

Client Stories



Susan Pagan

Susan is a fourth generation San Franciscan who now lives in San Rafael. Since December of 2019, she has been receiving seven meals a week from Meals on Wheels, delivered by volunteers. As Susan says, "I've been very impressed with the service and the food. It tastes good, it's healthy and I really like it. And the food is really helping. The meals are balanced and varied and provide fruit, vegetables, and protein. The meals I receive are almost all I eat. I had my blood work done recently and for the first time, it came back perfect. I credit Meals on Wheels!"



Linda Tichy

Linda is a Vivalon volunteer CarePool driver and a flight attendant. Driving for CarePool allows her to give back in a way that fits into her schedule. "I love this volunteer program," she says. "I have developed relationships with many riders, such as Joan. She and I have become friends, so I drive her whenever I can. I've been volunteering about a year, along with my husband, Bill, who is also working and volunteering as a CarePool driver. We both find it fabulously rewarding. When I come home, I know I've done something kind for someone. I love to make it part of my day. I hope others out there will be inspired to give a little bit of their time to this wonderful program."



Franklin Amster

Franklin has his choice of luncheon spots, but he'd rather go to Vivalon's Jackson Café any day. "Someone introduced the place to me seven years ago, and I've been coming ever since. I like older people, interacting, conversing. Sometimes we just share what we've done all day. I've met professionals who are retired engineers and doctors. I like to make them laugh." Franklin feels, if you haven't discovered the Jackson Café, you are missing out on a great lunch spot. "There is free parking and great food, but above all, the volunteer staff are friendly and helpful, everyone knows your name, and the company you find there is great, along with the conversation."