2021
DIRECTORY
OF OLDER ADULT SERVICES
FOR MARIN COUNTY

Vivalon
connection works wonders
RIDES MEALS CLASSES CARE ADVICE
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

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.

“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
Vivalon, CEO
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.

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Vivalon 2021 Directory Staff
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Please contact: directory@vivalon.org to
inquire about advertising.
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

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

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

Good Earth Groceries Online
shop.genatural.com

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

FAIRFAX • GOOD EARTH NATURAL FOODS • MILL VALLEY

Valley Memorial Park

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

Buckelew Programs 415-457-9654 • buckelew.org
Buckelew 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 »
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.
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  
eldershelpers.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.

Family-owned for more than six decades!

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.

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 »

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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.

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.

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)

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
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 »
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.

Hospice by the Bay
Call (415) 927.2273
www.hbtb.org
• Skilled Home Health Care
• Palliative (Comfort) Care
• Hospice

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

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

More Support Groups

415-884-4343 • HIREDHANDSHOMECARe.COM
Serving Marin, Sonoma, Napa and the Tri Valley • Lic. #214700014
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.”
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

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.

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 • tamadulted.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 • marinlwv.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.
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”.

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.

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

Buckelew Programs Crisis & Suicide Prevention Hotline
415-491-1100 • buckelew.org
Buckelew 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.

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

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.

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

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 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!

MORE FINANCIAL SERVICES >
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 • wiserwomen.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.

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 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.

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  
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.

**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.
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 • searcheseniorliving.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 • camarinf.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.

MORE INFO & REFERRAL »
**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.
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”.

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### ADVOCACY

**Aging Action Initiative**

[aginginmarin.org](http://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](http://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](http://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](http://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](http://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.

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VIRTUAL CLASSES WITH VIVALON
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
Received complaints about local businesses.

MEMBER PROFILE

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.
**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.

**FUNERAL HOMES & CEMETERIES**

**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.

**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.

**VITAL SERVICES**

**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.

**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**  
geretcalfresh.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.

**CalFresh or Food Stamps**  
geretcalfresh.org  
Federal food assistance program available to eligible persons. Apply online to get $192 per month per household member on an EBT card.

**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.

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.

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.
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 • technology4life.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.

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.

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

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.

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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.

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.

EDITOR'S NOTE:
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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 | 930 Tamalpais Ave | San Rafael
415-456-9062 | vivalon.org
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