliance on Mental Health
415-444-0480 (HelpLine) • **namimarin.org**

NAMI Marin is an affiliate of NAMI — the National Alliance on Mental Illness. We provide programs and services to people and families living with mental illness. Due to the COVID-19 safety guidelines, all our in-person programming is suspended. We are operating our Help Line during normal business hours and we have an online guide to support you.

Senior Peer Counseling Program
415-473-4306 • **marincounty.org**

Marin County Mental Health Services offers FREE comprehensive assessment, counseling and consultation to adults 60+ with issues related to aging.

► **CARE MANAGEMENT**

Aging Life Care Association
520-881-8008 • **aginglifecare.org**

Aging Life Care, also known as geriatric care management, is a holistic, client-centered approach to caring for older adults or others facing ongoing health challenges. Working with families, the expertise of Aging Life Care Professionals provides the answers at a time of uncertainty.

CaringBridge
651-452-7940 • **caringbridge.org**

CaringBridge is a free online journal for sharing health updates with family and friends. Easy to start and manage. Keep loved ones informed. Safe, private and ad-free.

Elder Helpers Program
elderhelpers.org

Elder Helpers program matches people in need of help (elders or family) with volunteers in their own communities throughout the world.

Family Caregiver Alliance
415-434-3388 • **caregiver.org**

Assists families caring for someone with an adult-onset brain impairment and/or older adults (60+), regardless of diagnosis.

Institute on Aging
415-750-4111 • **ioaging.org**

Nonprofit organization provides older adults with assistance through care coordination, household management, personal support, bookkeeping and professional fiduciary services.

West Marin Senior Services
415-663-8148 x101 • **wmss.org**

Care management of at-risk older adults and seniors.

► **DISABLED ADULT SERVICES**

Canine Companions for Independence (CCI)
707-577-1700 • **cci.org**

Canine Companions, a nonprofit, enhances the lives of people with disabilities by providing trained assistance dogs and ongoing support to ensure quality partnerships.

California Department of Rehabilitation
415-893-7702 • **dor.ca.gov**

Works in partnership with consumers and other stakeholders to provide services and advocacy resulting in employment, independent living and equality for individuals with disabilities.

College of Marin Student Accessibility Services
415-485-9406 • **ss.marin.edu/sas**

Counseling for disabled students. Variety of classes and services support seniors. Information and referrals for all.

Lifehouse
415-526-5300 • **lifehouseagency.org**

Serving adults with developmental disabilities since 1954. Through community integration, life-skill training, advocacy, referral and information.

Marin Center for Independent Living
415-459-6245 • marincil.org

Serving Marin County since 1979, Marin CIL is a community based 501(c)3 nonprofit organization that provides advocacy and services for older adults and persons with all disabilities.

San Rafael Public Library Outreach Program

415-485-3317 • sanrafaelpubliclibrary.org

Free service offering delivery of regular and large print books and audio books on CDs to San Rafael city residents in their homes or retirement communities.

Schurig Center Therapeutic Program
415-461-6771 • schurigcenter.org

Serves adults living with a brain injury from an accident, stroke, concussion or other cause. Offers classes to enhance cognitive, social, behavioral and independence abilities. Open Monday-Friday, 9:00am-5:00pm.

Social Security Administration
800-772-1213 • ssa.gov

Disability Insurance (SSDI) available to eligible disabled workers. Supplemental Social Security Income (SSI) available to eligible low-income disabled persons. Open Monday, Tuesday, Thursday, Friday 9:00am-4:00pm and Wednesday 9:00am-12:00pm.

► **GRIEF COUNSELING**

Marin County Grief Counseling
Hotline (Buckelew)
415-499-1195 • buckelew.org

This free 24-hour grief counseling hotline provides support to the recently bereaved in Marin County. The grief hotline is part of the Buckelew Suicide Prevention Program.

Our Lady of Loretto Church
415-897-2171 x226 • ollnovato.org

Offers support groups, counseling and grief counseling. Please contact Sister Jeanette Lombardi (x226) for more information.



**QUALITY CARE
FROM THE HEART**

Our Team of Nursing professionals, Geriatric Medical Director, Dietary, Activity, Social Service, and administrative staff work together to provide quality services for all entrusted to our care.

We provide comprehensive rehabilitation services, long-term care, hospice care, and short-term respite services in a quaint home-like environment. Our resident programs are designed to aid individuals in attaining and maintaining their highest level of independence.

Our care services and social programs embrace individuality with compassion; central to that philosophy is our caring approach addressing the physical, emotional, spiritual, and social needs of each resident.

An added benefit to our care and services is our location, atop a hill in beautiful Tiburon, with bay, city, valley, and Mt Tam views.

*Family-owned for
more than six decades!*

**Marin Convalescent
& Rehabilitation Hospital**

30 Hacienda Drive Tiburon 94920 • 415.435.4554
marinconvalescent.com

► **IN-HOME SERVICES**

At Home Caregivers

415-898-4663 • athomecaregivers.com

Providing companion, dementia and hospice care with licensed caregivers. We have implemented a program of enhanced safety precautions that includes COVID-19 testing of our caregivers.

MORE IN-HOME SERVICES »

EDITOR'S NOTE:

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HIRED HANDS INC. **Homecare**

Family owned and operated since 1994

Hired Hands Homecare, Inc.

415-884-4343 • hiredhandshomecare.com

For 26 years, Hired Hands has enhanced the health, safety and well-being of Seniors. As a family owned and operated, CA Licensed Home Care Organization, we provide Marin's most experienced, trained and closely managed Caregivers to assist your family. All Caregivers are Registered Home Care Aides. We handle everything including payroll, taxes, workers' comp and insurance. Proud recipient of 2020 Leader in Excellence award.



Right at Home Marin

415-233-7855 • RAHmarin.com

Right at Home offers caregiving services for almost any family and practically any situation. Our in-home care allows loved ones to enjoy life in the comfort of a familiar environment. Our caregivers are carefully screened, bonded and insured and receive training through our Right at Home University. Call today for an in-home visit or for more information. (HCO License #214700024)

Marin Villages

415-457-4633 • marinvillages.org

Marin Villages is a volunteer based nonprofit organization whose mission is to empower older adults to stay active, connected and independent in their communities and the place they call home.

One Foot at a Time

415-491-4914 • lsteese@gmail.com

Smooth callouses, cut nails, assess lower extremity circulation, foot and body massage, alignment, posture work and more. Laurie Steese RN, CMT, CFCN.

Public Authority of Marin

415-499-1024 • pa-marin.org

Public Authority of Marin is a public agency working in partnership with Marin County government. We connect registered, independent care providers with In-Home Supportive Services recipients who need care.

Sausalito Village

415-332-3325 • sausalitovillage.org

Sausalito Village is a volunteer-based support network for seniors in Sausalito. Volunteers provide transportation, tech support, create programs, trips, classes and encourage members to give back through volunteering.



Seniors At Home
Better Care Starts Here

Seniors at Home

415-499-3777 • seniorsathome.org

Trusted Home Care. Nurses, dementia, and Palliative care experts, fiduciaries, care managers, and gerontologists support you or a loved one for a few hours a day or 24-hour care. As part of Jewish Family and Children's Services, we're helping all older adults have safer, healthier, more independent lives, and a peace of mind for their families.

Sutter Care at Home

415-209-7700 • sutterhealth.org

Advanced Illness Management, Flu and Wellness Programs, Home Health Care, Infusion Therapy and Private Care (Non-Medical Home Care).

► PET CARE

Marin Humane

(Pet Care Assistance Program)

415-883-4621 • marinhumane.org

The Pet Care Assistance Program helps low-income Marin County residents with the care of their pets. Marin Humane also offers pet adoptions, dog training and cat consultations. See website for details.

Pets Unlimited (SFSPCA)

415-554-3030 • sfspca.org

Raises money for cats and dogs in need with state-of-the-art, 24-hour veterinary center and donations. All animal welfare.

► SUBSTANCE ABUSE

American Lung Association

800-586-4872 • lung.org

Information and education on respiratory disease, clean air advocacy, research, indoor air quality and mold concerns. Tobacco cessation programs and initiatives.

Bay Area Community Resources

Alcohol and Drug Programs

415-444-5580 • bacr.org

Alcohol and Drug, Tobacco and Mental Health Program delivers prevention and treatment services to youth and adults.

MORE SUBSTANCE ABUSE »



Our trained, professional caregivers always follow best practices for your safety and security, which is especially critical during this challenging time.

Jackie
Caregiver

Trusted Home Care

Caregivers like Jackie are one of the many reasons why we're the Bay Area's leading expert in senior care. In fact, over 17,000 Bay Area families trust us to take care of family and loved ones in the comfort of their own home.

Free consultation
415.449.3777
SeniorsAtHome.org



SeniorsAtHome
Better Care Starts Here

A Division of Jewish Family and Children's Services
San Francisco • Peninsula • Marin • Sonoma County
HHA License 220000378

Stay home.
Let us bring
expert medical care
to you.



**Our care teams
can help you
safely:**

- Recover from surgery
- Manage chronic illness
- Cope with end-of-life transitions

 **Hospice by the Bay**

Call (415) 927.2273
www.hbtb.org

- Skilled Home Health Care
- Palliative (Comfort) Care
- Hospice

Marin County Behavioral Health and Recovery Services (BHRS)

888-818-1115 • marinhhs.org

The Marin County Behavioral Health and Recovery Services offers education, prevention, treatment and counseling services to Marin County residents. Substance Use Services (SUS) uses its federal, state and local funds to contract with local community-based, nonprofit organizations, offering a wide range of services including residential and outpatient treatment, drug diversion programs, opioid treatment programs and more.

► SUPPORT GROUPS

Amputee Coalition

888-267-5669 • amputee-coalition.org

Nonprofit resource of information on rehabilitation and services available for amputees.

Attitudinal Healing International

877-244-3392 • ahinternational.org

Courses and information on making healthy choices, navigating successful challenges, and creating positive change enabling you to choose peace over conflict, compassion over indifference, and love over fear.

Blind & Vision Impaired of Marin

415-459-5066 • bvim.org

Support groups and events for blind and visually impaired adults in Marin. Groups meet in different locations throughout Marin.

Huntington Disease Society of America

hdsa.org

Community Support Group - Support group for individuals affected by or at-risk for Huntington disease, including family, friends and loved ones. Facilitated by Andrea Zanko, MS. Third Thursday evening of every month 7:00pm-8:30pm.

Living/Dying Project

415-456-3915 • livingdying.org

Free-of-charge emotional and spiritual support for people with life-threatening illness and those who care for them.



Marin County Cooperation Team

919-771-7412

marincountycooperationteam.org

The Marin County Cooperation Team (MCCT) was created to serve and support residents of Marin City. Our calling is to surround members of our local communities with services that address both critical and long-term needs, by utilizing a highly organized network of community-based organizations in partnership with local, state and federal agencies. We hope MCCT will serve as a model for additional communities in the future.

Marin Glaucoma Group

415-388-3241

The group meets from 1:30pm-3:00pm on the first Saturday of each month on zoom. All interested persons are welcome.

Marin Health Integrative Wellness Center

415-925-7620 • mymarinhealth.org

Our Center for Integrative Health and Wellness services focuses on prevention and wellness, activation of the body's innate healing powers, augmentation of conventional medicine during illness and injury, and development of self-care skills.

[MORE SUPPORT GROUPS >](#)

HIRED HANDS INC.
Homecare
Family owned and operated since 1994

The Health and Wellness of our Clients and Caregivers is our very Top Priority.

Our specially trained, state-licensed staff keep current with federal, state and local health department guidelines as they are updated.

Below are just a few of our protocols in place to ensure the safest delivery of care and healthiest environment for all:



Caregivers required to wear masks during shifts, at all times



Ongoing and frequent cleaning and sanitation procedures



Daily employee temperature and symptom checks, monitored with our digital app technology



Strict adherence to Stay-Home orders for anyone symptomatic



Six-foot distancing maintained during shifts at all possible times

Home, the safest place to be.

415-884-4343 • HIREDHANDSHOMECARE.COM

Serving Marin, Sonoma, Napa and the Tri Valley • LIC. #214700014

Marin Man-to-Man

415-459-3434 • marin-man-to-man.org

Free weekly support group for men whose partners have or had breast cancer or other life-threatening diseases. Swap concerns, experiences, views and information.

Marin Prostate Cancer Information and Support Group

415-290-6060 • mymarinhealth.org

This informative group meets to exchange views and concerns, and to give positive support to each other. Every Tuesday, 7:00pm-8:30pm in the Medical Library at Marin General. Significant others welcome.

Parkinson's Disease Support Group

415-927-7647 • pdmarin.org

Meetings are held from 1:00pm-3:00pm on the fourth Friday of the month at The Redwoods, 40 Camino Alto, Mill Valley. Dates/times may vary, so please check the website (pdmarin.org) for current information.

The Spahr Center

415-457-2487 • thespahrcenter.org

The Spahr Center serves Marin's LGBTQ youth and senior communities, and people affected by HIV. We hold monthly LGBTQ senior support groups and fun activities, and connect LGBTQ clients to welcoming services.

Western Neuropathy Association Support Group

877-622-6298 • pnhelp.org

Western Neuropathy Association support groups in Santa Rosa and San Francisco. We provide guidance, materials, and ongoing support.



VIVALON STAFF

PHOTO BY MO DELONG

M E M B E R P R O F I L E



Elsie Underwood initially joined Vivalon about seven years ago, looking for more social interaction, and that's exactly what she got. "The people were nice, and the food was good," she says. "I loved going on a regular basis!" When she first became a Vivalon member, Elsie was part of a group called Senior Circle, and although the group is no longer in session, she still keeps in touch with many former group members, citing the wonderful intellectual stimulation she got from the group. Elsie says, "There are a lot of interesting people who go to Vivalon. I love meeting and talking with all of the different types of people when I'm there!"

In addition to the social connection that Elsie found at Vivalon, she also made use of another important resource: paratransit services. A caregiver most of her life, she is grateful for Vivalon's specialized transportation services, operated in partnership with Marin Transit and Golden Gate Transit. Elsie used to schedule rides to get her disabled son where he needed to go. "I also relied on Vivalon when my husband got ill. The friendly schedulers would help me schedule rides to his regular appointments at the VA hospital in San Francisco. That was a lot to manage on my own," Elsie said. "Vivalon drivers are so friendly and reliable, I always knew my son and husband were in good hands, and it gave me peace of mind to know that I could count on them to help with this important transportation."

EDUCATION



► EMPLOYMENT OPPORTUNITIES

CareerPoint Marin

415-473-3300 • careerpointnorthbay.org

CareerPoint provides employment and career training in Marin County.

North Marin Community Services

415-897-4147 • northmarincs.org

Get help writing a resume and cover letter, information about online job postings. Coaching provided for job interviews. Se habla Español.

Senior Service America, Inc. (SSA-I)

415-473-3329

The Senior Community Service Employment Program (SCSEP) provides employment and paid training opportunities for mature workers who reside in Marin and meet income criteria.

Working For You At Your YWCA

415-479-YWCA (9922)

fiftyplus.ywcasf-marin.org

Free job training and placement services. Fifty+ Program for women ages 50+ and 60+. Career Express for Marin residents ages 60+. Computer classes, community and more!

► INSURANCE INFORMATION

HICAP

707-526-4108 • senioradvocacyservices.org

Health Insurance Counseling and Advocacy Program. Objective information and assistance to people who need help understanding Medicare, supplemental insurance, long-term care insurance and older adult HMO plans.

Medicare

800-633-4227 • medicare.gov

Information line for Medicare.

LIFELONG LEARNING »



A Unique Opportunity to Move to The Redwoods!



Come visit our beautiful 10-acre campus, or schedule a virtual tour

Independent & Assisted Living Studio Suites & 1-Bedroom Apartments Available Now!

Contact us! 415.383.1600 x293 (or x223)
admissions@theredwoods.org

For information about our Skilled Nursing, or for Comfort, Palliative & Hospice Care
Contact: William Foster (415) 706-0256



Visit Us on
YouTube!

40 Camino Alto
Mill Valley, CA 94941
www.theredwoods.org



►LIFELONG LEARNING

AARP Smart Driver Online Course **800-350-7025 • aarpdriversafety.org**

AARP-sponsored first-time and refresher courses for drivers 50 and older. Most insurance companies offer discounts to qualified drivers 55 and over completing the course. Online or classroom instruction.

College of Marin Community Education **415-485-9305 • marincommunityed.com**

College of Marin Community Education offers a variety of short-term courses designed to meet the lifelong learning needs of the community.

Emeritus Students **College of Marin (ESCOM)** **415-485-9652 • marin.edu**

The Emeritus Students College of Marin (ESCOM) is a pioneer in the innovative use of community colleges for adults with a selection of clubs, events and classes offered online or at COM's campuses.

Library Beyond Walls **415-663-8375 • marinlibrary.org**

Library Beyond Walls is a free service of the Marin County Free Library in which we offer delivery and pickup of library materials to county residents who are unable to visit our locations in person.

Marin County Office of Education **415-499-5860 • marinschools.org**

Regional Occupational Program (ROP) offers a variety of vocational and technical career classes for those seeking a new career, a career focus or upgrading skills.



STACY SCOTT AND CHUCK CIACCIO
PREPARING JACKSON CAFÉ MEALS TO-GO

PHOTO BY MO DELONG

Osher Lifelong Learning Institute (OLLI) **at Dominican University**

415-458-3763 • dominican.edu/olli

Adult learners in Marin County and the greater Bay Area can pursue an array of enriching, educational offerings from OLLI. For more than 15 years, we've offered older adults fun, challenging learning opportunities on our beautiful, serene San Rafael campus.

Tamalpais Adult School **415-945-3780 • tamadulthood.org**

Classes offered: ESL (English as a Second Language), GED and High School Diploma, US Government and History and In-Home Caregiver. All classes are free and available throughout Marin County.

►VOTER INFORMATION

League of Women Voters **415-507-0824 • marinlww.org**

The League is non-partisan, encouraging active participation in government and influencing public policy through education and advocacy. We do not support or oppose any political party or candidate.

Marin County Registrar of Voters **415-473-6456 • marinvotes.org**

The Elections Department provides Marin County residents with information on voting and upcoming elections. Maintains voter registration and administers elections.

EMERGENCY >

MEMBER PROFILE



Angela Wood has been an active, well-known member at Vivalon for years. Before she retired, she was a real estate agent, and would often meet clients at the Jackson Café

for lunch. So, it was a natural place for Angela to frequent after retirement.

Angela is yearning for the café's re-opening, saying, "I want it to be open again because it was a meeting place for everyone. It was a happy place to be." She also used to pick up food to go. She says she truly appreciates the delicious meals prepared by Stacy Scott, saying they make for a beautiful dinner.

Angela refers to Vivalon as "a great meeting place, and a place of learning." She reminisces about all the books in the lending library, and the people she would meet and converse with while she was there. She speaks fondly of her memories at Vivalon. "You never have to worry when you are at Vivalon."

Dubbing Vivalon the "go-to place," Angela is eager about Vivalon's re-opening, saying, "It can't come quick enough".



THURSDAYS JUST GOT A WHOLE LOT BETTER...

United Markets celebrates older adults with a **10% DISCOUNT*** on their total grocery bill, the **first Thursday of every month.**

*Must be 60 years or older. Cannot be combined with any other Scrip (school) discounts. Excludes wine & spirits and dairy.

United
Healthy Choices. Honest Value.

San Rafael: 515 Third Street | (415) 454-8912
San Anselmo: 100 Redhill Avenue | (415) 456-1271
unitedmarkets.com



VIVALON RIDES

PHOTO BY STUART LIRETTE

One Foot at a Time

*RN Foot Care
for Healthier Feet*

Smooth your callouses,
Scut your nails, assess lower
extremity circulation, foot
and body massage, alignment
and posture work and more...
Quality care provided by a
certified nursing professional.

Laurie Steese
RN CMT, CFCN
415-491-4914
lsteese@gmail.com

EMERGENCY



► CRISIS INTERVENTION

Bucklew Programs Crisis & Suicide Prevention Hotline

415-491-1100 • bucklew.org

Bucklew Programs' hotline offers 24/7, free and confidential crisis support for callers having thoughts of suicide, as well as for friends and family worried about loved ones. Llame para apoyo: 415-491-5720.

Community Violence Solutions **800-670-7273 • cvsolutions.org**

Free counseling and advocacy for past and current victims of sexual trauma, including childhood and elder sexual abuse. Confidential 24-hour crisis line. Support group and self-defense classes available.

Institute on Aging Friendship Line for the Elderly **800-971-0016 • ioaging.org**

A 24-hour emotional support and telephone companionship program (Friendship Line), as well as a crisis intervention service for individuals over 60 years of age.

Center for Domestic Peace **415-924-6616 • centerfordomesticpeace.org**

Center for Domestic Peace leads a community effort to end the #1 violent crime in Marin County: domestic violence. Our programs include: 24-hour hotlines, emergency shelter, transitional housing, legal advocacy and more.



THE FIRST JACKSON CAFÉ TO-GO WINDOW OF THE COVID-19 PANDEMIC.
March 2020

Alert Marin

415-473-7284 • alertmarin.org

Sign up for Alert Marin emergency notifications by going to their website.

American Red Cross

800-435-7669 • redcross.org

Assistance to fire and disaster victims in addition to educational programs.

Disaster Distress Help Line

1-800-985-5990 • samhsa.gov

Dedicated to providing immediate crisis counseling for people in emotional distress related to any natural or human-caused disaster. Call or text TalkWithUs to 66746 to connect with a trained counselor.

Ready Marin

readymarin.org

Marin County's website for information on emergency preparedness. Checklists, resources and training. How to build a disaster emergency kit or evacuation backpack and more.

► SAFETY & SECURITY

Bel-Net (Belvedere Residents)

415-435-3266 • cityofbelvedere.org

Daily morning call administered by Belvedere Police Department to check on Belvedere seniors. No answer will initiate a house call.

You Are Not Alone Program

(Tiburon residents)

415-789-2801 • townoftiburon.org

A daily telephone call program administered by the Tiburon Police Department to check on Tiburon seniors. No answer will initiate a house call.

FINANCIAL SERVICES



► FINANCIAL SERVICES

AARP Foundation Tax-Aide Program **888-687-2277 • aarp.org**

Free, tax preparation service for low-to moderate-income taxpayers, especially those over 50. Locations available in Marin County. Counseling is offered on debt management, saving and investing, and consumer protection.

California Alternate Rates for Energy (CARE)

866-743-2273 • pge.com/care

Program offers a monthly discount on PG&E bills for qualifying households. Call for eligibility.

California LifeLine Program

866-272-0357 • californialifeline.com

The California LifeLine Program is a state program that helps consumers lower the cost of their phone bills and provides discounted home phone and cell phone services to eligible households.

California State Controller's Office Property Tax Postponement Program

800-952-5661 • ptp.sco.ca.gov

Property Tax Postponement Program allows homeowners who are seniors, are blind, or have a disability to defer current-year property taxes on their principal residence if they meet certain criteria.

Home Energy Assistance Program (HEAP) **415-526-7550 • liheap.org**

Home Energy Assistance Program provides one-time emergency financial assistance and free weatherization upgrades to eligible households.

MORE FINANCIAL SERVICES ►

THE SPAHR CENTER

FOR MARIN'S LGBTQ+ & HIV COMMUNITIES

THE SPAHR CENTER PROUDLY SUPPORTS AND EMPOWERS MARIN'S LESBIAN, GAY, BISEXUAL AND TRANSGENDER COMMUNITY. WE ARE DEDICATED TO ENSURING A STRONG SENSE OF FAMILY AMONG LGBT SENIORS

We welcome you with:

Two weekly **Senior Groups** to check in about our lives and discuss a range of rich topics about being LGBT, aging, and current events



Social events such as movie nights, holiday celebrations and talent shows

Referral to resources that keep LGBT seniors connected, safe and secure

Individual counseling with our skilled LGBTQ therapists

Friendly Visits to LGBT seniors at home and in residential care facilities to build support and community. Please contact us if you would like visits or to volunteer.

Our services are currently conducted by Zoom or telephone for safety

www.thespahrcenter.org

Or call 415.886.8551



We offer a unique blend of privacy, safety, luxury, convenience and the ultimate in CARE!

Explore the many features that contribute

to a stimulating day that enhances the quality of life for those with dementia. Our highly trained staff, full-time activity director, and beautiful courtyard and relaxing patios off each resident floor contribute to a peaceful and loving environment. Our goal, our focus, is to take great care of those living with dementia!



WindChime
of Marin

Memory Care Community

1111 Sir Francis Drake Blvd., Kentfield, CA 94904
WindChimeOfMarin.com | (415) 482-4100

Lic# 216800977

**Novato Human Needs Center
Budget Planning
415-897-4147 • nhnc.org**

Our case managers are available to work with you individually to help plan a monthly budget and improve your sources of income or reduce your expenses over a period of time.

**Paying for Senior Care
415-287-3486 • payingforseniorcare.com**

Financial assistance for assisted living, home care and home modifications for aging in place; understand all your financial options for aging care.



**Vivalon Financial Services
415-456-9062 • vivalon.org**

In partnership with highly qualified volunteers, Vivalon offers free financial consultations in the areas of insurance, taxes and financial services.

**Women's Institute for a
Secure Retirement (WISER)
202-393-5452 • wisermwomen.org**

The Women's Institute for a Secure Retirement (WISER) is dedicated to the education and advocacy that will improve long-term financial quality of life for women.

**HEALTH
& WELLNESS**



►CANCER

**American Cancer Society
707-545-6720 • cancer.org**

Appointments are needed for all services to ensure we have the right people available to meet your needs. Hours and services vary by location. Call 800-227-2345 for general information.

**American Cancer Society —
Look Good Feel Better Program
800-395-5665 • cancer.org**

Free service. We teach patients hands-on cosmetic techniques to help them cope with appearance-related side effects from chemo and radiation treatments. All services provided by certified cosmetologists.

**National Cancer Institute (NCI)
800-422-6237 • cancer.gov**

Personal, confidential help with the latest, most accurate cancer information for patients, their families, the general public and health professionals in English and Spanish.

**►COVID-19 INFORMATION
& COMMUNITY TESTING**

**Marin Health and Human Services
coronavirus.marinhhs.org**

Up-to-date information and resources including public health guidance, testing and vaccination appointments.

**Curative
curative.com**

Multiple testing sites throughout Marin County. Appointments must be made online. Curative offers self-collected oral fluid swab testing that is observed and directed by an on-site healthcare worker.

**Logistics Health Incorporated
888-634-1123 • optum.com**

Advance appointments required; no walk-ups allowed. Located in San Rafael. To make appointment call or visit website.

►DENTAL SERVICES

**Denti-Cal
800-322-6384 • denti-cal.ca.gov**

California Dept. of Health Care Services — Provides names of dentists accepting Medi-Cal.

Marin Community Clinics — Dental

415-448-1500 • marinclinic.org

Dental care for adults and children is offered in San Rafael and Novato locations. Services include exams and cleanings, fillings, limited root canals, dentures, and extractions.

Marin County Dental Society

415-472-7974 • mcdsweb.org

Dental care information and referrals.

College of Marin —

Dental Assistance Program

415-883-2211 x8428

Teeth polishing and X-rays at a reduced cost.

► FITNESS

Larkspur Walkers

415-927-6746 • cityoflarkspur.org

Meet in Piper Park and walk with a great group of folks for one hour. Walks are held every Monday, Wednesday, Friday and Saturday from 9:00am-10:00am. \$20 annual membership.

Osher Marin Jewish Community Center

415-444-8000 • marinjcc.org

A place for people of all faiths to enhance the mind, body and soul. Enjoy our fitness center including warm aquatics and massage.



Vivalon Fitness

415-456-9062 • vivalon.org

Join a community of older adults on their journey to optimal health. Visit our website for our fitness class schedule. Offerings include yoga, Zumba, tai-chi, low-impact chair exercises and more.

Vivalon Walk & Roll

415-456-9062 • vivalon.org

Looking for a new way to motivate yourself to get moving? Walking with others can keep you motivated, improve your accountability, and helps many people improve their heart health. *Currently suspended due to COVID-19.* Check website for updates.

YMCA

415-492-9622 • ymcasf.org/marin

Nonprofit wellness center with full gym, pool and hot tub. Provides exercise classes for active older adults, like yoga, Tai Chi, water aerobics, etc, in addition to wellness classes and workshops.

► HEALTH CENTERS & CLINICS

Coastal Health Alliance

415-663-8666 • coastalhealth.com

Community Health Care Clinic with 24-hour on-call coverage. Chronic disease management for patients, mental health services, and dental.

Kaiser Community Immunization Clinic

800-573-5811

Free. Located at Kaiser Permanente Medical Center. Call for details.

Marin City Health and Wellness Center

415-339-8813 • marincityclinic.org

Founded in 2006 by a grassroots effort to provide accessible primary care for low-income families of an historically African American community, we are an FQHC serving patients of all ethnicities.

Marin Community Clinics

415-448-1500 • marinclinic.org

Provides comprehensive primary care services and some specialty care in Larkspur, Novato, and San Rafael. Sliding scale fees, Medi-Cal, Medicare, Path to Health and private insurance accepted.

Ritter Center Health Center

415-457-8182 • rittercenter.org

Working to improve the health and well-being of individuals and families who are homeless or low-income by providing a range of culturally sensitive, accessible, high quality medical care and social services.

MORE HEALTH CENTERS & CLINICS »

RotaCare San Rafael

415-482-6906 • rotacarebayarea.org

Nonprofit organization provides free medical care to people who have the most need and the least access to medical services.

Vitalant

888-393-4483 • vitalant.org

Bloodmobile in Valley Baptist Church Parking Lot, 3 North San Pedro Road. San Rafael, CA 94903. Please schedule an appointment online or by phone.

►HEARING & AUDIOLOGY

Audient Alliance

415-457-1000 • audientalliance.org

Audient helps low-income people nationwide access quality hearing aids and related care at a significantly lower cost.

Hearing Loss Association of America

(North Bay Chapter)

415-710-7281 • hearinglossnorthbay.org

HLAA provides assistance and resources for people with hearing loss and their families. Captioned meetings are free and currently held on zoom.

The Hearing & Speech Center of Northern California

415-921-7658 • hearingspeech.org

Ensures clients have information, technology and resources to help them fully participate with friends, co-workers and loved ones. Educates the public on issues relating to hearing loss and speech.

Sertoma

816-333-8300 • sertoma.org

We support hearing health through a variety of programs, education and support.

►HOSPITALS

Kaiser Permanente Medical Center

415-444-2000 • kp.org

You deserve health care that's simple, personalized, and hassle-free. Health care that's designed to help you thrive. At Kaiser Permanente, everything works together for one very important cause. You.

Kentfield Hospital

415-485-3541 • kentfieldrehab.com

Kentfield Hospital offers comprehensive outpatient therapy services, long-term acute care, and medical rehabilitation.

Marin Health Medical Center

marinhealthcare.org

MarinHealth Medical Center (formerly Marin General Hospital) is a full service, not-for-profit hospital offering advanced medical expertise, technology and treatments in a healing environment.

The Medical Center of Marin

415-886-4948 • mcomarin.com

Occupational Health, Urgent Care Clinic and Health Clinic.

Novato Community Hospital

415-209-1300 • novatocommunity.org

Twenty-four hour Emergency Room, Certified Stroke Center, Intensive Care Unit, Specialty Bone and Joint Health Program.

San Francisco VA Medical Center

877-487-2838 • sanfrancisco.va.gov

Patient-centered integrated health care for veterans providing excellent health care, research, and education.

►SKILLED NURSING

Marin Convalescent and Rehabilitation

415-435-4554 • marinconvalescent.com

Providing exceptional skilled nursing and custodial care to enhance resident dignity and independence, and foster improved physical, emotional, social, and spiritual well-being.

The Redwoods: A Community of Seniors
415-706-0256 • theredwoods.org

The Redwoods provides incomparable Skilled Nursing care to ensure optimal levels of health: individualized care, rehab, occupational and speech therapy, short and long-term stays, Medicare approved.

Sequoia Living Health Services
415-202-7808
sequoialivinghealthservices.org

Sequoia Living Health Services offers skilled nursing, long-term care, short-term rehabilitation, and assisted living to non-Sequoia Living residents at The Tamalpais Marin. Medicare, insurance plans, private pay accepted.

► **VETERANS SERVICES**

Marin County Veteran Services
415-473-6193 • marinhhs.org

Assistance to veterans in securing medical benefits and housing for the homeless.

San Francisco VA Medical Center
877-487-2838 • sanfrancisco.va.gov

Patient-centered integrated health care for veterans providing excellent health care, research, and education.

Veterans Benefits
844-698-2311 • benefits.va.gov/benefits

All Veterans receive coverage for care and services, but only some will qualify for added benefits like dental care. Determinants are your priority group, your VA doctor's advice and more. Call for information.

Veterans Crisis Line
800-273-8255, Press 1

Connects Veterans and their loved ones with qualified, caring VA responders. Toll-free, confidential help available 24 hours a day, 365 days a year

Veterans Housing
415-952-5502 • vetshousing.com

VHS, a 501(c)(3) nonprofit, maintains a registry to match veteran tenants with local landlords with the goal of identifying, pursuing and providing housing alternatives for North Bay veterans.

► **VISION IMPAIRMENT**

American Academy of Ophthalmology
415-561-8500 • aao.org

Public service outreach program designed to reduce avoidable blindness and severe visual impairment. Raises awareness about eye disease and care with free eye health materials and access to medical eye care.

California Braille and Talking Book Library
800-952-5666 • library.ca.gov

California State Library BTBL — Free books and magazines by mail for the blind and otherwise print disabled on audio book cartridge in braille, and downloadable via web or mobile app for iOS and Android.

Earle Baum Center
707-523-3222 • earlebaum.org

Transforming the lives of people with sight loss in Northern Marin, Sonoma, Lake, Mendocino and Napa counties, we create hope and opportunities for people impacted by sight loss to embrace and enrich their personal, social, and economic lives.

Guide Dogs for the Blind
800-295-4050 • guidedogs.com

Guide Dogs for the Blind empowers lives by creating exceptional partnerships between people, dogs, and communities. Its services are all provided free of charge. GDB receives no government funding.

[MORE VISION IMPAIRMENT »](#)

LightHouse of Marin

415-258-8496 • lighthouse-sf.org

Staff provide training for people who are blind or visually impaired in mobility, independent living skills and adaptive technology as well as counseling and resources. Multi-lingual support is available. Call for an appointment.

HOSPICE SERVICES



► HOSPICE SERVICES



Hospice by the Bay

415-927-2273 • hospicebythebay.org

Hospice by the Bay is your best choice for community-based end-of-life care, family support and grief counseling. We also offer palliative care for those suffering from serious illness or chronic disease and home health care to homebound patients.

Sutter VNA & Hospice

415-492-4600 • svnah.org

Our compassionate home health and hospice care services make it possible for you to receive quality, highly personalized care in the comfort of your own home.

The Redwoods: A Community of Seniors

415-706- 0256 • theredwoods.org

The Redwoods and Hospice by the Bay created 'The Grove', Marin's first and only inpatient hospice center, to deliver all-inclusive care and allow families the chance to focus on their loved ones.

HOUSING



► ASSISTED & INDEPENDENT LIVING

Aldersly

415-453-7425 • aldersly.com

A Not-for-profit Continuing Care Retirement community. In the heart of San Rafael, Aldersly offers an enriched lifestyle with new friends, great food, activities, and three levels of healthcare.

AlmaVia of San Rafael

415-491-1900 • eldercarealliance.org

AlmaVia of San Rafael is a vibrant, pet-friendly community grounded in nurturing mind, body and spirit by offering comprehensive assisted living and memory care services. Our desirable location is only minutes from shopping and medical centers, making it easy for residents to feel at home in the area they already know and love.

Drake Terrace

415-491-1935 • lifeatdraketerrace.com

Thirty Years of serving Marin! Whether you're looking for Independent Living, Assisted Living or Memory Care, choose a community that has a reputation for being a friendly, family-like setting providing exceptional senior living.

The Redwoods: A Community of Seniors

415-383-1600 • theredwoods.org

For over forty years, The Redwoods has combined high quality, comprehensive housing, care and services with surprising affordability and a comfortable, engaging lifestyle. Apartments available!

Stockstill House

415-663-0722 • wmss.org

Licensed Residential Care Facility. Warm spacious home for eight seniors. Registered Nurse administrator. Landscaped garden and walking path. Beautiful rural setting. Owned and operated by West Marin Senior Services.



The Tamalpais

MARIN

The Tamalpais

415-464-1755 • thetam.org

Trading a high maintenance home for a maintenance-free one means you will have more time for the things you enjoy. Come up-size your life at The Tamalpais Marin with delicious chef-prepared meals, 24/7 access to health and wellness services, and someone to talk with when you desire companionship. You are not alone at The Tam. We are here for you.

Tam House

415-457-5633 • tamhouse.org

Ross Valley Ecumenical Housing Association's unique co-housing for 21 cooperative, independent seniors in San Anselmo provides communal space and private rooms. Independent living only, no assisted living.

Villa Marin

415-492-2408 • villa-marin.com

An active Continuing Care Retirement Community governed by its residents with 100% equity in their condos. Applicants must be independent, but skilled nursing and assisted living are available.

WindChime

415-482-4100 • windchimeofmarin.com

WindChime of Marin is a boutique community in beautiful Kentfield that specializes in serving individuals living with memory loss.

HOME REPAIR »

MEMBER PROFILE



A Marin resident since 1965, **Mike Lee** has been using Marin Access paratransit, operated by Vivalon, for many years. He was introduced to Vivalon's Nourish program last spring by Marin Community Clinics while he was accompanying

his grandson Jackson to a medical appointment.

Mike says that being blind can make something as simple as cooking a decent meal a real challenge. The pandemic makes this even harder, since it's tough to get to the grocery store regularly to stock up on fresh fruits and vegetables. He says he is grateful for his thrice weekly meal deliveries during the pandemic due to his high risk status after heart surgery. The program keeps him safe, eating balanced meals, and allows him to focus on raising

Jackson, who is engaged in remote learning. "I am the Principal, lunch lady, and I run recess" says Mike. In addition to those roles, Mike also walks his six-year-old guide dog, Elmer, daily.

Mike says, "My grandson and I are truly grateful for this program and for the people who care so much about our wonderful community, who take the time to prepare the meals, schedule deliveries and drive around the county, making sure people like us get a nutritious, delicious meal. I am thrilled to be part of the Vivalon family." It is a reciprocal sentiment. It doesn't take long to experience the joy and laughter Mike brings to any conversation. About the volunteers who deliver his meals, he says "they're so friendly, and they always have big smiles on their faces. They're wearing a mask and I'm blind, but a genuine smile is impossible to hide."

►HOME REPAIR

2-1-1 Marin County

Dial 2-1-1 • 211bayarea.org

Dial 211 or visit website for handyman referrals.

Covia Rotary HOME Team

888-204-5573 • covia.org

Covia partners with local Rotary clubs to provide free, basic home maintenance and repairs for older adults.

►HOUSING RESOURCES

Consumer Credit Counseling Services:

Housing Counseling

800-777-7526 • info@cccssf.org

HUD approved counseling in all areas relating to the home: home buyer, default and loss, reverse mortgages, volunteer credit counseling services.

Covia Home Match Marin

415-456-9068 • covia.org

A home sharing program that connects homeowners with people seeking affordable housing. We connect people based on lifestyle and interests. Work with clients to design a Living Together Agreement and offer ongoing support.

EAH Housing

415-258-1800 • eahhousing.org

Creates community by developing, managing and promoting quality, affordable housing. EAH owns and manages affordable housing for seniors throughout Marin County.

Elder Transition Care

415-758-7097

Full-service moving management for seniors. Options include: sorting, selling, and shipping items; hiring and overseeing movers; and staging the old house for sale or lease. Call for a free consultation today!

Fair Housing Advocates of Northern California

415-457-5025 • fairhousingnorcal.org

The only full-service fair housing agency in Marin County and the only housing counseling agency in Marin County certified by the US Department of Housing and Urban Development (HUD).

Homeward Bound of Marin

415-382-3363 • hbofm.org

Homeward Bound of Marin is the county's chief provider of shelter and services for homeless families and individuals. Services include counseling, support for job and housing search, job training and referral to community agencies.

Marin Housing Authority

415-491-2525 • marinhousing.org

The Housing Authority of the County of Marin is a public corporation created to provide decent, safe and sanitary housing for low- and moderate- income people.



Senior Settlers

415-755-3340 • senior-settlers.coms

Senior Settlers offers skilled, cost-effective downsizing, de-cluttering and relocation assistance to Bay Area seniors. We make your tough transitions trouble-free!

►PLACEMENT SERVICES

Elder Care Locator

800-677-1116

Nationwide senior services information, including housing.

Elderlink

800-777-7575 • elderlink.org

A free senior care referral service licensed by the California Department of Public Health.

MEMBER PROFILE



Lilli Dreyer receives a social call once a week. She discovered Vivalon's Social Call program because, "I have my toe in the volunteer world of Marin, as president of Vision Impaired of Marin. I look forward to the social call visits. My volunteer is a very good listener.

What I find interesting about the phone calls is that she is very good about getting me to open up. She never imposes her situation on me at all. In fact, I have to pry things out of her with specific questions. We talk about everything from the weather to traffic to the state of the world. Talking with her is very pleasurable." Lilli added, "Yes, I'd recommend the calls to others. Just getting them to talk about things other than themselves with somebody new, or to unburden themselves, which I think often happens, too, is such a good thing. Reaching out can be hard, picking up the phone is easy!"

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.

SearchSeniorLiving.com

877-243-8073 • searchseniorliving.com

We provide comprehensive information for retirement communities near the San Francisco Bay Area.

Senior Placement Services

707-292-9998 • joycares.net

Founder, Joy Lovinger brings compassion and personal experience to the process of helping clients select the right new home for themselves or a loved one.

INFO & REFERRAL



► REFERRAL SERVICES

2-1-1 Marin County

Dial 2-1-1 • 211bayarea.org/marin

2-1-1 connects Bay Area residents to current Health and Human Services information.

AgingCare.com

888-848-5698 • agingcare.com

AgingCare.com connects families who are caring for aging parents, spouses, or other elderly loved ones with the information and support they need to make informed caregiving decisions.

Community Action Marin

415-526-7500 • camarin.org

A nonprofit social services agency helping all of us achieve self-sufficiency. High-quality childcare, energy assistance, safety net, economic mobility, central kitchen, and peer mental health programs.

Marin County Division of Aging and Adult Services

415-473-4636 (INFO) • marinhhs.org

Adult and aging information assistance line. Available 8:30am-4:30pm, Monday-Friday. Free and confidential services provided by county social workers.



VIVALON VOLUNTEERS

MORE INFO & REFERRAL »



Vivalon Resource Office
415-459-6700 • vivalon.org

General information and referrals
on programs and agencies throughout
Marin County.

► MEDICAL ASSOCIATIONS

Alzheimer's Association-North Bay **415-472-4340 • alz.org**

Information and support to families,
including education programs, support
groups, 24/7 helpline.

American Bone Health **888-266-3015 • americanbonehealth.org**

We educate on how to build and keep
strong and healthy bones for life with
practical and up-to-date information and
resources to inspire them to prevent bone
loss, osteoporosis and fractures.

American Diabetes Association **888-342-2383 • diabetes.org**

Information on diabetes and services for
diabetics.

American Heart Association **707-508-7989 • americanheart.org**

Information and education on heart disease
and stroke.

American Lung Association **510-638-5864 • lung.org**

Information and education on respiratory
disease, clean air advocacy, research, indoor
air quality and mold concerns. Tobacco
cessation programs and initiatives.

American Speech, Language And Hearing Association **800-498-2071 • asha.org**

Information and referral for speech,
language and hearing disorders.
Membership dues and fees.

Amputee Coalition **888-267-5669 • amputee-coalition.org**

A nonprofit resource of information on
rehabilitation and services available for
amputees.

Arthritis Foundation **800-283-7800 • arthritis.org**

Services to people with arthritis. Literature
on diagnosis and treatment. Referral to
programs and specialists.

Foundation for Osteoporosis Research & Education **888-266-3015 • fore.org**

We educate on how to build and keep
strong and healthy bones for life with
practical and up-to-date information and
resources to inspire them to prevent bone
loss, osteoporosis and fractures.

The Mended Hearts, Inc. **888-432-7899 • mendedhearts.org**

Improving quality of life for heart patients
and their families through ongoing peer-to-
peer support, education, and advocacy.

Muscular Dystrophy Association **800-572-1717 • mda.org**

Support groups and services for persons
with Muscular Dystrophy (MD) and support
for their families.

National Association for Continence **800-252-3337 • nafc.org**

Consumer education and advocacy
organization dedicated to bladder and
bowel health.

EDITOR'S NOTE:

If you have any questions or run into any
trouble with the information provided,
please call the number provided for the
listing in question, or call the Vivalon
Front Desk: **415-456-9062**. With any
questions about COVID-19, call the Marin
County Health and Human Services
COVID-19 Information line: **415-473-7191**.

MEMBER PROFILE



When **Bill Crissman** walked into Vivalon's doors, he knew it was going to be the perfect fit. "I decided to become a member immediately," Bill said. Bill moved to Marin from San

Francisco four years ago, and since then Vivalon has been a reliable resource for him. He expressed that Vivalon has been, "a really, really big help, especially since COVID-19 got started." He avoids supermarkets, and has taken advantage of picking up the to-go meals provided by Vivalon's Jackson Café. He plans to use the meal delivery service on rainy days.

When the Jackson Café was still open for dine-in he frequented the spot, going almost five days a week. He loves the convenience, ample parking, and location. Bill enjoys meeting new people at the café, and he appreciates the friendly staff.

Bill describes Vivalon as being a "godsend," with its delicious and affordable to-go meals so he does not have to go to the grocery store. Overall, Vivalon has become a special place for Bill since moving to Marin. "I've met some really nice people, and I've enjoyed my time at Vivalon".

LEGAL



► ADVOCACY

Aging Action Initiative **aginginmarin.org**

Aging Action Initiative promotes a county-wide age-friendly environment, especially for those in need. Collectively created by a strong network of aging service providers through public education, policy advocacy, and service innovations.

California Alliance for Retired Americans (CARA) **415-820-3239 • californiaalliance.org**

The California Alliance for Retired Americans (CARA) is a statewide nonprofit organization that works to win social and economic justice, full civil rights, and a better, more secure future for all.

California Senior Legislature **916-767-4382 • 4csl.org**

The California Senior Legislature is a volunteer body whose primary mission is to gather ideas for legislation at the state and federal levels, craft the ideas into formal proposals, prioritize the proposals, present them to members of the Legislature or the Congress, and advocate for laws implementing the ideas.

Compassion & Choices **800-247-7421 • endoflifeoption.org**

Compassion & Choices improves care, expands options and empowers everyone to chart their end-of-life journey.

Council on Aging, Services for Seniors (Sonoma) **707-525-0143 • councilonaging.com**

The Council on Aging provides 16 different programs across four departments offering integrated services for seniors 60+. Most programs also available in Marin County.



VIRTUAL CLASSES WITH VIVALON

MORE LEGAL ADVOCACY »

Gray Panthers of San Francisco
graypantherssf.igc.org

Advocates and endorses positions and actions for peace and social justice, universal health care, electoral reform, non-privatization of public resources, civil rights, human rights, and civil liberties.

Marin County Commission on Aging
415-473-7118 • marinhhs.org

Promote the dignity, independence, and quality of life of older persons through advocacy, information, programs and services.

Marin County Division of Aging
Ombudsman Program

415-473-7446 • marinhhs.org

Free and confidential advocates for residents in nursing homes and assisted living communities. We investigate complaints, promote resident rights, and provide placement information.

National Association to
STOP Guardian Abuse
StopGuardianAbuse.org

NASGA is a nonprofit, civil rights organization working to expose and end unlawful and abusive actions towards elders, guardianships and conservatorships.

The Seniors Coalition
202-261-3594 • senior.org

Advocacy organization that represents the interests of America's older adult citizens at both state and federal levels.

► **CONSUMER SERVICES**

Better Business Bureau
800-411-2221 • bbb.org

Receives complaints about local businesses.

M E M B E R P R O F I L E



Clothing designer **Tracy Redig** is a Vivalon community hero. Back in March 2020 when we were just starting to adjust to the shelter in place order, Tracy answered a call from an old friend who asked

if Tracy could help make masks for members, volunteers, and employees. Tracy proved to be an invaluable resource with her sewing and design experience, leftover elastic from her former career in designing lingerie, and energy that lasts for days. This winning combination resulted in over 11,000 masks sewn and distributed by Vivalon volunteers in 2020.

Tracy volunteers an average of 50 hours a week, making kits for the teams of amazing Vivalon volunteers. The operation has both a cutting team and a sewing team, almost 20 volunteers in total. Tracy has made several versions of a mask pattern, working on perfecting the nose piece and problem solved to get the most (16) masks out of one 45-inch yard of fabric. Tracy has dedicated more than 1,895 volunteer hours to lead this endeavor.

“Giving fills you with joy — it’s fabulous,” says Tracy, who also speaks of the connections she has made with her mask making teams.

Not only does Tracy volunteer but she also attends the virtual weekly Vivalon Bingo game. She looks forward to talking with her Bingo pals and recognizes she would be lonely without Vivalon. “People who work and volunteer in the nonprofit world understand what it takes to build community,” says Tracy. Thank you Tracy for helping our mission come to fruition. Connection really does work wonders!

**Marin County Consumer
Protection & Mediation Services**
415-473-6495 • marincountyda.org

The Consumer Protection Unit enforces consumer protection laws and provides consumer rights info. Our mediation unit handles a range of consumer and community disputes at no cost to county residents.

Marin Municipal Water District
415-945-1400 • marinwater.org

Public water agency serving South and Central Marin County. Offers low-income and medical disability discounts, third party notification service, conservation assistance and more.

► **ELDER ABUSE**

Elder Financial Protection Network (EFPN)
707-981-8403 • elderfinancialprotection.org

Dedicated to the prevention of elder financial abuse, EFPN offers information and referrals, brochures, professional training, community outreach, and speakers bureau information.

Marin County Adult Protective Services
415-473-2774 • marinhhs.org

Takes reports and investigates elder and dependent adult abuse.

► **LEGAL COUNSELING**

**Bar Association of San Francisco
Senior Legal Services Program**
800-283-7800 • sfbar.org

Low-income adults age 65 and older receive a free, 30-minute consultation, with an experienced Marin attorney. Other agency referrals are also available through the LRIS. For some cases there will be a \$35 fee.

Bay Area Legal Aid
415-354-6360 • baylegal.org

For help with legal problems involving housing, public benefits, consumer law, or health care access.

Family & Children's Law Center
415-492-9230 • faclc.org

Our seasoned, full-time attorneys provide high-quality, low-cost legal services in matters ranging from divorce and domestic violence to child custody and support.

Immigrant Legal Resource Center (SF)
415-255-9499 • ilrc.org

The ILRC works with and educates immigrants, community organizations, and the legal sector to continue to build a democratic society that values diversity and the rights of all people.

Legal Aid of Marin
415-492-0230 x102 • legalaidmarin.org

Providing access to the civil justice system to older adults, low-income, and otherwise vulnerable and underserved community members of Marin County. We offer representation on housing and wage claims, and free legal advice on estate planning.

**Legal Self-Help Center
of Marin Supreme Court**
415-444-7130 • marincourt.org

Provides free legal information and assistance in preparing court documents and understanding court procedures

Marin Mediation Services (DA)
415-499-7454 • marinhhs.org

Consumer protection mediation services help neighbors, tenants, landlords, business and professional people resolve their differences.

Tenant Rights Hotline
888-495-8020 • tenantstogether.org

We offer free one-on-one phone counseling sessions to our members.



Vivalon Legal Aid Services
415-456-9062 • vivalon.org

Vivalon partners with Legal Aid of Marin to offer Vivalon members free one-to-one virtual legal consultations during the pandemic. All legal consultations are being held by phone.

MEDICAL EQUIPMENT



► ASSISTIVE TECHNOLOGY & RECYCLERS

Ability Tools

800-390-2699 • abilitytools.org

Ability Tools, formerly the AT Network, is California's Assistive Technology Act Program. We provide a variety of services for Californians with disabilities of all ages.

Clear Captions

415-450-7881 • clearcaptions.com

You may qualify for a federally funded, amplified, captioning telephone. Learn more about captioning services by visiting us online at clearcaptions.com.

Marin Medical

Equipment Recyclers (MMER)

415-388-8198 • marinmer.org

Not operating at full scale due to COVID-19. Equipment requests may be filled, start by calling and leaving a message. Alternate phone 415-747-4980.

Sonoma County Section on Aging Durable Medical Equipment Recycling

sonomacountysoa.org

FREE Medical Equipment Recycling Program. ONLY open 11:00am-2:00pm on Wednesdays. We are located in a warehouse at 256 Sutton Place, near Suite 104. You can get there from Todd Road or Standish Ave in Santa Rosa. We DON'T take: CPAP machines, bandages, catheter supplies, needles, tracheotomy or ostomy supplies, tubing of any kind, IV supplies or broken or dirty equipment.

EDITOR'S NOTE: Due to the ever-changing guidelines and safe practice recommendations regarding COVID-19, we cannot guarantee that all of the information contained in this resource guide will remain up to date throughout 2021.

MEMORIAL SERVICES



► FUNERAL HOMES & CEMETERIES



VALLEY MEMORIAL PARK
CEMETERY & FUNERAL HOME

Valley Memorial Park

Cemetery & Funeral Home

415-897-9609 • valleymemorialpark.com

Locally Owned and Operated in Marin County. Full-Service Cemetery, Funeral Home, Chapel, On-Site Crematory and Reception Center. All at one location nestled in a beautiful valley near the Rush Creek Open Space on Bugeia Lane in Novato. We offer traditional, and natural green burial, contemporary, mausoleums, affordable on-site cremations, and simple pre-arrangement counseling and insurance funding for future expenses.

NUTRITION



► COMMUNITY MEALS

Albert J. Boro Community Center

415-485-3077 • cityofsanrafael.org

Group lunches provided Wednesdays at 12:00pm. Donation requested: \$3 (60 +), \$6 (under 60). Reservations required one week in advance.

Rodef Sholom Monthly Seniors Lunch

415-479-3441 • rodefsholom.org

Join us for a free monthly lunch and lively conversation at Congregation. All are welcome! RSVP to moji@rodefsholom.org to ensure that we have enough food for all.

San Geronimo Valley Community Center
415-488-8888 x 254 • sgvcc.org

Senior Lunch Mondays and Thursdays only.
Organic meals served. Call for meal times and menus or check website, click on “Seniors”.

San Rafael Goldenaires Meal Site
415-485-3348 • cityofsanrafael.org/older-adult

Group lunches provided Wednesdays, except the third Wednesday of the month. Suggested donation, \$3 (60+), \$6 (under 60). Reservations required one week in advance.

St. Hilary Church
415-937-5524 • sthilary.org

Offers a free senior lunch on the third Thursday of each month at 11:00am. Contact Diana for more information.

St. Vincent de Paul Dining Room
415-454-3303 • vinnies.org

Serves free meals everyday 6:30am-1:00pm.
820 B St, San Rafael.

West Marin Senior Services Point Reyes Station Community Lunch
415-663-8148 x104 • wmss.org

Hot, organic lunch meals provided by Good Earth, served Thursdays at 12:00pm. Reservations required one week in advance. Suggested donations: \$3 for adults 60+ and \$6 for adults under 60.

► **FOOD PANTRIES**



Brown Bag Pantry at Vivalon
415-456-9062 • vivalon.org

The Brown Bag Pantry seeks to help low-income older adults (60+) and people with disabilities who live in Marin County, maintain their nutritional health and independence. The pantry is a supplemental food program that allows visitors to choose from a vast array of seasonal fruits and veggies; protein items, such as meat, eggs, or beans; grains — pasta, bread, or rice, and canned goods. Located at Vivalon, every Friday from 10:00am-11:00am.

Novato Human Needs Center: Food Pantry
415-897-4147 • nhnc.org

Emergency Food: Three-day supply for low-income people, referrals to free dining rooms, food pantries. Vouchers for baby food, formula also available. U.S. Surplus Food: Novato distribution site.

San Geronimo Valley Community Center Food Pantry
415-488-8888 • sgvcc.org

Senior Lunch and Food Pantry on Mondays and Thursdays only. Organic meals served. Must qualify for Food Pantry.

SF-Marin Food Bank
415-883-1302 • sfmfoodbank.org

Our Food Locator tool can help you locate weekly free food, monthly food boxes for seniors, or one-time emergency food. The SF-Marin Food Bank is committed to serving residents regardless of their immigration status.

West Marin Community Resource Center Food Pantry
415-663-8361 x400

Food Pantry is Monday, Wednesday, Friday, 9:00am-12:00pm, Tuesday, Thursday 1:00pm-5:00pm. Located at 11431 Hwy 1, Point Reyes Station.

► **HOME-DELIVERED MEALS**

Ceres Community Project
707-829-5833 • ceresproject.org

Ceres delivers free or low-cost nourishing meals — made with love by volunteers — to individuals dealing with a serious health challenge such as cancer. Call to inquire about eligibility.

Meals from Friends
415-663-8148 • wmss.org

West Marin Senior Services — If you are 60+, live in West Marin and are homebound we have friendly, reliable volunteers who can deliver fresh, chilled meals to your home. Suggested donation \$3.50/meal.

MORE HOME-DELIVERED MEALS »



Vivalon Meals on Wheels
415-457-4636 • vivalon.org

In partnership with the County of Marin, Vivalon's friendly, reliable paid and volunteer drivers deliver fresh, chilled meals to homebound older adults 60+. Suggested contribution \$3.50 a meal.



Vivalon Nourish
415-456-9062 x176 • vivalon.org

The Vivalon Nourish program delivers food to those living with chronic health challenges, three days a week, with the help of dedicated volunteer drivers. The program delivers fresh or frozen food, to those needing extra help with a ready-made meal. Suggested contribution \$3.50 a meal.

► **NUTRITION**

Agricultural Institute of Marin
415-472-6100 • agriculturalinstitute.org

Eat local. Shop local. Support local. Operators of eight farmers markets plus the Rolling Root. Thursdays and Sundays at the Marin Civic Center, 8:00am-1:00pm.

CalFresh or Food Stamps
getcalfresh.org

Federal food assistance program available to eligible persons. Apply online to get \$192 per month per household member on an EBT card.

Covia Market Day
925-330-5500 • covia.org

Market Day offers fresh produce at wholesale prices to older adults throughout the Bay Area. In Marin County, Market Day is available at Margaret Todd Senior Center and Marin City Senior Center.

Good Earth Natural Foods
415-383-0123 • genatural.com

Good Earth is an independent natural and organic grocer with two stores in Marin County, California. For over 50 years, we've advocated for a healthier, more sustainable food system. *Curbside grocery pick-up and delivery now available in select areas.*



Jackson Café at Vivalon
415-456-9062 • vivalon.org

Vivalon's Jackson Café, across from the bus depot in central San Rafael, is open to the public and offers a wonderful place to relax and enjoy lunch with friends. The meals are fresh, affordable, and delicious- made in our kitchen by our award-winning culinary director and served by Vivalon volunteers. The daily menu includes a hot main entrée, vegetarian entrée, soup du jour and a variety of other favorite lunch dishes. Jackson Café is open to the public, Monday-Friday, 11:30am-2:00pm. Prices for entrées for Vivalon members are \$6, and for non-members \$10. Indoor dining suspended due to COVID-19, will resume when able to do so safely.



Jackson Café To-Go
415-456-9062 • vivalon.org

During COVID-19, Jackson Café offers delicious, fresh meals prepared daily by award-winning chef Stacy Scott, to-go. Pick up a gourmet meal to take home for only \$6! Get your To-Go meals delivered on Thursdays! Visit Website for delivery menu and details.

United Markets
415-454-3300 • unitedmarkets.com

For over 65 years United Markets has supported healthy choices and honest values. Shop at 515 Third St, San Rafael or 100 Redhill Ave, San Anselmo, to experience our personalized customer service.

RECREATION & SOCIAL CONNECTION



► BINGO & CHESS

Novato Senior Citizen's Club BINGO

415-899-8290 • novato.org

Membership is open to adults over 50.

Detailed information about our programs are available at the center or call for information.

Bingo on Sundays. Doors open at 11:00am, games start at 1:00pm.

San Rafael Goldenaires

415-485-3348 • cityofsanrafael.org

Held at the San Rafael Community Center.

Bingo Wednesdays (except third Wednesday).

Doors open at 10:00am and games start at 12:00pm. Lunch at 11:00am. Call for details.

TAM Valley Seniors

415-388-6393 • tamcsd.org

Currently operating via conference call.

BINGO on Wednesdays and Sundays at

12:00pm. Join for games and fun conversation.

Call for details.

Terra Linda Seniors

415-485-3344 • cityofsanrafael.org

BINGO from 9:30am-12:30pm on Tuesdays.

Located at the Terra Linda Community Center.

Fairfax Chess Club

415-290-6060

The Fairfax Chess Club is temporarily suspended due to COVID-19. Please call Stan for more information when restrictions are lifted.

Vivalon Virtual BINGO

415-456-9062 • vivalon.org

Tuesdays 10:00am-10:30am via conference call and zoom. Free, Registration Required.

A perfect opportunity to socialize and win prizes. Play BINGO from the comfort of your own home! Please call by Thursday to play Bingo the following Tuesday. You will be provided with the conference call number and zoom information upon registration.

► MULTI-CULTURAL SERVICES

Canal Alliance

415-454-2640 • canalalliance.org

Assistance for Canal area residents, including food distribution, immigration issues, English as a Second Language (ESL) classes, technology training and family advocacy.

Covia Alma Latina

415-899-8297

Multicultural outreach duplicates Covia's programs for Spanish-speaking older adults. It develops and implements educational outreach and special events for Novato's Hispanic community members. The group offers the opportunity to meet once a month for lunch and to listen to informative presentations.

► OLDER ADULT ORGANIZATIONS

Age Friendly Marin

agefriendlymarin.org

We are a local network of community groups in Marin that support the development of age-friendly communities as designated by the World Health Organization (WHO) and the AARP. We promote healthy living and opportunities to be involved in one's community.

Age-Friendly Intergenerational Center

415-991-9291 • agefriendlycenter.org

The Intergenerational Center offers quality, affordable programs featuring intergenerational and multi-generational participation, enriching the lives of people of all ages throughout Marin County.

Albert J. Boro Community Center

415-485-3077 • cityofsanrafael.org

Offers 6,000-volume library, a multicultural senior's program, ESL classes, event and park facilities.

MORE OLDER ADULT ORGANIZATIONS »

Corte Madera Community Center
415-927-5072, Press 1 • cmparksandrec.org

Offers quality and affordable programs to enrich the lives of people of all ages throughout Marin County. We provide information along with classes and seminars geared toward social, emotional, educational, health and fitness programs for adults.

Dance Palace Community Center
415-663-1075 • dancepalace.org

Come take a class, see a performance, or register for an Osher Lifelong Learning Institute lecture or workshop! Co-sponsor of senior Zumba and organic community meals.

Edgewater Seniors Club
415-289-4152 • sausalito.gov

The Edgewater Seniors Club provides opportunities for social gatherings, day trips, and creating friendships. Meetings will resume once health officials say it is safe to gather in groups inside.

Margaret Todd Senior Center
415-899-8290 • novatofun.org

All programs and services closed until April 7, 2021 or until further notice. Please call or check website for updates.

Marguerita C. Johnson Senior Center
415-332-9323 • mcjseniorcenter.com

Services and activities to residents 55 and older. Outdoor fitness classes, tea time, art classes, support groups and an intergenerational garden. COVID-19 protocols in place.

Marin City Senior Sunshine Club
415-332-9323

Meets at Marguerita C. Johnson Senior Center. Programs for adults 60 and older, please call for updates.

North Bay Elder Ebikers
415-302-8850 • northbayelderebikers.com

A California nonprofit corporation organized to educate, promote and support the riding of electric bicycles by older adults for their health, transportation, recreation and sociability. Organized group rides and meetings. See website for more information.

Retired Public Employees Association
707-573-1566 • rpea.com

Nonprofit association of retirees and active employees who are members of the California Public Retirement System (CalPERS). Lobbies to protect pensions and benefits. Membership fee is \$5 per month.

Ross Valley Seniors Social Group
415-258-4669 • townofsananselmo.org

Adults 50+ are welcome. Meetings are first Thursday of the month on zoom at 12:30pm, free of charge.

San Geronimo Valley Community Center Senior Programming
415-488-8888 • sgvcc.org

Food pantry and organic lunches for seniors served on Mondays and Thursdays. Open-door policy. Education and activities including health workshops, book club, writing group, ping pong, qi gong, and yoga.

San Rafael Community Center
415-485-3333 • cityofsanrafael.org

San Rafael Goldenaires, fitness and art classes, services, event facilities.

San Rafael Goldenaires
415-485-3348 • srgoldenaires.org

Located at the San Rafael Community Center. Activities and classes: exercise, bridge, mah jong, bingo, trips and tours, art, social events, volunteer opportunities and more. Annual membership is \$35.

Sausalito Village

415-332-3325 • sausalitovillage.org

Dedicated to enhancing the ability of our members to live independently and active in our community as we age. Offering a wide variety of support services to members. Open to all Sausalito residents.

Terra Linda Community Center

415-485-3344 • cityofsanrafael.org

Outdoor pool, Terra Linda Senior Club, art and ceramics classes, fitness classes, bridge, event and park facilities.



Vivalon Healthy Aging Center **415-456-9062 • vivalon.org**

Join our thriving community of older adults who enjoy fitness classes; Tai Chi, balance classes, Zumba, Yoga, Hula, music, technology and language classes, discussion and self-help groups, and excellent lunches Monday-Friday. See website for class and activity schedules.

► RECREATION & COMPANIONSHIP

AgeSong Marin

415-234-5040 • agesongmarin.org

AgeSong Marin discussion groups provide conversation and connection for older adults who wish to explore life's third act. Small groups led by two experienced facilitators meet weekly for eight weeks and are now offered on zoom, due to COVID-19. While on zoom, \$40 fee; scholarships available.

LIKE WHAT YOU SEE?

Contact: directory@vivalon.org to inquire about advertising and share what you have to offer with the growing older adult community in Marin.



covia

Covia Well Connected

877-797-7299 • covia.org

In this time of separation, Well Connected and Well Connected Español are here for you — to provide laughs, intellectual stimulation, inspiration, conversation and more, all via groups you can join from home, by phone or online.

Marin Art and Garden Center

415-455-5260 • magc.org

Gardens, art gallery, historical library, antique shop. Open Monday-Saturday, 9:00am-5:00pm. Volunteer opportunities available.



Vivalon Social Connection Programs **415-456-9062 • vivalon.org**

Yearning for social connection? Vivalon can provide opportunities including classes, in-person visits and weekly phone calls with a friend. Call us to walk through your options. We can't wait to connect with you!



Vivalon Outings **415-456-9062 • vivalon.org**

In partnership with Marin County Parks and Recreation and MCIL, Vivalon offers group outings each month, including cultural destinations, Marin County parks and open space preserves, and more. Program suspended due to COVID-19, will resume when able to do so safely.

TECHNOLOGY »

TECHNOLOGY



► TECHNOLOGY CLASSES

Golden Gate Computer Society

415-454-5556 • gcs.org

The Golden Gate Computer Society is one of the foremost PC user groups in the San Francisco Bay Area. We are "users helping users" offering monthly meetings, a newsletter and classes.

Marin County Free Library Computer Tutoring **marinlibrary.org**

Computer tutoring available at the Marin County Library Civic Center Branch. By appointment only.

San Rafael Public Library **Computer Tutoring**

415-485-3317 • sanrafaelpubliclibrary.org

Volunteer tutors give free one-on-one instruction in basic use of the Internet.

Technology For Life

415-325-5790 • technolgy4life.org

Our mission is to educate adults in the use of technology to enable them to remain vital, independent, and connected to their families and community. We offer group classes and home consultations.



Vivalon Computer & Technology Classes

415-456-9062 • vivalon.org

Technology can be liberating and add so much to your quality of life if you know how to use it. Come make friends with technology at Vivalon! Our variety of tech classes start with the very basics and build your tech knowledge as you go. Check website for class schedule. Join us for free Open Lab every Monday and Friday, 10:00am-12:00pm. *Open Lab suspended due to COVID-19, will resume when able to do so safely.*

► SCIENCE

Buck Institute for Research on Aging

415-209-2000 • buckinstitute.org

The Buck Institute is the nation's first independent research facility focused on understanding the connection between aging and chronic disease. Our mission is to increase the healthy years of life.

TRANSPORTATION



► TRANSPORTATION

American Cancer Society Road to Recovery

888-227-6333 • cancer.org

Road to Recovery provides transportation to and from cancer related medical appointments for people with cancer who do not have a ride or are unable to drive themselves. Call center open Monday-Friday.



CarePool by Vivalon

415-454-0927 • vivalon.org

Vivalon's CarePool program helps older adults get to medical appointments or the grocery store. CarePool offers FREE rides to Marin County residents 65 or older and to people with disabilities. CarePool offers a unique "door-through-door" service. Volunteer drivers provide extra support, such as unloading groceries for riders, and walking riders into their doctor's appointment, and waiting for them until the appointment ends.

EDITOR'S NOTE:

If you have any questions or run into any trouble with the information provided, please call the number provided for the listing in question, or call the Vivalon Front Desk: **415-456-9062**. With any questions about COVID-19, call the Marin County Health and Human Services COVID-19 Information line: **415-473-7191**.



Golden Gate Transit and Ferry
415-455-2000 • goldengate.org

Golden Gate offers daily bus and ferry service connecting Marin County to San Francisco. Choose one of our many bus routes that run throughout the day or take the ferry from our Larkspur, Sausalito or Tiburon terminals. Our buses and ferries are fully accessible. Let Golden Gate get you there. It's the easy way to travel!

Marin Access
415-454-0902 • marintransit.org

Marin Access is a suite of transportation programs and services offered by Marin Transit to help older adults and persons with disabilities get around within and beyond Marin. Services include Travel Navigators, Paratransit, Catch-A-Ride, STAR & TRIP Volunteer Driver Programs, Travel Training, and more. Contact a Travel Navigator or visit our website to learn more about your transportation options!

Marin Transit
415-226-0855 • marintransit.org

Marin Transit provides local transit services within Marin County including local bus service, Dial-A-Ride service in Novato, Point Reyes, and Dillon Beach/Tomales, Stagecoach service to West Marin, School routes, the Muir Woods Shuttle, and Connect, our app-based, on-demand shuttle service. Visit our website or contact us to learn more!

Sonoma Marin Area Rail Transit (SMART)
415-455-2000 • sonomamarintrain.org

The Bay Area's newest transportation option for travel, offering passenger rail service in Sonoma and Marin Counties. SMART's rail corridor includes stations from the Sonoma County Airport to downtown San Rafael and Larkspur.



Vivalon Contract Services
415-454-1552 • vivalon.org

Vivalon's 50+ fleet of buses and drivers are available for charters, one-time or recurring, for all types of weekday or weekend excursions in Marin, San Francisco and Solano counties. Our ADA-compliant vehicle capacity seats up to 22 people and is wheelchair-accessible for the care and comfort of people with disabilities.

VOLUNTEERING



► VOLUNTEERING

10,000 Degrees Academic Support
415-464-6068 • 10000degrees.org

Connects volunteers with students in public schools throughout Marin County to tutor in classrooms and on-campus after school programs. Full training and support provided to tutors.

Center for Volunteer and Nonprofit Leadership (CVNL)
415-479-5710 • cvnl.org

We offer comprehensive programs that support nonprofits and volunteers including training, executive search, customized consulting solutions, volunteer services, and corporate engagement.

MORE VOLUNTEERING »

Love is the Answer (LITA)**415-472-5482 • litamarin.org**

LITA's volunteer programs provide in-facility opportunities for meaningful human connection on a regular basis. Volunteer needs are ongoing.

Marin County Civil Grand Jury**415-473-6132 • marincounty.org**

Applications being accepted to the Marin Grand Jury. Jurors serve one year beginning July 1. Application deadline is April 22, 2021. Go to website for information or call.

MarinShares**415-473-7167 • marincounty.org**

Engaging in public service can enhance your life and help us achieve our mission of excellent service to Marin residents. We welcome people of all ages and offer a range of opportunities that fit your skills and availability. Volunteers contribute talents, meet new people and have positive impacts. Make a difference today!

Marinterns**415-473-7447 • marincounty.org**

Marinterns is the County of Marin Internship program for enrolled students of all ages. Gain experience, make contacts, and explore public service careers in law, health, fire, public policy and more.

Salvation Army**415-459-4520 • sanrafael.salvationarmy.org**

Volunteer to help with our community activities, including: food pantry, Christmas bell ringing, Emergency Disaster Services, music and arts program; or join church and social groups such as Home League.

SCORE**415-764-4964 • sanfrancisco.score.org**

SCORE provides free business consulting for entrepreneurs and small businesses. Local appointments at Mill Valley Library.

Sequoia Living Experience Corps Bay Area**415-464-1767**

Volunteer with us virtually to tutor students in reading and literacy. We provide the training, and you use your time and talent to help children succeed in Marin, San Francisco, and San Mateo.

**Vivalon Volunteer Program****415-456-9067 • vivalon.org**

A wide variety of volunteer opportunities including volunteer drivers for CarePool and meal delivery, servers in the Jackson Café, teaching classes, special projects, events and monitoring the parking lot. Please check our website or call to find out about current opportunities which may change due to COVID-19.

West Marin Senior Services**415-663-8148 x103 • wmss.org**

We have rewarding volunteer opportunities including; delivering meals, driving seniors, making friendly visits and office tasks.

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MEMBER PROFILE



Susan Garcia used to work across the street from Vivalon, and knew that one day she wanted to volunteer there. She studied geriatrics in college, and has always been very interested in aging. “I’m fascinated by how the body and mind work as we get older,” she says. Susan retired three years ago, and realized, “Being at home isn’t where I wanted to be all the time.” She wanted to find a way to give back to the community. So, she began volunteering at Vivalon, and never looked back.

Working at the front desk came naturally to Susan, so that’s where she started. “What I love most is seeing people connect,” Susan shares. She describes Vivalon as being “like a family” for members. “They’ve made such a warm place for people to gather,” she adds.

Susan is not just a volunteer at Vivalon — she is also an active member, who currently benefits from Vivalon’s Spanish and writing classes. She also likes playing virtual Bingo with other members. Susan says she also plans to bring her 30-year teaching career to Vivalon. She says she has some creative ideas in mind and adds, “I want to find a class that will be really fun for everyone.” A Sunday school teacher for kindergarteners, she understands that there may be a learning curve with online teaching, but she is up for the challenge.

As someone who used to envision herself volunteering at Vivalon, Susan is so happy that now she is.



PAY IT FORWARD

At Vivalon, we envision a community where everyone has what they need to feel safe, happy, and taken care of. During the pandemic, as of February 2021, we have:

- Produced or distributed over **144,000 meals** and over **5,800 bags of groceries**.
- Made almost **3,100 social** and **check-in phone calls**.
- Hosted over **450 Vivalon classes** and **events** with almost **4,500 participants**.
- Sewn and distributed over **11,900 face coverings**.
- Provided over **52,000 rides**.
- Delivered over **15,000 PPE kits, Emergency Food Box meals, masks** and **other supplies**.

PAY IT FORWARD BY MAKING A DONATION TO VIVALON TODAY



Vivalon
connection works wonders

930 Tamalpais Ave | San Rafael
415-456-9062 | vivalon.org

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