










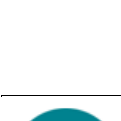



# VIVALON RESOURCE GUIDE

	<p><b>Vivalon</b></p>	<p>Enabling Marin's older adults and other vulnerable residents to thrive through the power of human connection with rides, meals, classes, care, and advice.</p>	<p><b>415-456-9062</b>  <a href="mailto:info@vivalon.org">info@vivalon.org</a>  <a href="http://vivalon.org">vivalon.org</a></p>
	<p><b>RIDES</b>  <b>CarePool</b></p>	<p>FREE rides for Marin residents 65+, who can no longer drive, to medical appointments and grocery stores.</p>	<p><b>415-454-0927</b>  <a href="mailto:carepool@vivalon.org">carepool@vivalon.org</a>  <a href="http://vivalon.org/transportation">vivalon.org/transportation</a></p>
	<p><b>Assisted Transportation</b></p>	<p>FREE rides to medical appointments in San Rafael for Marin residents 60+.  <i>Partnership with the County of Marin</i></p>	<p><b>415-755-1800</b>  <a href="mailto:assistedtransportation@vivalon.org">assistedtransportation@vivalon.org</a>  <a href="http://vivalon.org/assisted-transportation">vivalon.org/assisted-transportation</a></p>
	<p><b>Medical Transportation</b></p>	<p>Medi-Cal specialized transportation for Marin residents through their healthcare providers.</p>	<p><b>415-419-2608</b>  <a href="mailto:medical@vivalon.org">medical@vivalon.org</a>  <a href="http://vivalon.org/medical-appointment-transportation">vivalon.org/medical-appointment-transportation</a></p>
	<p><b>Private Shuttles</b></p>	<p>BELOW MARKET private shuttles and charters through Vivalon Rides.</p>	<p><b>415-454-1098 (Option #4)</b>  <a href="mailto:charterservices@vivalon.org">charterservices@vivalon.org</a>  <a href="http://vivalon.org/transportation/group-shuttle-and-charter-services-Marin-County">vivalon.org/transportation/group-shuttle-and-charter-services-Marin-County</a></p>
	<p><b>MEALS</b>  <b>Meals on Wheels</b></p>	<p>FREE fresh, chilled meals delivered up to three times a week to qualifying older adults age 60+.  <i>Partnership with County of Marin</i></p>	<p><b>415-473-4636 (INFO)</b>  <a href="mailto:473-INFO@marincounty.org">473-INFO@marincounty.org</a>  <a href="http://marinhhs.org/nutrition-services-older-adults">marinhhs.org/nutrition-services-older-adults</a></p>
	<p><b>Vivalon Nourish</b></p>	<p>FREE fresh, chilled meals delivered up to three times a week to anyone in Marin with chronic health challenges.</p>	<p><b>415-456-9062</b> x176  <a href="mailto:nutrition@vivalon.org">nutrition@vivalon.org</a>  <a href="http://vivalon.org/nutrition">vivalon.org/nutrition</a></p>
	<p><b>Brown Bag Pantry</b></p>	<p>FREE healthy fresh produce &amp; groceries for any resident of Marin County. In person, drive thru &amp; walk up.  <i>Partnership with SF-Marin Food Bank</i></p>	<p><b>415-456-9062</b>  <a href="mailto:guestservices@vivalon.org">guestservices@vivalon.org</a>  <a href="http://vivalon.org/nutrition/pantry">vivalon.org/nutrition/pantry</a></p>
	<p><b>Jackson Café</b></p>	<p>DISCOUNTED chef-prepared, fresh, homestyle meals Mon-Fri 11:30am-2:00pm, 930 Tamalpais Ave, San Rafael</p>	<p><b>415-456-9062</b>  <a href="mailto:guestservices@vivalon.org">guestservices@vivalon.org</a>  <a href="http://vivalon.org/nutrition/jackson-cafe">vivalon.org/nutrition/jackson-cafe</a></p>
	<p><b>CLASSES</b>  <b>Classes &amp; Activities</b></p>	<p>FREE/DISCOUNTED classes, workshops, social groups, special events and other activities. Classes are FREE via Zoom/phone and in person. Includes:  <b>Vitality@Vivalon</b> - 8-week Healthy Aging Program.  <b>Bingocize</b> - 10-week evidence-based Falls Prevention workshop.  <i>Partnership with County of Marin</i></p>	<p><b>415-456-9062</b>  <a href="mailto:guestservices@vivalon.org">guestservices@vivalon.org</a>  <a href="http://vivalon.org/classes">vivalon.org/classes</a></p>
	<p><b>TECHNOLOGY</b>  <b>Training &amp; Support</b></p>	<p>FREE tech programs including  <b>Tech4Health</b> - tablet provided &amp; in-home training  <b>Talking Tech 4 Seniors</b> - group classes on various tech topics.</p>	<p><b>415-456-9062</b>  <a href="mailto:guestservices@vivalon.org">guestservices@vivalon.org</a>  <a href="http://vivalon.org/care">vivalon.org/care</a></p>
	<p><b>CARE</b>  <b>Visiting Programs</b></p>	<p>FREE weekly social visiting programs in person or by phone.  <i>Partnerships with LITA and Covia</i></p>	<p><b>415-456-9062</b>  <a href="mailto:guestservices@vivalon.org">guestservices@vivalon.org</a>  <a href="http://vivalon.org/care">vivalon.org/care</a></p>
	<p><b>ADVICE</b>  <b>Resource Office</b></p>	<p>FREE community resources and referrals, including financial and legal advice services, for older adults.</p>	<p><b>415-456-9062</b>  <a href="mailto:guestservices@vivalon.org">guestservices@vivalon.org</a>  <a href="http://vivalon.org/resources">vivalon.org/resources</a></p>