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Giving Thanks



Anne Grey

During this time of year, we are reminded of the importance of gratitude in our lives. I am fortunate to be inspired by our incredible team of staff, volunteers and members every day when I come to work at Vivalon. Their dedication, spirit, and positive outlook are constant reminders

to me of my thankfulness for the uplifting work we get to do together.

Since becoming CEO at Vivalon in February, I have met people in their 80s, 90s and 100+ who are living vitally and independently. They all share traits in common -most importantly, living with gratitude. They do not express regrets, they engage socially, are interested in the world around them, and they avoid doing anything in excess, except maybe smiling. They “think young” and do not consider themselves old. All of these traits are reminders to me to be grateful and live each day to the fullest.

If you are seeking to unlock knowledge about healthy aging, we invite you to explore our Vitality@Vivalon Healthy Aging Program. We launched our pilot this summer and we share an update on page 9.

In this issue we are also giving thanks to the people, programs and experiences that enrich our lives and our community. We are very fortunate to have volunteers who make our programs what they are, leading with grace and heart. Learn why some of them volunteer on page 10.

Did you know that Thanksgiving Day, that special day of thanks, can be celebrated with a delicious holiday lunch in our Jackson Café (see page 5 for details)? I am grateful that we, as a community, give generously so meal delivery to our Meals on Wheels and Vivalon Nourish clients can bring the love and traditional flavors of Thanksgiving to those who would otherwise be alone on that day. We thank our donors and volunteers for making these special events possible.

I am most appreciative, above all else, of being aware of the benefits that Vivalon’s programs and services bring to people so they can maintain their independence, social connections, health and vitality. 🍋

Yours in good health,

Anne Grey, CEO

KEY CONTACT INFORMATION

HEALTHY AGING CENTER

930 Tamalpais Avenue | San Rafael, CA 94901

Monday–Friday 9:00am–5:00pm

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

Guest Services Reception | 415-456-9062 x100

Volunteer Opportunities | 415-456-9067

Resource Office | 415-459-6700

JACKSON CAFÉ

Monday–Friday | 11:30AM to 2:00PM

MEAL DELIVERY SERVICES

Vivalon Nourish | 415-456-9062 x176

Meals on Wheels Eligibility (Marin County)

415-473-4636

TRANSPORTATION SERVICES

CarePool Volunteer Driver Program | 415-454-0927

Travel Navigators/Marin Access Eligibility | 415-454-0902

Schedule a Paratransit Ride | 415-454-0964

Cancel a Paratransit Ride | 415-457-4630

MEMBERSHIP

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

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

OUR MISSION

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

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

VIVALON CONNECTIONS

Kate Fitzsimmons, *Vivalon Connections Editor*

415-472-1499 | kf@fitz-com.com

Jennifer Golbus, *Marketing & Communications*

jgolbus@vivalon.org

PACIFIC SUN STAFF

Rosemary Olson, *Publisher* | rolson@pacificsun.com

TO ADVERTISE PLEASE CONTACT:

Danielle McCoy, *Advertising* | danielle@pacificsun.com

PacificSun

Vivalon

Cover Art By: Missy Reynolds

An Abundance of Gratitude for Our Instructors



Charlotte Kobayashi

Charlotte Kobayashi credits her teaching hula at Vivalon to an Aloha Christmas card she received from a Vivalon employee. He'd taken the time to remember her and reach out to see how she was doing. She called him and eventually discussed the possibility of teaching hula for Vivalon.

She began at Vivalon during the stay-at-home order. "Doing my class through Zoom has its pluses and minuses," Charlotte said, "People were really looking for ways to connect, yet, stay safe. I'd been teaching hula for

years before Vivalon, so I found a way to teach on Zoom. I had to break down the whole process a bit differently, go a little slower and tell little stories in between to keep it interesting. That feeling of connection is different from being live in class. I enjoy teaching on Zoom."

People from the Bay Area, Carlsbad and Southern California joined her Zoom class. Charlotte added, "I love it because the students are so enthusiastic. It's lovely to see them learn to move and express themselves without being self-conscious. We may try doing a hybrid Zoom with a live class once or twice a month."

Charlotte's greatest joy is to see her students realize they can achieve what they want to, that they've gotten something out of it and feel better. She shared that a new study on dementia builds on earlier research by University of Hawaii's John A. Burns School of Medicine showing hula can help to improve blood pressure and reduce the risk of other conditions among Native Hawaiians. She believes it can do the same for her students.

Jill Hutchinson has a rich volunteer history as a driver for Meals on Wheels, then CarePool, and also as an instructor. "It's been wonderful because I've met so many nice people who are so, so grateful to have something as simple as a ride to a doctor's appointment or grocery shopping."

As an instructor for Talking Tech 4 Seniors, Jill teaches the seven week course that covers digital literacy, online safety and password management, along with things like social media. Jill said, "I like it because I feel I'm contributing. At this time in my life, I want to give back and I really enjoy all the different types of volunteering that I've done. I'm inspired, especially by the people I teach. Sometimes, I see people in their eighties in

these classes. I just commend everyone who gets to a class and wants to learn more to improve themselves in this area because it's really difficult if you didn't grow up with computers." 🌱

If you have an idea for a new class offering you'd like to teach, please contact 415-456-9062.



Jill Hutchinson



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Safe, Reliable Transportation

Vivalon has been providing safe, reliable transportation for Marin's older adults and people living with disabilities for over 50 years. Our caring drivers are a hallmark in the Marin community, helping people connect to the people and places that allow them to live rich, full, independent lives.

In September, the Marin Transit District Board voted not to renew its Whistlestop Wheels paratransit service contract with Vivalon and instead, to award it to another transportation provider, effective February 1, 2022. All of us at Vivalon are saddened by this decision, and sincerely hope the community continues to receive the same level of caring, safe and reliable paratransit service they have come to rely on from Vivalon's Whistlestop Wheels. We will do everything possible to ensure a smooth transition to the new provider, Transdev, and there should be no interruption in service for paratransit riders. Vivalon will continue to provide paratransit service until the end of the four-and-a-half-month transition period.

"Our caring drivers give back to our community every day and their compassion and commitment is what sets us apart," said Nancy Geisse, Vivalon COO. "We are known for our consistent, high-quality services, and are a critical resource for Marin County and our most vulnerable citizens. We are disappointed in Marin Transit's decision, but **we want to assure the Marin public that we are committed to continuing to provide rides and other safety net services to serve our community.**"

In addition to our many programs and services such as classes, workshops, Vitality@Vivalon Healthy Aging Program, Jackson Café, Meals on Wheels and Vivalon Nourish, Vivalon will continue to serve the Marin community through Vivalon Rides with specialized transportation in areas other than paratransit including:

- **CarePool** — free volunteer rides to medical appointments and grocery stores
- **Medical Transportation**
 - NEMT (Non-Emergency Medical Transportation), which provides free rides to medical appointments for those who qualify, paid for through Medi-Cal
 - Free rides to medical appointments through our CarePool volunteer driver program
 - Missed Appointment Reduction Service (MARS), working directly with medical providers to get patients to and from appointments

- **Shuttles for senior housing and retirement communities**
- **Transportation for individuals with developmental disabilities to and from regional day centers**
- **Specialized school transportation**
- **Business transportation services, including fleet maintenance, contract drivers and more**
- **Communications Center Services**

We were overwhelmed with gratitude from the letters and emails of support we received in addition to the heartfelt public comments shared during the Marin Transit Board Meeting. Your support and appreciation fuels our passion. Although we will not be providing paratransit services after January 31, 2022, we are grateful that we will be able to continue to serve our community with safe, caring rides and all of Vivalon's services for many years to come. 🌱

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HAPPENINGS@VIVALON

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

NOV 20
21

WEEKLY ACTIVITIES

● Vivalon Classes & Activities ● Partner Classes & Activities

	TIME	CLASS	INFO	FEE
MONDAYS	9:30AM-11:30AM	Mahjongg with Gillian ● (Vivalon)	In Person	FREE
	11:00AM-11:30AM	Beginning Guitar ● (Vivalon)	In Person / Zoom	FREE
	12:00PM-2:00PM	Massage by Rabel ● (Vivalon)	In Person	\$1/min
	1:00PM-2:00PM	Stretching with Pam ● (Age-Friendly Center)	Zoom / Phone	FREE
	1:00PM-3:00PM	Art Studio with Mari ● (Vivalon)	In Person	FREE
TUESDAYS	10:00AM-11:00AM	BINGO ● (Vivalon)	Zoom / Phone/ In Person	FREE
	10:30AM-1:00PM	Manicures with Christy (By appointment only) ● (Vivalon)	In Person	FREE
	11:00AM-12:00PM	Whistlesizers ● (Vivalon)	Zoom / Phone	FREE
	11:00AM-11:30AM	Beginning Guitar ● (Vivalon)	In Person / Zoom	FREE
	12:00PM-1:00PM	Ukulele Basics ● (Vivalon)	In Person	FREE
	1:00PM-4:00PM	Mahjongg with Assistance with Leslie ● (Age-Friendly)	In Person	FREE
WEDNESDAYS	2:00PM-3:00PM	Tai Chi with Brian ● (Vivalon)	In Person	FREE
	9:00AM-10:00AM	Yoga with Weights with Jane ● (Age-Friendly Center)	Zoom / Phone	FREE
	10:00AM-10:45AM	Zumba ● (Vivalon)	Zoom / Phone/ In Person	FREE
	10:30AM-12:30PM	Watercolors with Debra ● (Age-Friendly Center)	Zoom / Phone	FREE
	11:00AM-12:00PM	Ukulele - Beginner ● (Vivalon)	Zoom / Phone/ In Person	FREE
THURSDAYS	12:30PM-1:30PM	Ukulele - Intermediate ● (Vivalon)	Zoom / Phone/ In Person	FREE
	1:00PM-2:00PM	Chair Exercises with Pam ● (Age-Friendly Center)	Zoom / Phone	FREE
	9:30AM-11:30PM	Basic American Mahjongg ● (Vivalon)	In Person	FREE
	10:30AM-12:30PM	Acrylics ● (Age-Friendly Center)	Zoom / Phone	FREE
	11:30AM-12:00PM	Hula ● (Vivalon)	Zoom / Phone	FREE
FRIDAYS	12:00PM-2:00PM	Massage by Rabel ● (Vivalon)	In Person	\$1/min
	1:00PM-2:00PM	Chair Yoga with Weights with Jane ● (Vivalon & Age-Friendly Center)	Zoom / Phone / In Person	FREE
	3:00PM-4:00PM	Community Drum Circle with Ethan ● (Vivalon)	In Person	FREE
	10:00AM-10:45AM	Zumba ● (Vivalon)	Zoom / Phone	FREE
	11:00AM-12:00PM	Whistlesizers ● (Vivalon) Starting September 17	Zoom / Phone	FREE
	2:00PM-4:00PM	Ping Pong ● (Vivalon)	In Person	FREE
	3:00PM-4:00PM	Yoga ● (Vivalon)	Zoom / Phone	FREE

In-person classes held at Vivalon's Healthy Aging Center, 930 Tamalpais Ave, San Rafael 94901
For more information regarding the classes and activities above, please see descriptions on pages 6-8.



For more information regarding the following announcements, please call

Vivalon Guest Services at 415-456-9062.



Vivalon's Thanksgiving Celebration at the Jackson Café

Thursday, November 25, Seating begins at 11:30 am

\$15 Members
\$20 Non-Members

This Thanksgiving, we are able to come together in-person to enjoy the blessings of a warm, delicious meal prepared by award-winning Chef Stacy Scott and the comfort of connection with great company and friends. Entertainment provided by Bread & Roses.

Reservations required by 4:00pm on Friday, November 19. Seating is limited! **Reserve today by calling Guest Services at 415-456-9062.**

To maximize safety, all members, guests, and staff & volunteers who engage directly with guests must be fully vaccinated.



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

Hybrid classes are classes offered both in person and through Zoom or phone.

At this time, guests attending in person must be fully vaccinated and show proof of vaccination on first entry. Masks are also required.

Art Studio with Mari (In Person)

Mondays 1:00pm–3:00pm

Drop in and color some cards, make gift tags, enjoy adult coloring books, and more! Materials provided, no experience required. Drop in OK.

Bingo (Hybrid)

Tuesdays 10:00am–11:00am

Join Penny Markrack every Tuesday at 10:00am for Bingo! You can join in person or via phone or Zoom. Registration is required. There will be at least three rounds played with a gift sent to any remote winners.

Chair Yoga with Weights with Jane (Hybrid)

Thursdays 1:00pm–2:00pm

Yoga while seated with the benefits of weight training.

Community Drum Circle with Ethan (In Person)

Thursdays 3:00pm–4:00pm

No experience required to join this group and experience the sounds, rhythms and responses of a Community Open Drum Circle. Percussion instruments available to borrow, or bring your own

Guitar–Beginner (Hybrid)

Tuesdays, 11:00am–11:30am

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



Hula (Remote)

Thursdays 11:30am–12:00pm

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

Manicures with Christy (In Person)

Tuesdays 10:30am–1:00pm

Our beloved Christy has returned to provide manicures for free. By appointment only.

Mahjongg with Gillian (In Person)

Mondays 9:30am–11:30am

A popular tile-based game requiring attention control, alertness and information processing.

Mahjongg with Assistance with Leslie (In Person)

Tuesdays 1:00pm–4:00pm

Leslie Friedman, Mahj Maven, will assist you!

Ping Pong (In Person)

Fridays 2:00–4:00pm

Join us on Fridays for Ping Pong fun! We welcome back our exuberant instructor Vivian to host Ping Pong at Vivalon! Instruction is provided, and all levels are welcome. We hope to see our regulars as well as new faces who are eager to learn this fun and active sport.

Tai Chi with Brian (In Person)

Tuesdays 2:00pm–3:00pm

Take some time to move your body with Tai Chi.

Talking Tech 4 Seniors

Tuesdays (times vary) | Check vivalon.org for dates and topics

Talking Tech 4 Seniors has returned for the Fall! "I wish I knew how to work my smartphone better." "What can I do with the photos I've taken with my phone?" Sound familiar? During the Talking Tech 4 Seniors classes, you'll learn tips and tricks to use a computer and mobile device to access the internet to better connect to the world. Join all classes from the start or join just the classes you need.

Whistlesizers (Remote)

Tuesdays & Thursdays 11:00am–12:00pm

Activate your muscles with tips and exercise routines in this sit and be fit class, specifically created for the aging body. Have your chair ready and your phone on speaker for Elizabeth's Whistlesizers class.

Yoga (Remote)

Fridays 3:00pm–4:00pm

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

Zumba Wednesdays (Hybrid) & Fridays (Remote)

10:00am–10:45am

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

Ukulele-Basics (In Person)

Tuesdays 12:00pm-1:00pm

Welcome Vivalon's Ukulele Basics with Sandy. Learn the fundamentals of ukulele with the best ukulele instructor around! Onsite at Vivalon's Healthy Aging Center.

Ukulele-Beginner (Hybrid)

Wednesdays 11:00am-12:00pm

Each student will realize that they can be a ukulele player. This course serves as an introduction to the instrument and will provide students with access to making music on the ukulele. Focus points will be strumming, rhythms and reading chords in a group setting.

Ukulele-Intermediate (Hybrid)

Wednesdays 12:30pm-1:30pm

This course serves as an intermediate level for students who are familiar with the ukulele beyond the beginner and will further provide students with access to making music on the ukulele.

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

FREE THANKSGIVING MEAL

San Rafael's St. Vincent De Paul Dinner

November 25, 11:00am – 1:00pm

820 B St, San Rafael | vinnies.org

Come to the annual free Thanksgiving Day holiday dinner at the St. Vincent de Paul Society Dining Room in San Rafael. Depending on pandemic protocols at the end of November, the annual holiday dinner will be either a seated meal or a to-go meal.

TURKEY GIVEAWAY

Big God Ministries

November 22 & 23, 3:00pm

415-797-2567 | biggodministries.org

Join us at **Pickleweed Park in San Rafael (Monday, November 22 at 3:00pm)**

Or **200 Dale Ave in Marin City (November 23 at 3:00pm)** for Big God Ministries' annual giveaway of 10- to 12-pound frozen turkeys, along with Bibles, teddy bears and coloring books.

Remembering a Beloved Friend

We lost a beloved member of our community in October. Pauline Angleman had just reached her 113th birthday when she passed away, at her home. Pauline was Marin's oldest resident and an active member of Vivalon for over 50 years. When a lucky group of Vivalonians visited Pauline to celebrate her 112th birthday last year, the celebration was filled with laughter, friendly joking, and reminiscing.

"I feel so fortunate I had the chance to get to know Pauline. She led a full and inspiring life entirely on her own terms. I will miss her mischievous smile, our frank conversations, and the twinkle she always had in her beautiful eyes," said Vivalon CEO, Anne Grey.

Her Meals on Wheels driver John Kampmeyer said, "I'd stop by some days to make a delivery and Pauline might

be mowing her front lawn, with a push mower, and one day, I found her up a ladder gathering persimmons from a tree in her back yard."

Yvonne Roberts, Chief Donor Relations Officer, added, "Pauline was a strong, capable, and fiercely independent lady. She had strong ties and lifelong friends at Post 313, the American Legion in Larkspur. She loved the Corte Madera community, her dear neighbors and the firefighters, who all knew her by name. She was a regular in the Jackson Café at Vivalon. Years ago, for her 109th birthday, we gave her a lifetime of free lunches in the Café. She joked, 'Oh boy, I'll eat you out of house and home!' We will all dearly miss her."

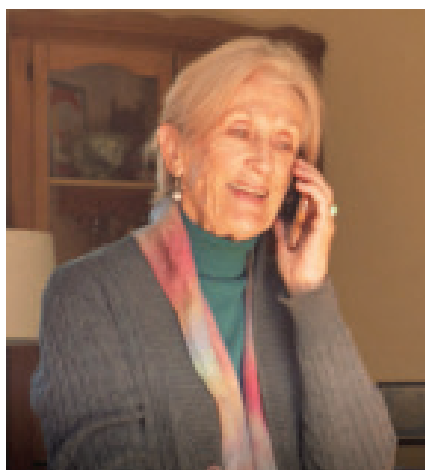


Pauline Angleman



Caring Connections

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



Social Call

Now more than ever, we know the importance of having meaningful relationships in our lives. Social Call thoughtfully matches volunteers and older adult participants based on shared interests or values, for weekly phone or video visits. 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**.



Thank you Navigage Foundation for the grant that will enable us to more effectively help older adults thrive!

L-R Bryttni Juve, Bill Cullison, Vickie Hatos, Anne Grey
Judy Vallas, Nancy Geisse, Yvonne Roberts, Tory Monahan

GRATITUDE

(Continued from Front Cover)

I AM GRATEFUL FOR:

- Health, family, friends and where I live = lifestyle.
- My health and relatively sound mind!
- My health.
- I'm thankful I can have a delicious meal from Vivalon and that I can get up in the morning and feel good. That I have a roof over my head and a bed to sleep in.
- Health care workers, first responders.
- Being surrounded by dear friends.
- The in person sessions at Vivalon and that the Jackson Café is open for dining. And I got my COVID-19 and flu shots. Following the protocols, wearing a mask, washing my hands and staying six feet apart helps keeps me healthy and safe.
- Vaccinations.
- My family.
- I am still driving in spite of my daughter saying I can't – still proving my kids wrong.
- My connection with God.
- My furbabies.
- My morning walks – they bring me a sense of peace to carry on the rest of the day.
- I am thankful for so many things: my life; despite its struggles, my home; providing refuge and peacefulness; my friends; though mostly far away, for their faithful and long term love and support and the list goes on.
- My cats – they outlived my husband.
- Spending time with family in person. And vaccinations. We weren't able to be together this time last year.
- Life. It's giving me a second chance.
- Apple pie.

Join Us for Vitality@Vivalon in January

BY KATE FITZSIMMONS

The pilot series of our Vitality@Vivalon Healthy Aging Program is evolving into a program full of promise. The 8-week course covers a range of topics like Social Engagement, Nutrition, Sleep, Cognition, Falls and Goal Setting. As with any new endeavor, it is also a work-in-progress. Participants in the first series were encouraged to share their thoughts, healthy recipes, and experiences with their own aging, over the course of the eight-week program.

The original concept for the program was developed by occupational therapy and nursing students at Dominican University over the last two years. Lucy Chen, working on her Master of Occupational Therapy at Dominican University, built on that work to refine the curriculum, together with Vivalon staff. "As part of my fieldwork rotation, I was able to carry out the pilot program. Our goal is to support people's engagement in the various components of healthy aging. We also wanted it to be a space where they could share their own experiences, strategies and resources to support their healthy aging. For the next session we might invite specialists as resources for some of the segments, like a nutritionist and a sleep expert to answer questions."

Chen explains that while the concept of healthy aging is not new, many people are not aware of the available resources, such as those at Vivalon which can support participants' goal setting. Whether it is a class to help your mind stay active, lunch at the Jackson Café for nutrition and social connection or Yoga, Zumba and Hula dancing to stay physically active, resources abound.

Chen also provided one-on-one support to people who needed help with topics or faced barriers to things like physical activity or social engagement. As the weeks progressed, she noticed that participants were staying to talk with each other after class and at the last class shared contact information so they could stay in touch. Staff will follow up with participants at 3 and 6 month intervals to check on progress with their goals.

Participant Joe Cillo, owner of For All Events, and someone with extensive teaching experience himself, attended every session of the pilot series. "This is a very good initial effort. The next one will improve because Vivalon is open to comments and suggestions that they will incorporate. An example of that was the request they made for everyone to suggest a recipe. Vivalon took those recipes and made them into a cookbook and gave it to us, complete with graphics so it looked good, too. It's just an example of the collective effort that ran through the series."

He added, "Some of the content was extremely strong, like the session on falls. Falls for older people can be particularly devastating. That was a very valuable topic. I mean, I knew it all, and I don't know it all. So, it was good to take us through that."

The one on driving was good, too. Everyone over a certain age should take a driving course, just to refresh."

Chen added, "The idea of aging gracefully is not just for the aging – we'd love to see family members, caregivers, friends, and people who will age, join in the classes. Every class series will be different and relevant to those specific participants."

Check back for details about our next class in January. 

Did you know that the Vivalon Healthy Aging Campus will have a contemporary, fully equipped art studio?



For more information about the Vivalon Healthy Aging Campus, please visit healthyagingcampus.org

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Grateful for Our Volunteers

Vivalon is grateful for volunteers like Bob and Bobbe Rigler. They learned about Vivalon's volunteer opportunities attending classes through Dominican's Osher Lifelong Learning Institute (OLLI). A Dominican student felt it would be a good idea to introduce active, engaged OLLI students to Vivalon. He was right. That was four years ago, and the Rigers have been volunteering ever since.

Bobbe chose the Jackson Café, "I'd never been a waitress and I thought it might be fun. I really enjoy it. Volunteering gives us a lot of pleasure. The Café has a wonderful team and I love to make people laugh. We've made friends who have become part of our family."

Bob, who volunteers as a CarePool driver agreed, "I eat at the Café at least once a week, usually on the day that Bobbe volunteers."

He likes driving. His Prius, which gets good mileage, was just sitting around. Now, he enjoys meeting interesting people. He said, "I love learning about their lives, their stories. That is what is so gratifying."

He also volunteers with the Brown Bag Pantry on Fridays. "The team I work with is a tight knit group. There is something wonderful about working as a team."

Bobbe added, "We've been together for over 50 years, we have great kids and grandkids. We are so grateful for our lives. So much of why we volunteer is because it makes us feel grateful and we make new friends and connections."

Janna Ullrey volunteers as a Meals on Wheels driver. One thing she is grateful for is the lasting friendships she's made during her Wednesday and Friday deliveries. Janna knows that the people she serves have led interesting lives and she likes learning about them. She explained, "I deliver to one woman who has MS and another woman who is 93 years old. It really is so much fun to talk to them."

She sees how grateful the people are for the food, but also for that time during the day when they make a connection with someone. She added, "I get a great feeling from doing it. I wouldn't ever stop doing it, until I get too old to drive, anyway."



Bob and Bobbe Rigler

You know, I just get this sense of satisfaction and love. If anyone is thinking about volunteering, I would tell them that it's a very rewarding experience, for a tiny amount of time and you're taking people their lifeline. It's just a couple of hours a week, but it is so much more than that in terms of good feelings and connection."

Vivalon would love to match you to a volunteer opportunity that meets your interests. Contact us today! 🌱

Jackson Café | Special Luncheon: Halloween Spooktacular

Thursday, October 28, 11:30am-1:30pm

\$10 Members, \$15 Non-Members

Reservations required by 4:00 pm on Tuesday, October 26. Space is limited! Reserve today by calling Guest Services at **415-456-9062**.



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COMMUNITY CONNECTIONS

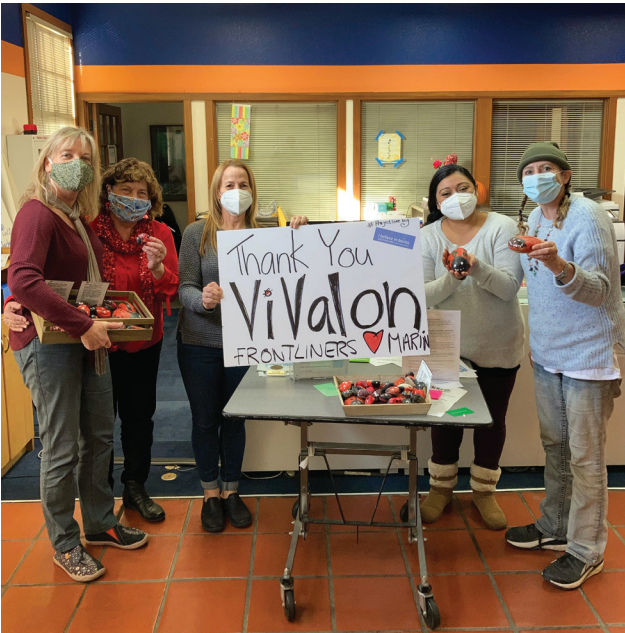
Good Fairy Gratitude Grows Neighbor to Neighbor

The Good Fairy Marin, founded by Penny Macphail, grew out of a desire to help vulnerable individuals at the beginning of the pandemic. Using NextDoor to organize the delivery of life-saving supplies to people in her neighborhood, it might have ended after a few months. Instead, the relationships Good Fairy forged between each vulnerable individual and one or two of their neighbors grew from one neighborhood to another.

"If you haven't got family or friends nearby and you can't drive anymore," Penny said, "it is isolating. At first, we were connecting people to community resources but so many organizations were also affected by the shelter-in-place order, and vulnerable neighbors still needed things."

Her passion and empathy came through as Penny explained her philosophy of creating connections. She believes that what matters in emergencies and everyday life is our ability to care for one another. It isn't enough to think about it during the holidays. Every day matters. Her work is creating networks of neighbors who care for their most vulnerable residents. That can be as simple as making a phone call to check on a neighbor who is older and isolated or running an errand for them or giving them a lift somewhere. That takes knowing who in your neighborhood might need help. NextDoor proved essential in creating connections between people in need and those who could help. The Good Fairy also partners with organizations, like Vivalon, to do good work together.

Penny and her fairy families are always looking for ways to ensure that the relationships



are reciprocal. "People don't always want to be on the receiving end. They want to give back, too."

Giving back might mean something as simple as cards of thanks, chocolates or little gifts for the neighbors who run errands or make deliveries. Since individual's budgets are often tight, the Good Fairy finds creative ways for community members and businesses to help with gift campaigns, like the Love Bug hand painted stones, so anyone can participate in spreading that sense of deep gratitude and well-being.

The Good Fairy has some exciting ideas for upcoming projects, so stay tuned for more news on that front! To learn more visit sites.google.com/view/goodfairy 🟢

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Give the Gift of a Meal This Holiday Season

BY YVONNE ROBERTS, CHIEF DONOR
 RELATIONS OFFICER

I want to introduce you to my friend, Herb. I first met him when he started using Vivalon's Meals on Wheels program over eleven years ago. His wife, Maggie, had dementia. He knew about Meals on Wheels but thought that they could manage without it. As her disease progressed, preparing meals became too difficult, so Herb signed up for the program. It worked so smoothly, providing them dinners while also reducing stress.

Watching Maggie live through her disease was incredibly painful. Eventually, she had to be moved into a facility, and that's when Herb started using Vivalon's transportation services to visit her. Every day, Vivalon drivers brought him to her and then took him home. He said, "To this day, I still feel so fortunate to have been able to use those services."



Herb Rosen

His Maggie passed away 11 years ago, and he still thinks about the care they received from Vivalon. Now, he uses Meals on Wheels. Herb revealed that he is on hospice. He developed congestive heart failure in the last few months and wasn't expected to leave the hospital.

Against the odds, he's home now, and just turned 99, "I'm hoping that I reach 100 and some days, I feel that this is possible. My health is challenging, and I need a lot of help. Thankfully, I can stay at home. Volunteers from Vivalon's Meals on Wheels visit me three times a week. They are a very important part of my community. **I'm here to tell you that you can help more people like me receive the meals and care that I have received with a gift to Vivalon.**" 🍷

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