

VOLUNTEERING WORKS WONDERS



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Thank You Vivalon Volunteers!

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Volunteer@Vivalon

Healthy Aging through Volunteering



Anne Grey

Each year in our April issue, we focus on the value of volunteers. I have the good fortune of seeing the benefits of volunteering all around me. Vivalon would be a very different organization

without the passion, wisdom, and deep generosity of our volunteers. We would not have made it this far through the pandemic without them. For that, we are very grateful.

What sometimes goes unspoken in this wonderful equation are the benefits realized by the volunteers themselves. When we volunteer, we feel more connected to others, and we become less absorbed in the normal stresses of daily life. We share our experiences with others and want to help more. As our volunteers share their experiences, they also reveal how much they receive in return for their efforts.

And now, research is backing up their personal stories with solid evidence that volunteering is good for healthy aging. Whether you

go to a trusted source like the Mayo Clinic, the National Institute of Health, or AARP, you'll find articles detailing the benefits of volunteering on healthy aging.

According to the Mayo Clinic, volunteering reduces stress levels, decreases the risk of depression and improves physical and cognitive health. Research from the Journal of Gerontology indicates that people who volunteer may be at lower risk for dementia, as social service improves elasticity in the brain. Any social interaction can help delay or prevent Alzheimer's, and volunteering can be a fantastic way to do that.

Many of our volunteers tell us that volunteering provides them with a sense of purpose, a sense of community, a feeling of accomplishment and

satisfaction, and perhaps best of all, new opportunities for laughter and fun.

In this issue, you'll see which of our programs utilize volunteers and you'll find, in our volunteers' own words, what giving back to the community brings to them.

I hope you enjoy the issue, and I encourage you to consider finding a new volunteer opportunity to suit your interests! 🌱

Yours in Healthy Aging,

Anne Grey
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

Non-Emergency Medical Transportation | 415-419-2608

Group Shuttles and Charters | 415-454-1098

MEMBERSHIP

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

Membership is \$48/year (individual) \$80/year (couple)

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.

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Vivalon

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THANK YOU

VIVALON VOLUNTEERS!

After fifteen months of Vivalon's Healthy Aging Center being closed, on July 1, 2021 we celebrated our Grand Re-Opening. We would like to recognize and thank the 317 volunteers who have contributed their time, expertise and service to Vivalon's programs and activities over the past year. With the continuous effort of our volunteers, we were able to serve our community through a time of much need.

We thank you from the bottom of our heart!

A Total of 15,844 Hours of Volunteer Service from February 1, 2021 – January 31, 2022
This Contribution Has a Value of \$459,159!

Jocelyn Aguilar
Lyla Albert
Jalynne Allen
Maria Alvord
Madeleine Antonio
James Appenrodt
Judith Arago
Margy Ayotte
Alvin Bailey
Wayne Baker
Lisa Becher
Robert Beckwith
Olivia Benesch
Kelly Bennett
Dorothy Bentley
Stanley Bermann
Audra Bert
Leslie Biagini
Diana Bokaie
Marlene Bonham
Nancy Boos
Janet Bosnich
Dana Brewer
Annie Brooker
David Brown
Stephen Brown
David Brusati
Therese Bruton
Lori Byer
Jimna Calmell
Helen Cameron
Liz Capurro
Benjamin Cardona
Lauren Carmichael
Amy Carrera
Gail Cassee
Elsa Castellani
Clara Chan
Penelope Chandra-Shekar
Mark Chapin
Alan Charne
Lucy Chen

Donna Childers
Diane Cladianos
Catalina Clark
Sabrina Clark
Carol Costa
Tinille Crichfield
Stephanie DalPorto
Christine D'Ambra
Dinna Davis
Lawrence Davis
Jane Day
Hailey Delgado
Manal Dia
Christina Dillon
Sandra Donegan
Julie Draper
Melanie Drouin
Susan Duncan
Patricia Dunn
Samantha Ehlen
Marilyn Englander
Julia Erwin
Cheryl Fahrner
Ken Feingold
Moira Feingold
Janice Fong
Nina Formichi
Anais Fournier
Constantino Fournier
Gabrielle Fournier
Nancy Fox
Leslie Franklin
Leslie Friedman
Teresa Friedman
Joyce Gordon
Thomas Fumeo
Lily Garcia
Hudson Gong
Joyce Gordon
Jackie Gorton
Joan Gosliner
Claudia Gray
Edward Greenberg
Nanci Grialou

Vicki Gross
Karen Gullett
David Hanchette
Muriel Harris
Pamela Harris
Philip Harris
Jean Harrison
Aiten Hasouna
John Hauserman
Ethan Hay
Christy Hayes
Lynne Hayes
Gillian Hayward
Lee Heagerty
Arlene Heitner
Courtney Hill
Stuart Hill
Priscilla Hopkins
Beverly Houston
Whitney Hoyt
Grace Hughes
Chris Hunt
Pamela Huss
Jill Hutchinson
Karl Isotalo
Anne Jaquiss
Deb Johnson
Kelli Johnston
Patricia Jones
Sue Jordan
Asad Kabir
Jill Kamler
John Kampmeyer
Sandra Kash
Juliana Kaye
Karyn Kennedy
Steve Kesten
Philip Klasky
Charlotte Kobayashi
Sarah Koenig
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Jennifer Kostanecki
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Bill Levinson
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Lee Loretz
Theani Louskos
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Rabel Mangahas
Amy Marsh
Marguerite Matan
Gail McCallister
Tamsen McCracken
Daniel McKay
Doris McKee
Henry McMahon
Stephen McMahon
Karina Medeiros
Moises Mejia
Victor Mejia
Douglas Milani
Nancy Miljanich
Casey Monahan
Gayle Moore
Jennifer Morris
Judith Morris
Phoebe Moyer
Joseph Murphy
Kasja Murphy
Massimo Natale

Jackie Nemer
Stephanie Newhall
Lotus Ning
Monica Norcia
Karen Noreen
Minette Norman
Michael Novia
Blair Ogden
Christa Ohia
Barbara Olson
J O'Malley
Kathleen O'Sullivan
Idit Oz
Bonnie Page
Judy Palesky
Randi Patten
Rose Patton
Laurie Peterson
Rich Petovello
Kathryn Phillips
Mari Philo
Steven Pigott
Laurel Pistel
James Poindexter
Alan Posin
Julie Proctor
Mackenzie Quinn
David Rabb
Noah Rabkin
Sam Rabkin
Karen Raccanello
David Rand
Betty Rappaport
Therese Rappazini
Ronald Ratchford
Gordon Kelley Reid
Anthony Reyes
Emmanuelle Reyes
Sam Reyes
Chelsey Richeson
Frank Ridley
Bob Rigler
Bobbe Rigler

Jane Rivera
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Todd Wiedenmayer
Arcturus Wiggins
Kees Wilcox
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Billy Williams
Diana Williams
Heather Wilson
William Wilson
Jennie Winton Hinman
Carol Wolfe
Susan Woodrum
Chris Yalonis
Luciano Yanez
Diane Yates
Kristi Zurauskas

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

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Directors: Walter Buster • Paul S. Castro • Ken Gosliner • Carla Overberger • Douglas Reilly

JOIN THE FUN! BECOME A VIVALON VOLUNTEER

Call 415-456-9062 or Email volunteer@vivalon.org

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connection works wonders

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



Volunteer Spotlight

Our volunteers contributed an incredible 15,705 hours of service this past year. We simply could not do all that we do without them! For this special Volunteer issue of Vivalon Connections, we chose three outstanding volunteers to spotlight. Tune in each month for more volunteer spotlights.



Margo Schein is a longstanding volunteer at Vivalon, serving in many capacities since 2013. She honed her people skills as a top ranked Marin real estate agent with Decker Bullock Sotheby's. Margo volunteered in classrooms and organized fundraisers when her two children were young, and volunteers with other organizations. Margo joined the Vivalon Guest Services team as a volunteer last November, embracing the role wholeheartedly, welcoming guests

and supporting the community.

"I enjoy interactions with people and doing things that help older adults. This is a great opportunity to combine both. I like being busy and this is a busy department. Learning about the many great programs Vivalon offers keeps me interested!"



Jean Harrison is part of Vivalon's history as well as Vivalon's present. When she retired after 29 years with the same company, she discovered that being idle didn't suit her. Jean began volunteering 5 days a week in 2002 through 2012. Then she transitioned to 3 days a week. In her lovely southern drawl, she said, "I mainly volunteer

in the café, but I also work in the Brown Bag Pantry on Friday mornings, before going to the café."

At 80, Jean's advice to anyone looking for a volunteer opportunity is to consider Vivalon first. "I think anybody would find this a wonderful place to meet people and make new friends and feel useful. It is beneficial for me and the people I interact with, and I really enjoy it."



In 2019, **Jim Appendrodt** wanted to volunteer. He heard from a friend at the Bay Club there was an early morning volunteer slot, Monday, Wednesday and Friday at Vivalon's Meals on Wheels. "Early mornings are good for me, as I get up early, and volunteering for a couple of hours leaves me with the rest of the day in front of me," he said. "Meals on Wheels manager Erika Vaughn and I hit it off immediately. It is a pleasure to work with someone who really likes her job and is a hard worker too.

We get things done." Evidently, since Jim put in an amazing 463 volunteer hours in 2021! He added with a laugh, "I never thought I'd stay this long, but now I have no plans to leave. I'll turn 70 this year. If all goes well, I'll be here 'til I'm 80!"



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HAPPENINGS@VIVALON

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

APRIL 2022

WEEKLY CLASSES & ACTIVITIES

In-person classes held at Vivalon's Healthy Aging Center, 930 Tamalpais Ave, San Rafael 94901. For more information regarding the classes and activities below, please see descriptions on pages 6-8. Questions? Call Vivalon Guest Services at: 415-456-9062 or visit vivalon.org

All classes are offered **FREE** of charge unless noted. * Age Friendly Center Classes & Activities

To register for all Age Friendly Center classes, please visit agefriendlycenter.org/classes

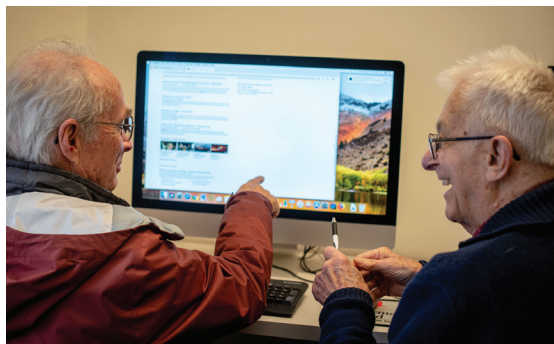
	TIME	CLASS	WAYS TO JOIN
MONDAYS	9:30am–11:30am 10:00am–12:00pm	Mahjongg with Gillian Vitality@Vivalon	In Person In Person
TUESDAYS	10:00am–11:00am 10:00am–12:00pm 10:30am–12:00pm 10:30am–1:00pm 11:00am–12:00pm 12:00pm–1:00pm 1:30pm–4:30pm 1:30pm–4:30pm	BINGO with Penny Resource Office with Kelley (drop-ins and by appointment) Talking Tech 4 Seniors Manicures with Christy (by appointment only) Whistlesizers (Sit & Be Fit) Basics of Ukulele Workshop Mahjongg New Beginner Group (to join email mahjonggmarin@gmail.com)* Mahjongg On-going Intermediate Group (to join email mahjonggmarin@gmail.com)*	In Person/Remote In Person/Remote In Person In Person Remote In Person In Person In Person
WEDNESDAYS	10:00am–10:45am 11:00am–12:00pm 12:30pm–1:30pm 1:00pm–3:00pm 2:00pm–3:00pm 4:00pm–5:00pm	Zumba Ukulele – Beginner Ukulele – Intermediate Massage by Rabel with Fee (for appointments call 415-419-4608) Chair Yoga with Weights (sign up at agefriendlycenter.org/classes)* Estate Planning Workshop Series (April 27)	In Person/Remote In Person/Remote In Person/Remote In Person In Person/Remote In Person/Remote
THURSDAYS	10:00am–10:45am 10:00am–12:00pm 10:00am–12:00pm 11:00am–12:00pm 11:30am–1:30pm 11:30am–1:30pm 1:00pm–3:00pm 2:00pm–3:00pm	Zumba Computer Tutor with Howard (by appointment) Resource Office with Kelly (drop-ins and by appointment) Whistlesizers (Sit & Be Fit) April in Paris Luncheon (April 14) Hula Massage by Rabel with Fee (for appointments call 415-419-4608) Drum Circle	In Person/Remote In Person In Person/Remote Remote In Person Remote In Person In Person
FRIDAYS	11:00am–12:00pm 1:00pm–3:00pm 2:00pm–4:00pm 3:00pm–4:00pm	Whistlesizers (Sit & Be Fit) Massage by Rabel with Fee (for appointments call 415-419-4608) Ping Pong Yoga	Remote In Person In Person Remote



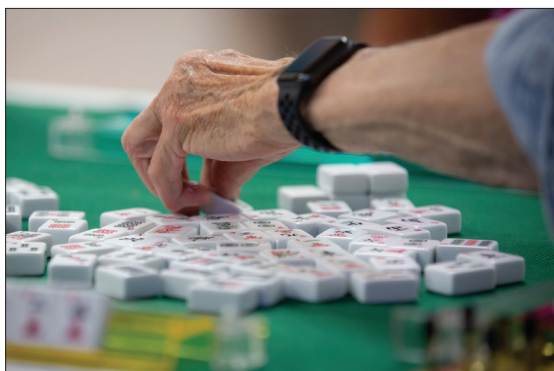
Computer Tutor with Howard

New option for enhancing your computer skills!
Thursdays | 10:00am–12:00pm

Plan a 30 minute 1:1 computer tutoring session with Howard to develop your computer skills and knowledge. Call Guest Services **415-456-9062** to schedule your appointment today.



Check out these newly updated classes and activities currently offered in person and/or remote. All classes are offered FREE of charge.



Mahjongg

Tuesdays | 1:30pm–4:30pm

New time and class option. Our very popular Tuesday Mahjongg class is expanding to offer beginner and intermediate group options at the same time. Develop your skills with other beginners and transition to the intermediate group when you are ready. Beginner class capacity is 20. Email the instructor directly at **mahjongg-marin@gmail.com** to reserve your spot.

Massage by Rabel

Wednesday, Thursday, Friday
1:00pm–3:00pm

New dates and times. Plan a relaxing massage at a new time after lunch. \$20/15 minutes minimum. Call Rabel Mangahas at **415-419-4608** to schedule your appointment.

Zumba with Jimna

Wednesdays, Thursdays | 10:00am–10:45am

New day and time! Join Zumba and get fit while you dance and move to the groove!

Drum Circle

Thursdays | 2:00pm–3:00pm

Drumming brings communities together. Choose from a wide assortment of hand drums, or bring your own, to explore rhythms and harmonies while playing in unison. No experience required.



Bingo

Tuesdays | 10:00am–11:30am

Drop-in before lunch for an exciting game of bingo! No appointment necessary.



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.

Age-Friendly Intergenerational Center

Vivalon and Age-Friendly Intergenerational Center have partnered to offer some classes at Vivalon. Take a look at some of the additional classes available and register online only at agefriendlycenter.org/classes.

Mondays
10:30am–12:30pm Watercolors with Debra
1:00pm–2:00pm Stretching with Pam

Tuesdays
11:00am–12:00pm Energize to Exercise with Rayner

Wednesdays
9:00am–10:00am Yoga with Weights with Jane
10:30am–12:30pm Watercolors with Debra
1:00pm–2:00pm Chair Exercises with Pam

Thursdays
10:30am–12:30pm Painting with Acrylics with Debra
1:00pm–2:00pm Gentle Yoga



Estate Planning Workshop Series

April 27 | 4:00pm–5:00pm

Fraud and Scam Prevention

(See description on Page 12)



NEED A MEAL?

VIVALON OFFERS
Jackson Café
Vivalon Nourish
Meals On Wheels
Brown Bag Pantry

Call us today 415-456-9062

April in Paris Luncheon

April 14 | 11:30am–1:30pm

Celebrate Spring, Parisian style, in the Jackson Café! Enjoy a lovely afternoon with live music and a delicious meal with good friends. Tickets are \$12 members/\$15 non-members and reservations are required. Call Guest Services at **415-456-9062** to make your reservation by April 11.



Save the Date! May Luau Luncheon

Thursday May 19 | 11:00am–1:30pm

Join us for a luau including a Hawaiian style meal, hula performances by members from our very own hula class and a raffle for fresh leis and a ukulele! Don't miss this festive opportunity to gather and celebrate with friends. Tickets are \$12 members/\$15 non-members and reservations are required. Call Guest Services at **415-456-9062** to make your reservation by May 16.

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FRIDAY | MAY 20, 2022

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Visit vivalon.org/VLV, or contact Amy Carrera at donations@vivalon.org to buy your tickets.



HAVE A QUESTION?

VIVALON'S RESOURCE OFFICE

Tuesdays and Thursdays

10:00am-12:00pm

Drop in or by appointment

Do you have questions about community resources for older adults?

Do you have questions about legal, housing or financial resources in Marin?

The Resource Office can help!

415-459-6700

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Vivalon Program Instructors

Did you know that many of our class instructors at Vivalon volunteer their time? These talented and generous people share their passions to help enrich the lives of others. Here are a few spotlights.

Drum Circle

"I have a thirty-year history in designing and leading corporate trainings but I am semi-retired now and wanted an opportunity to reconnect with people after the pandemic. I wanted something I hadn't done before, that didn't involve technology.



You can't drum and be on your phone at the same time. I try to emphasize it as an activity, rather than a class. We connect through rhythm, and it gets the blood flowing. I hear a lot of spontaneous laughter and that feels good."

— **Ethan Hay**

Whistlesizers

"As a volunteer instructor it is important to have the support of the organization. Vivalon has been wonderfully supportive throughout the 8 years that I have been instructing Whistlesizers. Being an instructor is fulfilling. It contributes to my own sense of well-being, knowing that I am contributing to the health and happiness of others. As a life-long learner, I am continually learning more so that I can make the classes as beneficial as possible. Last year I took a year-long course in the science of anatomy and movement. I especially enjoy the people. Every person who attends is special. I consider them my friends, and I look forward to seeing everyone twice a week on Zoom. It was even better when we met in person, but



Zoom is the next best thing. And Zoom has its advantages, such as no travel time and people can take the class from the comfort of their home."

— **Elizabeth Lynn**

Ping Pong

"I grew up playing tennis and later I went to ping pong. I donated a table to Vivalon and now we have two. This is the best volunteer work I've ever done. It's different than serving on a committee. You get to interact on a different level. I've



helped people learn ping pong and it's good for every part of your body and your mind. I've watched people improve and get better at their game. I really feel appreciated, and I appreciate everyone who comes to play. We've all developed friendships along the way. If you have a skill you want to share, I think you should just do it. Sharing something you love isn't like work at all."

— **Vivian Malcy**

French (Beginning/Intermediate/Advanced)

"I retired from teaching at Terra Linda High and began volunteering with Vivalon in 2013. It was just by luck that I was recruited by Laurie, the volunteer coordinator whom I knew from the high school. I'd always been involved in volunteering, and it sounded like a great fit. Members had been asking for a French class. I think that is a great way to go about serving members, to ask them what they want to learn and then recruit a volunteer to fill that need. I know that I feel appreciated, and I enjoy what I do."



— **Susan Duncan**

Benefits of Volunteering Go Both Ways

Carmen Cervantes became CarePool’s Program Manager this January. Her prior background as Travel Navigator Supervisor prepared her with rich experiences working with people with disabilities and medical conditions, helping them get approved for a variety of transportation and mobility programs.

Carmen says she is excited about CarePool’s opportunities for growth and likes the fact that volunteers can volunteer as often, or as little, as their schedule allows. Carmen said, “Even one ride a week can make a difference to someone who needs to go to a medical appointment or do some shopping.”




One CarePool volunteer, Efrain Santamaria, is also a Vivalon employee. He previously worked as a Travel Navigator, and he’d often refer clients to CarePool who couldn’t easily access transit options. When he found he had time on his hands on weekends, he remembered CarePool. “I started volunteering every Saturday,” he said. “It began as volunteering and evolved into a friendship with one CarePool rider.


Now, we talk on the phone and sometimes we go on walks together. Both my parents passed away, and she has become like a mother figure and a friend. Volunteering has helped snap me out of my loneliness, so the benefits go both ways.”



Nancy Malcom remembers when her father rode Vivalon’s shuttle service from his home to the Mill Valley Senior Center to play bridge years ago. She decided back then that when she retired, she would become a Vivalon bus driver, to give back. When the time came, she discovered CarePool. That was 6 years ago, and she is still driving some of the same riders today. Nancy’s advice for people who are looking for something to do is to find something you are passionate about or something that interests you and go for it. “Especially now, in this post-pandemic time, we get to socialize, meet new people and create friendships. You get more out of this than just feeling good about driving someone where they need to go. It works both ways.”



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RESOURCE OFFICE

"I never had so much fun meeting people my age and helping them with their issues. I love that I can be there for them if they need someone to talk to. Everyone here at Vivalon is nice and respectful to me and they are helpful if I have any questions. It is very rewarding to talk to older adults."

—Kelley Reid



VOLUNTEERING WORKS WONDERS



CAREPOOL "I have volunteered in many capacities throughout my life. I feel like I make a much larger difference in the lives of the CarePool riders I drive than in my prior volunteer activities. When they express their gratitude it makes me feel grateful too, that I am able to help in such a meaningful way." —Shelly Sharpe



BROWN BAG PANTRY/ JACKSON CAFÉ

"My husband had Alzheimer's in 2002 and it was suggested he interact with others. I found Vivalon for him and volunteering for me! I have been at Vivalon for almost 20 years, met many people, made friends, enjoy coming in, and feel useful. I wouldn't know what to do with my time if I wasn't here."

—Jean Harrison

VOLUNTEER@VIVALON

Our members and guests experience meaningful engagement when they share meals, attend classes, learn new skills and converse with others.

Our volunteers make it happen — join the fun and make new friends!

Meals on Wheels and Vivalon Nourish

Meals on Wheels and Nourish volunteer drivers deliver meals while providing a sense of comfort and connection to homebound older adults and people of any age with chronic health challenges.

Shifts are available on Mondays, Wednesdays, Fridays
9:00am – 12:00pm
1:00pm – 4:00pm



CarePool

CarePool offers free round-trip rides to ambulatory older adults to doctor appointments, grocery shopping, or to social engagements. Volunteer drivers use their own cars and can accept ride requests that fit their schedules.

Ride lengths vary. Please be prepared to provide at least two rides per month.



Jackson Café

Cashiers and servers provide a friendly, enjoyable lunch experience in our Jackson Café. There are a variety of roles available to choose from.

Shifts are Monday – Friday
10:30am – 2:30pm
Please be prepared to commit to one shift per week.

Brown Bag Pantry

Brown Bag Pantry volunteers unload food and pack groceries for older adults at Vivalon's weekly food pantry.

Shifts are Fridays
9:00am–11:30am

Resource Office

Resource Office volunteers support members by answering general questions and finding resources to support their needs. This can range from legal issues to housing problems. Training and a list of resources will be provided.

Various shifts are available
Monday – Friday
10:00am – 5:00pm

Reception Desk

Guest Services volunteers support Vivalon's Healthy Aging Center greeting members, answering phones, and providing general support to our Guest Services Coordinator.

Variable shifts are available
Monday – Friday
10:00am – 5:00pm



Other Volunteer Opportunities

- Teaching Arts and Crafts
- Serving at Special Events
- Technology Tutor

Not Seeing Your Perfect Match?

Contact us! We want your volunteer time to be both personally rewarding and convenient for your schedule. **We'll find a great fit for you!** Email us at volunteer@vivalon.org or call us at 415-456-9067.

Vivalon's Healthy Aging Campus

Groundbreaking Coming Soon!

You may notice the bustle of activity as the much-anticipated construction on our new campus begins in April. Keep your eyes peeled for an invitation to a groundbreaking ceremony in June!



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Vivalon Estate Planning Workshop Series

BY YVONNE ROBERTS, CHIEF DONOR
 RELATIONS OFFICER

Join us on the last Wednesday of every month and hear from experts on a wide range of estate planning and aging-related topics. Presentations are 4:00–5:00pm and are offered online and in person at Vivalon's Healthy Aging Center in San Rafael. This month we are excited to welcome Ella Krainsky on Wednesday, April 27, for a presentation on how to avoid credit and identity fraud and protect yourself financially both on- and offline. Ella is Consumer and Community Mediation Coordinator for the Marin County District Attorney's Office, heading a group of mediators who help resolve consumer complaints, as well as performing intake for consumer complaints within the county. We are grateful to our 2021–2022 presenters for giving their time



Yvonne Roberts

and expertise for the benefit of our community:

- **Millie Anderson**, Senior Placement Specialist and CEO, Mom's New Pad
- **Elizabeth Krivatsy**, Estate Planning Attorney, Law Offices of Elizabeth Krivatsy
- **Peter Rubens**, CEO, At Home Caregivers
- **Lorena Garbarino**, Home Health Division, By the Bay Health
- **Barb Lyon**, Founder and Daily Money Manager, RelyOnB
- **Rob Rosborough**, President-Elect, Marin County Bar Association; Of Counsel to Monty White LLP
- **Andy Martinez**, Pre-planning Consultant, Valley Memorial Park Cemetery and Funeral Home
- **Michael Wayne Jackson**, Realtor, Coldwell Banker Realty, Novato

Vivalon Estate Planning Presentations are free thanks to our generous sponsor, **Valley Memorial Park Cemetery and Funeral Home** in Novato. To register for this month's workshop call **415-456-9062 x4800** or email donations@vivalon.org.

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Jackson Café Best Business Lunch



Jackson Café Best Comfort Food



Jackson Café Best Meal Under \$15



Jackson Café Best Soups

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JACKSON CAFÉ
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HONOR AWARD
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